



## Congratulations to.....

**Kate Godfrey** who competed at the **World University Games**. Kate achieved a personal best time and broke the Otago Record Long Course 200 back. Kate also improved her personal best and in doing so broke her second Otago record. Kate was a member of the NZ relay 4 x 200f freestyle which was placed seventh.

**Caitlin Deans** and **Cecilia Crooks** for selection on the New Zealand Team to compete at the Swimming Australia 2015 State Teams Age Group Short Course Meet in Canberra at the end of September.

### New Zealand National Short Course Meet

Team members: Ben Carr, Cecilia Crooks, Caitlin Deans, Courtland Ellis, Matthew Glassford, Kate Godfrey, Olivia Gold, Kou Kitahara, Jessica Scott, Jeremy Tasker and Gabrielle Trotter.

Five Otago Age group and four Open records were broken. Six Gold, nine Silver and five individual Bronze and a relay Bronze were won. Our eleven swimmers entered 86 events producing 59% personal best times.

### Otago Short Course Records

Kate Godfrey Opens 50 Back, 100 Back, 200 Back and 200 Free

Courtland Ellis 14-15 year Boys – 50 free, 100 free, 200 Free and 100IM

Caitlin Deans 14-15 year girls – 800 Freestyle

### Medal Winners

Kate Godfrey (Open) Gold 200 Back, Silver 200IM and 100 IM.

Caitlin Deans (Open) Silver 800 Free. (15 years) Gold 400 Free & 800 Free, Silver 200 Free, Bronze 200 IM & 400IM.

Courtland Ellis (15 years) Gold 50 Breast & 200 Breast, Silver 100 Breast, 100 IM & 200 IM, Bronze 100 Free, 200 Free and 400 IM,

Gabrielle Trotter (14 years) Gold 800 Free, Silver 400 IM

Cecilia Crooks (14 years) Silver 800 Free

Jessica Scott (13) Silver 50 Fly

Otago Relays.

Bronze Medal to Cecilia, Gabrielle, and Caitlin in the 4x200 Freestyle Relay.

### Southland Winter Meet Series

Twenty swimmers attended the first meet in June achieving 67% of PB's. Well done to Madison Wills who was elevated to B Squad from C Squad following this meet.

Twenty swimmers attended the second meet in July and achieved 60% personal best times. Jordon Summers and Ben Carr performig well in the 400 IM. Ben's performance saw him elevated to A3 squad.

## Flume Session

During the holidays thirty five A and B squad members attended Flume sessions at the University of Otago where they were put through their paces/strokes for underwater filming and analysis. We are very fortunate to have access to this wonderful sport science facility. Swimmers receive DVD's of their session and feedback from Gennadiy.

## Upcoming Meets

**Southland Meet No.3** – 22 August, Splash Palace, Invercargill. Coach - Simon  
**Otago Winters: Saturday 5 September – Sunday 6 September.** Gennadiy & Simon  
**Southland Winer Meet No.4,** 13 September Splash Palace, Invercargill. Coach - Gennadiy  
**South Island Champs Saturday 26 September – Monday 28 September – Moana Pool**  
All Coaches  
**Queenstown Early Bird Meet,** 10 October, Queenstown – Coach Attending  
**Orca Labour Weekend Meet,** 24-26 October Invercargill – Coach(s) attending

## 2015 Flume Sessions – A and B Squads

October: Monday 5 October – Thursday 8 October (10.00am – 3.00pm)

Please contact Gennadiy for program.

## 2015/16 Swim Camps

**Otago selected Camp (ages 10-12 years) (Cromwell) Saturday 17 October –**

One day Junior Skill and Technique Camp. (Selected swimmers will be advised by Swim Otago via their Club) - **Coaches: Gennadiy and Stephen**

**Senior Summer Camp – Timaru 4 – 16 January 2016**

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

*(Information on these camps to come).*

## Coaching Team

Stephen has been absent from dryland training while he is concentrates on his Master's Degree however he will be returning later in the year. During his absence squad coaches have been taking these sessions.

## Coaches on Annual Leave

*Gennadiy is now on leave from Wednesday 19 August to Saturday 29 August.*

*Adam is returning to Scotland and will be away from Wednesday 19 August to 19 September.*

## **Squad Cover**

**Wednesday 19 – Saturday 29 August**

Simon will be taking the A, B and Surf Squads in Gennadiy's absence.

Sue Maclaurin will be taking the C & D Squads. (pool sessions only) to relieve Simon

Kate Godfrey will be taking the Tri Squad from 7.00am to 8.00am.

**Monday 31 August – Friday 19 September**

Gennadiy will be taking the B and Tri Squads in Adam's absence.

Sue Maclaurin will be taking the C Squads on Tuesdays 1, 8 and 15 September.

## **Squad fees.....**

As a non-profit organization the DSCB 's priority is to keep fees as reasonable as possible to maximize the affordability and accessibility to coaching services, but at the same time ensuring to meet its obligations in a responsible manner and on a sustainable basis.

The Board has been in operation since April 2013 and is currently reviewing budgets and squad fees with a change in fee structure to be implemented at the beginning of October.

### **There will be three changes:**

**Fee increases:** Fee increases are expected across all squads from October 2015 which have yet to be set but membership will be notified following the September Board Meeting in early September.

**Quarterly Invoicing:** Training Fees will be charged out (invoiced) quarterly, based on a 4 term year with term dates being 14 January, 14 April, 14 July and 14 October.

**Payment Terms:** Will either be paid monthly by Direct Debit, or in full at the beginning of the each quarter.

## **Acknowledgement and Thanks**

**Bendigo Valley Sport & Charity Foundation** have been generous in supporting our eleven senior swimmers attending the National Short Course in Auckland. We wish to acknowledge and thank them for their grant of \$1000.00 to support coaching costs at the recent National Short Course Meet in Auckland

## **Administration**

Margaret is away for the week from Friday 21 August to Sunday 30 August. If you have any urgent queries please contact Simon Cook on

**Ph 022 3048720**  
**email [need.simon@gmail.com](mailto:need.simon@gmail.com)**

Margaret Eton-Marsh  
Administrator

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