

### Christmas/New Year Training

**D squad** Last day Sat 17<sup>th</sup> December 2016 resumes Monday 9 January 2017  
**C squad** Last Day Sat 17<sup>th</sup> December 2016 resume Monday 9 January 2017  
**B squad** Last day Fri 23 resume 4<sup>th</sup> January.  
**A squad** No Training Fri 23<sup>th</sup>, Sat 24<sup>th</sup>, Mon 26<sup>th</sup>, Tues 27<sup>th</sup> & 31<sup>st</sup> December, 1<sup>st</sup>, 2<sup>nd</sup> January  
**Surf/Tri** No Training Fri 23<sup>rd</sup>, Mon 26<sup>th</sup>, Tue 27<sup>th</sup>, Mon 2<sup>nd</sup>, Tues 3<sup>rd</sup> January  
**KAOS Squad** – Last session Tuesday 20 December - commence Back Tuesday 10 January.

### *Congratulations.....*

**Erika Fairweather on breaking two NZ age group records in the 800 free and 400 free respectively and the Otago 12-13 200IM (yet to be ratified) at the recent U12 Otago Champs.**

### *Results from coaches*

#### **Otago U12 Otago Championships – from Simon**

Twenty nine swimmers competed at the recent under 12 Otago Champs. Being so close to the end of the year, this meet is always tough for our younger swimmers. As customary however, they brought a lot of guts and smiles to their performances and finishing with a 55% PB rate was a credit to the team. Quilla Cashell-Smith and Shima Jack exemplified that spirit being named along with Erika Fairweather as top swimmers of the Meet.

Erika Fairweather stole the show at the Meet breaking two NZ 12U records in the 800 and 400 Freestyle, along with the Otago 12-13 200IM record. It was testament to Erika's determination after breaking the NZ 800 Free record (by 9 seconds) to follow this up with two further records NZU12 400 Free and Otago 12-13 200IM records.

Congratulations also to Caitlin Hewson and Max Kirkwood who swam qualifying times to elevate them in the C and B squads respectively.

182 swims, 103 PBs (55%). 34 Gold, 22 Silver, 20 Bronze medals won..

#### **Southland Champs 2016 – from Simon**

The sixteen swimmers performed very well with a 62% PB rate including a number of very large P/Bs. (72 P/Bs from 117 races. The team brought home 12 Gold, 15 Silver and 11 Bronze medals with Ella-Rose dominating her age-group. William Christopher showed a great amount of tenacity swimming 20 races producing P/Bs in all but one of his events. Thanks to those who came along and helped the team and the meet run smoothly. Top swimmers were William Christophers and Ella-Rose Crooks.

#### **Queensland State Age Group Champs – from Gennadiy**

Eight swimmers competed in 56 races producing 30 (53%) personal best times.

Best performing swimmers of the meet were Oliver Walker who produced four P/Bs from his 4 races reducing 20 seconds from his 200 freestyle, Jessica Scott producing 8 P/Bs from her 10 races and Nicole Heaton producing 5 P/Bs from her 6 races.

**Two Finalists:** Caitlin Deans gained 5<sup>th</sup> in the 400 Free and Nick Pryde 7<sup>th</sup> in the B Final of the 400 Free. Congratulations to all these swimmers. Thank you also to Shirlene Pryde who travelled with the team as Team Manager and caterer.

## ***Progression through Squads***

Congratulations to Caitlin Hewson who moves into C Squad and Max Kirkwood who moves to B squad on their recent performances at the U12 Otago Championships. Also congratulations to Marcel Geystenbeek who will be moving C to Tri.

## ***Upcoming Meets***

Otago 13 & Over Championships 18-22 January, Moana Poo L/C  
Otago Country Clubs - 4 February 2017  
Alexandra - Waitangi Meet - 5 February 2017  
Southland Age Group/Open Meet - 11 February 2017  
Zonal Champ Auckland - 11 February 2017  
Junior Nationals Zonal Format SC Timaru - 17-19 February  
Southern Regions U14 Surf Lifesaving Champs, 18-19 Feb, Dunedin  
South Island Country and Town Dunedin 25-25 February  
Southern Regions Senior Surf Lifesaving Champs 25-26 Feb, Christchurch

## **2017 Summer Swim Camps**

**Senior Summer Program – Dunedin 4 – 14 January 2016**

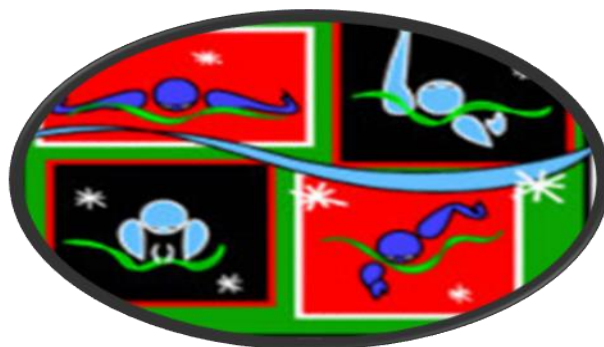
**B Squad Summer Program – Dunedin 11 – 15 January 2016**

*If you have any queries relating to either programs please contact Gennadiy or Simon.*

## **Squad Criteria for 2016 – 2018**

The New Squad Criteria for 2016 - 2018 has been approved by the Board. This can now be found on the DSCB Website. <http://www.swimdunedin.co.nz/selection-criteria.html>

**Merry Christmas, and a happy and safe holiday**



Margaret Eton-Marsh  
Administrator

*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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Facebook Page – Dunedin Swim Coaching Board (DSCB)