

We hope the year has begun well for you. The end of the 2016/2017 season is almost upon us with the NZ National Age Groups and NZ National Surf Life Saving Championships taking place this month and NZ National OPENS early next month. All the hard work and preparation over the past few months culminates now ready for these pinnacle events. A number of our junior swimmers were rewarded with some wonderful results at the NZ Junior Festival (Makos) held in Timaru recently.

### Congratulations to:

**Otago Record Breaker:** Madison Wills for her performance at the NZ Junior Carnival (Makos) breaking two Otago Short course records. The 12 year girls 50 breast and 200 breast which was the oldest unbroken short course Otago record since 1985.

**The following twelve swimmers** representing Makos at the 2017 Zonal Championships in February

**Seniors:** Caitlin Deans, Cecilia Crooks, Devon Familton, Gabrielle Trotter, Jeremy Tasker

**Juniors:** Sophie Wilson, Erika Fairweather, Geoffrey Kemp, Jessica Scott, Nicole Heaton.

The Makos Seniors came home second with 736 points behind Harlequins (Northland, Auckland, Counties Manukau) on 1080 points and followed by AquaKnights (Taranaki, Waikato, BOP, Hawkes Bay) 709 and All Stars (Wellington, Manawatu) 587.

In the junior competition (15 years and under) Harlequins won with 984 points from All Stars 727, AquaKnights 719 and Makos 682.

### The 2017 NZ Junior Festival (Makos) - 17-19th February.



**Backrow:** Shima Jack Madison Wills, Jemma Wilson, Ella-Rose Crooks, Anna Divers Quilla Cashell-Smith, Clara Peniamina, Simon Cook (Coach)

**Front Row:** Ella Wills, Abi Gibson, Maia Jack Ryan Dey, Harry Summers, Caitlin Hewson

This year was the first year in the new format of four separate meets being run simultaneously around the country. Swimmers from across the South Island met in Timaru to compete for the top spots in the Makos Zone. Our team did exceptionally well with a 73% PB rate, many of which were stunningly large drops in time! The team came back with sixteen golds, five silvers and three bronze medals while Harry Summers was ranked top in New Zealand in the 50Fly, 100Fr and 200Fr and Madison Wills in the 200Br. Madison Wills broke two Otago Records in the 50Br and 200Br.

A huge thank you to all the parents who played a role to ensure the meet ran smoothly. These kind of successes wouldn't be possible without you! Well done to all the wonderful swimmers who did Dunedin proud.

13 Swimmers, 98 Swims , 72 (73%) personal Best times and 24 Podium Finishes

**Top swimmers** Madison Wills and Harry Summers.



Harry Summers – 10 years

24



Ella-Rose Crooks - 11 years

**Medalists:**

**Madison Wills:** (12 years) Gold: 50 Breast, 100 Fly, 100 Breast, 100IM and 200 Fly, 200 Breast and 200IM and Silver in the 50 Fly.

**Harry Summers:** (10 years) Gold 50 Fly, 100 Fly, 100IM, 200 Free, 200 Breast, 200IM, Silver in the 50 Free and a bronze in the 50 Back.

**Abi Gibson:** (10 years) Gold 100 Fly & 100IM, and Silver in 100 Back and 200IM

**Jemma Wilson:** (12 years) Gold 50 Free

**Ryan Dey** (12) Silver 50 Fly, Bronze 100 Fly

**Ella-Rose Crooks** (11) Bronze 50 Free.

**Otago Anniversary Meet – Saturday 25 & Sunday 26 March 2017.** Fifty one swimmers competed. Simon described the Meet as a fairly relaxed long-course event but the relaxing atmosphere didn't stop the C and D Squad swimmers pulling out a 65% PB rate. Ella McBride was the swimmer of the meet with her consistently positive attitude and horde of PBs to match.

**C & D squad:** 21 swimmers achieved 77 (65%) personal best times from 118 swims. Top achieving swimmer was Ella McBride.

**A & B squad** 30 swimmers achieved 63 personal best times (43%) from 145 swims. Top achieving swimmers Molly Law and Max Kirkwood for their performance (PB's and races skills).

Congratulations to all swimmers who achieved personal best times.

**The Taieri Carnival - Saturday 4 March.** – Gennadiy

There were 30 DSCB swimmers competing at this meet with some great swimming from our junior swimmers with 166 (69%) personal best times being recorded. Top performers were Jordan Summers from A Squad and Ella McBride and Ryan Dey from C squad. This was a great competition and atmosphere for Juniors and Age group level swimmers.

**National DIV II Competition**

Congratulations to the following twelve swimmers who qualified and competed with distinction at the New Zealand National Div II competition in Rotorua earlier this week.

Laura Bungard, Meg Christophers, William Christophers, Lucy Duncan, Harry Flintoff, Thomas Gold, Megan Hanning, Jordan Kelliher, Esme Pateron, Ana Tarapi, Holly Uluakiola and Oliver Walker.

Forty finals were swum with thirteen podium finishes. (six gold, four silver and three bronze).

### **Congratulations to our Medal Winners:**

Thomas Gold (14 years) Gold 100 IM, 100 Free & 50 Free

Oliver Walker (14 years) Gold 50 Fly & 100 Fly

Holly Uluakiola (14 years) Gold 200 Breast, Silver 100m IM, 50 and 100 Breaststroke

Esme Paterson (15 years) Silver 100 Fly and Bronze 100 Free

Harrison Flintoff (16 years) Bronze 400 Free

William Christopher (16 years) Bronze 200 Breast

Other Finalists: Ana Tarapi, Lucy Duncan, Jordan Kelliher and Meg Christophers.

### **Progression through Squads**

Recent performances have seen the following swimmers graduate. **C SQUAD:** Chelsea Kan, Laura Milne, Ellice Lawrie, Ethan McGregor. Well done to all swimmers.

### *Upcoming Meets*

- New Zealand Age Group Championships, Wellington, 21 – 25 March (Coach – Gennadiy)
- *Break for Age groups swimmers after NAGS 27th March-9th April(two weeks)*
- South Island Country and Town Dunedin 1 – 2 April - Simon
- New Zealand Opens, Auckland, 3 - 7 April (Coach – Gennadiy)
- *Break for Open swimmers after Open 10th April-23rd April (two weeks)*
- Collegiate Age Group Meet, Invercargill – 8 April (no coach)

*Please refer to DSCB, Swim Otago, or your club's websites for further details on events and how to enter and eligibility and speak to your coach about which meets you should enter if you are not sure.*

**South Island Country and Town Club Entries.** There has been some queries with interpretation of criteria for entries. Please read the information flyer carefully so you are aware of which events you can enter. Please seek advice from your coach on what races you should swim.

## **Health and Well being**

### **Glandular Fever -**

As there have been some suspected cases of glandular fever reported recently, it's timely to mention extra vigilance is required to lessen the chance of contracting this highly contagious fatigue-related illness.

Glandular Fever commonly presents during peak training periods when athletes are very fatigued and often heavily immersed in other activities including exams, social and family activities. The most common early sign is a sore throat. A second sore throat and increasing fatigue developing within two weeks of the first is a warning sign. Glandular Fever's incubation period is 30-50 days.

### **To prevent spread of disease, common sense is the best practice.**

- Do not share water bottles, towels, or swim suits
- Wash all of the above items regularly
- Sterilising or soaking personal drink bottles/utensils in an antibacterial solution such as Miltons will help towards preventing self re-infection.
- Eat well. Avoid Alcohol
- Get at least 8-9 hours of sleep each night

## Coaching Team

### Squad numbers

Membership is currently over 190-members. There presently 29 swimmers in the A squad with two members departing at the end of March. There are 30 B squad members and 81 swimmers in the C & D squads. There are 5 and 36 swimmers respectively in the Elite Tri squad and Surf/Tri Squads and 13 swimmers in the KAOS (Adult squad).

Gennadiy will be away at National Meets over the next 6 weeks. Cameron will continue to help out with C squad and Sue Maclaurin will be assisting with C & D squads during this period. In Gennadiy's absence Simon will be taking A & B squads. Paddy Cheung has indicated he will be available for limited dryland training. Over the next few weeks, Cameron, Simon and Gennadiy will be sharing these sessions.

### Meet the Coach – Thursdays evenings at 6.15pm.

Gennadiy is available at this time for you to come along and speak to him with an queries or concerns you may have about your's or your swimmer's coaching. It would be great if you could email him or send him a text so he knows you are coming, or just go along at 6.15pm prompt. If you are wishing to meet with him at another time please email to arrange an appointment. His mobile no is 027-630 9946 email – [genaswim@yahoo.com](mailto:genaswim@yahoo.com)

### Breakfast Club

Time: Breakfast club runs from 7 - 8 am Monday to Friday.

Cost: Bond \$12.00 \$3 per day of attendance

For further details please contact Co-ordinator: Shirlene Pryde. Mobile 021 929975 or [prydefamily@vodafone.co.nz](mailto:prydefamily@vodafone.co.nz).

Thank you to those volunteers whose support has enabled this to continue.

## Acknowledgement and Thanks

**Bendigo Valley Sport & Charity Foundation** have been generous in supporting our swimmers attending Div II, NAGS and OPENS. We wish to acknowledge and thank the Foundation for their grant of \$1500.00 towards coach expenses at these three meets.

Southern Coloured Print for their generosity in providing free printing for Marketing Brochures.

**OTAGO ANNIVERSARY HOLIDAY**  
There will be no training for all squads on Monday 20 March.

*Good luck to all swimmers in their upcoming Competition*  
*Swim Hard... Swim Fast.... Relax..... Enjoy.....*

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‘SWIM DUNEDIN’

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Website – [www.swimdunedin.co.nz](http://www.swimdunedin.co.nz)

Facebook Page – Dunedin Swim Coaching Board (DSCB)