

Congratulations to.....

Caitlin Deans, Erika Fairweather, Tame Govaerts-Paul and Molly Law who have been selected onto the 2017 Swimming New Zealand National Development Squad. These swimmers will attend a National Camp in Auckland following Short Course in October.

National and Otago Record Breaker: Congratulations to Erika Fairweather who broke the 13 year girls 400IM short course record and the Otago 12-13 year girls shortcourse records in the 400IM and 200IM at the recent Neptune Meet. A great start to the season.

Otago Winter S/C Meet – Balclutha – From Gennadiy & Simon

Fifty three swimmers travelled to Balclutha for the first of three Otago Winter Short Course Series.

Five A squad produced 16 PBs (66%) from 24 races.

Seventeen B squad produced 65 PBs (79%) from 82 races.

Twenty C & Surf squad produced 66 PBs(72%) from 92 races.

Nine D squad produced 24 PBs(69%) from 35 races

Top swimmers of the Meet.

Erika Fairweather - A Squad

Oliver Walker - B Squad

Niamh Burke, Piere Tapsell and Grayson Westgate - C Squad swimmers target 275 FINA points

Hazel McDermott - D Squad

A great start for the new season 2017-2018.

Neptune Queen's Birthday Meet

Eighty-nine swimmers competed at the Queen's Birthday Meet over Queens Birthday Weekend

From Gennadiy

A squad (26) produced 91 PBs (47%) from 193 races.

B squad (23) produced 115 PBs (71%) from 160 races.

Tri/Surf squad (3) produced 13 PBs (68%) from 19 races.

Top achieving swimmer – A Squad – **Erika Fairweather** (National & Otago short course records)

Top achieving swimmer - B Squad – **Jade Fairweather** (100% PBs).

From Simon

C & D (37) squad produced 157 PBs(76%) from 207 races.

The large number of entries from throughout the South Island, the Queen's Birthday proved to be a long weekend meet with the large number of entries from throughout the South Island. It was great to see our younger swimmers push through the programme maintaining a stellar 76% PB rate. Special mention goes out to **Clara Peniamina, Ella Wills and Jessie Yee** for their excellent performances, Piere Tapsell for both his swimming and enthusiasm and Becky de la Harpe for her fantastic swims which netted her a spot in B Squad.

Thanks to all the parents who managed to whisk their kids around during the short breaks to bring them back up to pep and, of course, all those who volunteered their time and energy to make the meet the excellent time it was.

Otago Winter S/C Meet No.2 – Cromwell - From Gennadiy

Fourteen swimmers travelled to Cromwell for the second Otago Winter Series.

Congratulations to the top male swimmer of the Meet, Piere Tapsell and female Keira Hughes.

Those competing produced 44 personal best times (67%) from their 64 swims.

Congratulations to all swimmers.

Progression through Squads

Congratulations to Abi Gibson, Ella-Rose Crooks and Becky de la Harpe for elevation to B squad. Emily Scott Zang Xing and Finn Wilson who move into C Squad from D Squad. Leo Holt, Riley Allibone and Catherine Mason have moved to Surf/Tri squad from C Squad.

Upcoming Meets

- **Oamaru Meet** (Otago Winter Series 3) 2 July 2017 (A, B, C, D Squads)- All coaches.
- **Otago Winters Champs** 5 & 6 August (A,B,C & D Squads) – All Coaches
- **South Island Champs, Blenheim 25-27 August**
- **Zenith Meet – 9 September**
- **National Short Course, Auckland, 2-8 October.**

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.

From the Coaching Team

Squad Meetings:

A squad: Friday 23 June, 5.30pm -6.30pm - Swimmers and Parents

B Squad: Once the coaches have set this date a notice will be sent out to B squad.

2016 Flume Sessions – A and B Squads

The University of Otago Flume has been booked for the first week of July School Holidays. An opportunity for A and B Squad to have their strokes filmed for analysis.

Monday 10 July –Thursday 13 July (10.00am-1.00pm)

Please contact Gennadiy for program.

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

Gennadiy free on Thursdays at 6.15pm

Gennadiy is available at this time for you to meet & discuss any aspects of your swimmer's training and will answer any questions, queries or concerns you may. 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.

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

brendon.shirlene@xtra.co.nz

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

From the Board

The present Service Level Agreement the DSCB has with the Dunedin City Council is due for renewal in twelve months and the Board are presently having meetings with Swimming Otago and Swimming Clubs representatives to review the present structure and determine the future pathway for swimming services. The next meeting is due on Wednesday 12 July.

Portfolios of Board Members:

Jonathan Duncan (Chairman) Performance and Strategy, Andrea Wolf Finances, Nic Dahl, Communications & Marketing, Richard Hutchen, HR, Brendan McCane, Strategic Projects.

Administration

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.

Members planning on being away from training for an extended period of time need to advise administration one month in advance if away longer than one month. Fees otherwise will continue to be incurred. (Please refer to Membership Policy on our website).

Accounts....

There remain a number of outstanding fees. Coaching fees are set in accordance to outgoing costs and divided into twelve equal instalments over the year. It is appreciated invoices are paid on time and no later than 07 of each month to cover these outgoing costs

Finally..... Words from Clive Rushton (a past NZ Head Coach who sadly past away recently)

How 'the water' sets swimming apart from other sports:

The water changes everything. Even other water-based sports do not have the same challenges. Yachts, kayaks, canoes, surfboards whatever, have 'fixed hull shapes' whereas a swimmer has a flexible hull shape which changes dynamically throughout the stroke cycle.

A yacht can be designed specifically to cut through the water but humans are designed for a huge range of movements and activities – swimming is just one tiny corner of the possibilities. And....even if a swimmer achieves a reasonable degree of 'streamlining' (a misnomer but we all use it) that advantageous position has to be disrupted in order to produce propulsion.

Streamlining demands that the water-flow is disrupted as little as possible

Whereas

Propulsion demands that the water-flow is disrupted as much as possible.

It's a fascinating sport, isn't it?!

Margaret Eton-Marsh
Administrator

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