

Newsletter - 25 May 2018



Issue 33

The National Age Group Championships was our second last pinnacle meet for the 2017/2018 season. Opens occurring later than usual in July this year. While recognizing the achievements of our swimmers, a big thank you is extended to the coaching team for their guidance and training in preparing swimmers for their targeted events. Thanks is also extended to parents and officials who give so much of their time and resources in supporting their swimmers.

Congratulations to.....

Otago Record Breakers – Jessica Scott (15 years) broke a 29 year old Otago Long course record in the 14-15 years 100 Fly. Erika Fairweather (14 years) broke two twenty five year old Otago Long course records in the 14-15 year 100 & 200 Freestyle and a twenty year old record in the 50 Freestyle. Tame Govaerts (18 Years) broke the OPEN Otago Long Course Record in the 50 and 100 Breaststroke,

Erika Fairweather & Madison Wills (13 & 14 year old females) and Jessica Scott (15 & 16 year old Females) who have been selected in the New Zealand Age Group Team to attend the 2018 Australian State Teams Championships (Short Course) in Canberra in October (3-5) 2018. The event is a team based competition, in which teams go head-to-head in a variety of individual and relay events to score points for their team.

Kurt Crosland being named as a Team Coach on the NZ Team to attend the 2018 Australian State Teams Championships. Being placed on a New Zealand Team as a coach and is an honour in recognizing the coaches work in getting their swimmers on to a New Zealand Team. Congratulations Kurt and well done.

2018 National Age Groups, Auckland - 17 - 21 April

Congratulations to the following twenty-two swimmers who qualified and competed with distinction at the New Zealand National Age Groups in April.

Team: David Cannon, Ben Carr, Cecilia Crooks, Meg Christophers, Caitlin Deans, Erika Fairweather, Eli Familton, Briony Fraser, Tame Govaerts, Natalie Hutchen, Jordan Kelliher, Geoffrey Kemp, Zoe McCane, Esme Paterson, Nick Pryde, Jessica Scott, Jordan Summers, Gabrielle Trotter, Holly Uluakiola, Oliver Walker, Molly Whittaker, Madison Wills.

This was a successful meet with all swimmers posting personal best times making either A or B finals. There were twenty two podium finishes (eleven gold, eight silver and three bronze) and four Otago Age Group and two OPEN records broken and three swimmers placed on their first NZ Team.

Medal Winners:

Erika Fairweather (14 yrs) Gold 100 Free, 200 Free, 400 & 800 Free, 200 Back, 200, & 400IM, Silver 50 Free Tame Govaerts (18 yrs) Gold 50, 100 and 200 Breastroke
Madison Wills (14 yrs) Gold 200 Breaststroke, Silver 100 Breaststroke, & 400IM
Caitlin Deans (18 yrs) Silver 200, 400, 800 Free and Bronze 200 Back
Jessica Scott (15 yrs) Silver 200 Fly, Bronze 50 & 100 Fly
Ben Carr (17 yrs) Silver 100 Fly

From Coaching Team

A & SURF SQUAD Training

Morning training will continue to start at 5.30am for A and Surf Squads. (5.15 am in the Door) for the next six weeks. (please refer to Lars's email).

5.10-5.15 Arrive and Ready

5.15-5.25 Pre Pool – Land warm up

5.25 - 5.30 Intro Workout/Cap & goggles on

5.30am in the water

IMPORTANT NOTICE:

A SQUAD MEETING
Saturday 26 MAY 2018 AT 7.15am - 8.15am
Corner Meeting Room
Moana Pool

"Streamlining to the Future"

Bring along your healthy snacks

Presenter: Lars

D & C Development Squad Assessments

If you have a club swimmer wishing to join a squad please contact Margaret to arrange an assessment.

Meets Coming Up

- **Neptune Queens Birthday Meet**: 2 4 June 2018 (entries closed). This is one of Otago's larger meets with 430 athletes competing. Swimming Dunedin has 89 members entered to swim at this meet.
- Otago Winter Series 2 Alexandra 17 June 2018 (entries close midnight Tuesday 12 June)
- NZ Open Championships Auckland 02-06 July Lars will be attending
- Otago Winter Series 3 Oamaru 7 July 2018 (entries close midnight Tuesday 3 July)
- Otago Winters Champs 5 & 6 August

Please refer to DSCB (click above Meets coming up), 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.

From the Board

Meet the Coach/Board meetings - Last Thursday of the month.

Brendan McCane will be the Board's representative available from 6.15pm on Thursday 31 May 2018. This is an opportunity for to meet & discuss any aspects of training and to have answers to questions, queries or concerns you may have.

Fifteen minute appointments will be made available. If you wish to make an appointment please email admin@swimdunedin.co.nz. If you are unable to meet in person we still hold our monthly surveys, (link below) or you are welcome to contact one of the Board Members any time.

Meeting Dates and rostered Board Members

Thursday 28 June 2018 - Andrea Thursday 26 July 2018 - Jonathan

Breakfast Club

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

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

A new coordinator still needed. For further details please contact Co-ordinator: Shirlene Pryde. Mobile 021 929975 or brendon.shirlene@xtra.co.nz. Thank you to those parent volunteers whose support has enabled this to continue and we hope someone can step into the coordinator role or alternatively take on a shared responsibility.

Adverse Weather Conditions

For health and safety it is the individual's call on whether they are able to travel safely to the pool. (Listen to Road reports Radio Otago) Dunedin City Council/ NZ Transport Agency Websites.

If Moana Pool is open, sessions are running. Our coaches endeavor to be at all sessions. In the case of cancelled sessions these would be broadcast via email or "Facebook" for afternoon sessions and Phone/text from coaches if morning A squad, Surf/Tri or C squad training were to be affected.

Administration

Membership Fees and *Terms of Payment:* Fees are invoiced monthly. Invoices are sent out in the last week of the previous month and fall due on the $\underline{07^{th}}$ of the new month.

DSCB depends on the timely payments to ensure coach salaries, lane rental charges and administrative costs are met on time. To those who pay on time thank you. There is still however a handful of April and May instalments remain unpaid. If you have an automatic payment set up please check and arrange to have these paid on or before the $07^{\rm th}$ of the month.

Illness and Injuries

Please remember we like to have notice when members are away from training. If a member is away due to an extended injury or illness it is important to let administration know as soon as possible and on presentation of a medical certificate the period of injury/illness will not be charged.

Leave for periods greater than one month.

In accordance with the DSCB membership policy, a reduction in coaching fees does not apply when swimmers take 'breaks from training' for periods less than one month, for periods greater than one month, the first month's fees must be paid and one month's notice in writing is required to the administrator. There after a reduction can apply.

Sincerely, Team Swim Dunedin

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Website – www.swimdunedin.co.nz

Facebook Page – Dunedin Swim Coaching Board (DSCB)