

Swim Dunedin Newsletter

Issue 25, October 2017

Meets

South Island Champs

The South Island Champs were held from the 25th to 27th of August in Blenheim. We had 19 swimmers representing Dunedin who took home 15 Super Gold (first place overall), 32 Gold, 16 Silver and 13 Bronze Medals giving Otago the top regional ranking and Neptune the top club. The overall PB rate was 52% from 236 swims.

The top A Squad swimmers were Caitlin Deans for Super Golds in her six events and Courtland Ellis for three Super Gold, three silver and three bronze medals. The top B Squad swimmer went to Emse Paterson for 100% PBs.

Also a big congratulations to the following record-breakers:

- Jessica Scott who broke the 14-15yrs 50m Butterfly, Open 50m Butterfly and 14-15yrs 100m Butterfly Otago records and the 15yrs 50m Butterfly South Island Champs Meet record.
- Madison Wills who broke the 12-13yrs 200m IM South Island Champs Meet record.
- Jessica Scott, Olivia Andrew, Esme Paterson and Molly Law who broke the 15yrs and under 400 Freestyle Regional Relay South Island Champs Meet record.
- Nicole Heaton, Madison Wills, Jessica Scott and Molly Law who broke the 15yrs and under 400 Medley Regional Relay South Island Champs Meet record.

Wellington Short Course Champs

We had one swimmer, Abi Gibson, make their way up to Wellington for their Short Course Champs from the 2nd to the 10th of September. She swam 6 of 6 PBs bringing three gold, one silver and two bronze medals home with her.

Australian State Teams Championships

Jessica Scott headed over to Canberra to compete in the 2017 State Teams Championships. Although she didn't PB, this will be valuable experience for her as she prepares to represent New Zealand overseas in the future.

Zenith Sprint Meet

The first Zenith Sprint Meet was held at Moana Pool on the 9th of September with 59 of our swimmers in attendance. Top swimmers were awarded for PB% and their attitude throughout:

A Squad: 14 swimmers, 38% PBs, Top Swimmer - Madison Wills

B Squad: 18 swimmers, 51% PBs, Top Swimmer - Meg Christophers and Jordan Kelliher

C Squad: 13 swimmers, 69% PBs, Top Swimmers - Piere Tapsell and Clara Peniamina

D Squad: 14 swimmers, 66% PBs, Top Swimmers - Aidan Drew and Sophie Low

Congratulations to Erika Fairweather who bested her own 12-13yrs Otago Record in the 200Bk.

Upcoming

- **NZ Short Course Championships** - Good luck to all our swimmers who are competing at the NZ Short Course Champs in Auckland this week!
- **Orca Labour Weekend Meet** - 21st - 22nd October, Invercargill. For all squads with Simon to attend.
- **Otago Spring Carnival** - 4th November, Cromwell. For B, C and D Squads.
- **Murihiku Anniversary Meet** - 11th November, Invercargill. For all squads with Gennadiy to attend.
- **Kiwi Challenge** - 19th November at Moana Pool. For all squads with Gennadiy and Simon to attend.

Squads

Squad Progression

Congratulations to the following swimmers for their progression into the next stage of their training: Esme Paterson (*A3 Squad*), Andie McGrouther (*C Squad*), Issak Robertson (*C Squad*), Bailey Pearce (*C Squad*) and Olivia Brown (*C Squad*).

Cancellations

We have quite a few cancellations coming up next week from the 2nd to 8th October:

- All A and C Squad dryland and gym cancelled.
- All Friday afternoon sessions cancelled.
- Saturday D and C Squad cancelled.

C and D Squad swimmers looking to make up cancelled sessions are welcome to make those up during the holidays with no need to inform us.

Acceleration Program

We will be holding an acceleration program for A Squad swimmers in Dunedin with dates tentatively set for January the 3rd to 13th. We are looking to hire accommodation so that the swimmers can focus on their training together. Please pop these dates in your diaries and we will bring you further details as they come.

Squad Criteria

The website has been recently updated to clarify all [squad entry criteria](#). This change precedes what we aim to be a much wider update to the website to help make it a more valuable resource to the Swim Dunedin community.

From the Board

Nutrition Seminar Feedback

We would appreciate any feedback regarding the recent A Squad nutrition seminar with Dr. Kirsty Fairbairn. You can easily leave feedback with us via our new [Feedback Form](#).

Change Proposal

The Board recently proposed changes to the coaching structure of Swim Dunedin. Although the feedback period for this is now over, you can still read the [proposed changes](#). A [summary of decisions](#) made by the Board is now available.

Contact Systems Update

We are currently making changes to our contacts systems. If you haven't already, we would appreciate it if you could take five minutes to fill in our [Online Registration Form](#) - once for each child swimming with us - and get yourself all up-to-date with the new system.

Email Address Updates

A couple of our contact details have changed. Please make the following updates to your contact books:

admin@swimdunedin.co.nz for all administration-related communication.

simon@swimdunedin.co.nz for all communication with Simon on coaching-related matters.

Sincerely,
Team Swim Dunedin

If you notice something missing or spot a mistake, please let us know so we can correct it. If you have any swimming news or photos you would like to see in the newsletter, make sure you get in touch!