

A number of our swimmers will be competing the Southern Region Surf Lifesaving Pool Champs this weekend 11-12 July. The events are based on the International Life Saving (ILS) World Championship rules which add different dimensions to FINA swimming events. If you are wishing to be animated and you are not familiar with rescue events, it would be well worth popping in to see what is involved. These events are pure exhilaration when performed well – combining speed, strength, stamina and lung capacity racing and swimming under obstacles to precision timing and technical ability of the line throwing.



To Gennadiy, Maryan and Andre on the arrival of their baby daughter and sister.

Upcoming Meets

Surf Life Saving 2015 Southern Region Pool Champs – Saturday 11 July – Sunday 12 July – Moana Pool. Visit www.stclairsurfclub.org.nz



EVENTS

50m Freestyle with Fins

50m, 100m, 200m Obstacle Event Swimmer required to dive under immersed obstacles (2 per 50 metres) during freestyle race.

100m Tube Patient Rescue with Fins Rescuer swims 50m with tube, clips patient in tube, swim backs 50m.

Races with Manikin Rescues

50m Manikin without Fins - Rescuer swims 25m freestyle, dives to recover submerged manikin, carries manikin back to starting point.

100m Manikin tow with fins- Rescuer swims 50m freestyle with fins and rescue tube, secures manikin in tube and tows to finish.

100m Manikin carry with Fins – Rescuer swims 50m freestyle with fins, dives to recover submerged manikin, carries back to starting point.

100m Rescue Medley – Rescuer swims 50m freestyle, turn & dives swimming underwater 17.5m to retrieve submerged manikin, carries to starting point.

Line Throw - Rescuer throws line 12.5m to patient, pulling patient back to poolside.

Team Relay Events

The 4x50 Obstacle, 4x50 Medley, 50m Rescue, and 6x50 Mega Relays all incorporate components in the individual events combine to make exciting team events.

Southland Meet No.2 - 25 July 2015, Splash Palace, Invercargill. Gennadiy
National Short Course Meet: Auckland 11 August – 15 August 2015 – Gennadiy
Southland Meet No.3 – 22 August, Splash Palace, Invercargill - Simon
Otago Winters: Saturday 5 September – Sunday 6 September. All Coaches
Flyer not yet posted.

South Island Champs Saturday 26 September – Monday 28 September – Moana Pool
Flyer still being finalized. (Coaching staff at Meets to be advised).

2015 Flume Sessions – Monday 13 July and Tuesday 14 July

A and B Squad members are being put through their paces/strokes at the University of Otago Flume where they will be filmed and recorded for analysis. If you have not been given a time, please speak to either Gennadiy or Adam for a time.

Southland Winter Series Meet No 2. Saturday 25 July 2015 - Transport

Gennadiy is taking a van to Invercargill. If you are wishing to book a seat please contact Margaret.

Welcome to.....

Jonathan Duncan to the Board

Jonathan competed at the Sydney 2000 Olympics representing New Zealand for eight years, training under the late Duncan Laing. Jonathan has continue his interest in the sport through coaching at local and regional levels. Jonathan brings to the Board understanding of the sport industry and managerial and business advisory experience gained both abroad and at home. Following a period overseas as General Manager for National Charity (Great Britain) Jonathan returned to Dunedin and is presently Corporate Business Advisor at Otago Polytechnic.

A second vacant position on the Board is anticipated to be filled shortly.

Coaching Team

Simon will be away on Annual leave from 18 – 27 July. Gennadiy and Adam will be covering the C and D squads in Simon's absence.

Remember Gennadiy is available on Thursdays at 6.15pm to answer any questions, queries or concerns you may. He would appreciate an email or txt 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.

Finally..... The Moana pool is a wonderfully warm place to be on these cold winter days, however a reminder to please be mindful of winter driving/walking conditions. Adam our Coach had a nasty moment driving to the pool on Wednesday morning. He is now without a car. If anyone knows of a spare pair of motorized wheels available for loan, or swimmers live in the St Clair area and maybe able to help with transport Adam may very well be grateful for assistance. Email specialfish123@hotmail.com ph.0221827675

Margaret Eton-Marsh
Administrator

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

'SWIM DUNEDIN'

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