

Results

Junior Festival Cup - Waitangi Meet - 3 February 2018 –

Kurt

Team: Ella-Rose Crooks, Abi Gibson, Caitlin Hewson, Ella McBride, Olivia McBride, Andie McGrouther, Clara Peniamina, Harry Summers, Ella Wills, Eva Zoghbi



The NZ Junior (12 years & under) Festival – Makos Zone was one of four Festivals held simultaneously around the country in February. Makos (South Island) was held here in Dunedin, Harlequins (*Northland, Auckland, Counties Manukau*) in Auckland, Aqua Knights (*Taranaki, Waikato, BOP, Hawkes Bay*) in Rotorua, and All Stars (*Wellington, Manawatu*) in Wellington.



All swimmers swam well achieving personal best times with some outstanding performances. Harry Summer's (11 years) performed with distinction achieving the top scoring Male of the Meet. Harry won 6 regional gold, three silver and 1 Bronze Harry was third nationally in the 200 Free and in the top ten nationally for all his events. Well done Harry.

Abi Gibson (11 years) was the top performing female winning two silver and four bronze medals. Other podium finishes came from Clara Peniamina, Ella-Rose Crooks and Ella Wills.

[2018 NATIONAL JUNIOR FESTIVAL - MAKOS RESULTS - Results](#)

Harry Summers

Wanaka Challenge

Senior swimmers were well represented at the Wanaka Challenge. Congratulations to Cecilia Crooks who was the swimmer in the winning Women's Team in the half ironman and to Gabby Trotter whose team came second. Maddy Will's team won the Secondary schools team section of the half ironman.



Gabby, Maddy, Cecilia

Upcoming Events

- **New Zealand Div II Competition**, Rotorua, 18-21 March (Kurt)
- **Otago Anniversary Meet**, 24 & 25 March
- **New Zealand Age Group Championships**, Auckland, 17 – 21 April (Coach – Kurt)

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

Coaching Team

We welcomed Hannah Morgan on board who has been relief coaching Tri Squad on Tue, Wed and Thursdays. She will also be helping with C & D squads from time to time. Hannah is a second year Uni Student and coached in Invercargill over summer. Hannah has a competitive swimming background and presently trains with the Elite Tri Squad.

Coach availability Thursdays at 6.15pm

Kurt will be available at this time for you to speak with him over any queries or concerns you may have about your coaching and goals. It would be great if you could maybe 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 4359939, email – kurt@swimdunedin.co.nz (NB kurt will be away at DivII Thursday 22 March)

Notices will be sent out to squads regarding coaching arrangements when Kurt is away with swimmers at the National Div II competition in Rotorua late next week.

Missed sessions due to cancellation

In the situation where there has been a session cancelled, whether through unavailable pool space (through competition), pool closure through adverse weather conditions, or coach absence, swimmers are welcomed and encouraged to discuss with their coach a catch up session on an alternate day, this especially applies to C and D Squad members

From the Board

There is a saying “all good things come to those that wait” and we are delighted to announce Lars will be on deck from Tuesday 3 April 2018.

Dear athletes, parents and supporters

Just to let you know that I will be visiting Moana Pool regularly in the last 2 weeks of March and will start my new role on deck at the start of April.

Congratulations on the Otago Champs performances and all the best for the upcoming meets. Athletes, take responsibility for your own skills and preparation for these meets ahead. At the end of each day you will be able to identify an improvement in performance. You will also communicate well with your parents and support crew so they know how to help you to be the best that you can be.

“Don’t count the days, make the days count.”

Thank you all for your patience in waiting for me to return from the UK. Rest assured I have optimised my last few weeks here and have managed to visit high performance swim programmes, UK Sport, English Institute of Sport, British Swimming, business leaders, Liverpool and Man City Football Clubs.

Many of the coaches, leaders and practitioners are world leaders in their field. The sharing of information will be very useful to our own programme going forward and will also ensure the coaches and staff have a strong international network.

I am looking forward to meeting you all very soon and getting started

*Regards
Lars*



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

Kurt will be winging his way home from Div II the next scheduled meeting, however Nic Dahl will be the Board's representative available from 6.15pm on Thursday 22 March. 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 22 March 2018 - Nic

Thursday 26 April 2018 - Jonathan

Thursday 31 May 2018 - Brendan

Thursday 28 June 2018 - Andrea

Thursday 26 July 2018 – Jonathan

MONTHLY SURVEY – please click below if you wish to complete survey.

[MONTHLY PARENT SATISFACTION SURVEY](#)

[MONTHLY SWIMMERS SATISFACTION SURVEY](#)

Acknowledgement and Thanks

Bendigo Valley Sport & Charity Foundation have been generous in supporting our swimmers attending Div II, NAGS. We wish to acknowledge and thank the Foundation for their grant of \$2000.00 towards coach expenses at these two meets.

Administration

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. Thank you to those parent volunteers whose support has enabled this to continue and we hope someone can step into the co-ordinator role or alternatively take on a shared responsibility.

Fees

If you have not paid March Fees they were due on the 07th of March. Fees are invoiced monthly in the last week of the previous month **and payment is to be received no later than the 07th of each new month.**

Finally

2018 NZ DIVISION II COMPETITION - Rotorua 18-21 March 2018

Congratulations and best wishes to the following swimmers who qualified and will be competing in Rotorua later this month. Ana Tarapi, Meg McLaughlan, Laura Bungard, Timo Schaefer, Charlotte Hewson and Shima Jack

Upcoming Public Holidays

OTAGO ANNIVERSARY HOLIDAY

There will be no training for all squads on Monday 26 March 2018.

EASTER HOLIDAY BREAK – 30 March – 2 April 2018

All squads no training on
Good Friday
Easter Saturday
Easter Monday

(C & D squad members please check with your coach about making up this session during the week).



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!

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

‘SWIM DUNEDIN’

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Website – www.swimdunedin.co.nz

Facebook Page – Dunedin Swim Coaching Board (DSCB)