

It is hard to believe it is Christmas week, with many swimmers already heading away for breaks, and for others there will only be a short break from the water.

Congratulations to all our 38 competitors who competed at the recent Otago Junior Champs.

B Squad - Coach Report - Adam

Seven swimmers from B Squad competed. On the whole there were some outstanding swims across the board.

Ana Tarapi, swam unbelievably well taking 5 seconds off her 100 freestyle and negative splitting the race in a time of 1.12.0. Ana performed outstandingly well and attained a 100% P.B. average. Keep applying yourself Ana and keep up the outstanding effort.

Erika Fairweather continues to swim within herself. Erika swam to the race plan during her 400IM and 200 Fly leading her to SMASH two Otago Junior records at the meet, and be the overall performer for the Meet.

Zoe McCane also stepped up to mark, and has again swum to her personal best times and faster from more recent meets where she has previously improved her best times. On a tough two days of racing in packed sessions, Zoe swam a 0.8 second P/B in her 50 breaststroke to qualify her as the fastest 12 year old in Otago for the National Junior Championships, ahead of Penny Keeling from Oamaru in a time of 39.2.

Madison Wills produced a great swim in her 200 IM to dip under the three minutes barrier for the first time in either short course or long course in a time of 2.26. Well done Madison!

Mackenzie Baines performed extremely well in her first swim of the meet in the 400IM. This was Mackenzies first time racing the 400IM long course and delivered a strong performance throughout finishing strongly and almost reaching her short course conversion time.

Jordon Summers also had a great meet making the Junior Nationals Time for 100 Backstroke and 200 Fly. Jordon swam strongly in her first ever long course 200 Fly, however didn't quit having enough energy in the tank on the last 50 which was her last swim of a very tough program of events. Jordan swam the 200 Fly in a time of 2.05.

Antonia Bachop attained over 450 Fina points in her well paced 100 freestyle, which entitles Antonia an extra Saturday morning session – Good going Antonia.

C & D Squad – Coach Report – Simon

C and D squad swimmers performed well with 11 gold, 18 Silver and 29 bronze medals (60% P/Bs).

Congratulations to Jade Fairweather, Mereana Martin and Jemma Wilson who swam qualifying times for the National Juniors

Squad Transitions - Congratulations to Julian Hamilton and Megan Hanning will be moving to C Squad following their performances and to Meg Christophers who has now earned a place in the B squad.



Top Performers were:

C Squad Female – Emma Christophers

C Squad Male – Ryan Dey

D Squad Female – Amelia Lane

D Squad Male – Harry Summers

Best Swim:

Jade Fairweather in 100fly. Finished with an incredible final 25m despite leading the race comfortably.

Auckland Age Group Champs – Coach Report - Gennadiy

Caitlin Deans, Cecilia Crooks, Nick Pryde and Mila Jijoc attended this meet in Auckland over the weekend. Thirty eight races earned them 63% P/Bs and sixteen podium finishes with 6 gold, 4 Silver & 6 bronze. Caitlin swam a qualifying time in the 400 Freestyle for selection to the NZ Age Group Team to compete at the 2016 Australian Age Group Champs in Adelaide in March. Well done Caitlin.

Upcoming Meets

- **Auckland Age Group Champs L/C – Qualifiers - Gennadiy**
- **Long Course Qualifying Meet – 9 January 2016, Carolyn Bay, Timaru**
- **Otago 13 & Over Championships 20-24 January, Moana Pool, Dunedin**
- **ZONAL Meet, Saturday 13 February – Auckland, Selected Team**

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.

Christmas/New Year Training

D squad Last day 18th December 2015 resumes Tues 5 January 2016

C squad Last Day 18th December 2015 resume Tues 5 January 2016

B squad No Training on 24th, 25th, 28, 31 December 1st & 4th January.

A squad No Training afternoon 24th December

Fri 25th, Sat 26th, 28th, 31st December, 1st, 2nd and 4th January (Camp attendees train 4 January).

Surf/Tri OFF 24th, 25th, Mon 28th, 31st December, 1st & 4th January

KAOS Squad – Last session Tuesday 22 December - commence Back Tuesday 12 January.

2015/16 Swim Camps

Senior Summer Camp – Timaru 4 – 16 January 2016.

B Squad Summer Program – Dunedin 11 – 15 January 2016 Conducted at Moana Pool.

Morning session: 6.00am – 7.00am

Afternoon session: 4.30pm – 6.15pm.

Surf Lifesaving, Open Water Events and Triathlons

We wish all those athletes competing in various events over the few weeks all the best and we look forward to seeing good results.

Coaching Team over January

We welcome Kurt Crosland and Sue Maclaurin to the coaching team who will be assisting with coaching over January. Kurt will be working with the B squad and Surf and Tri Squads, and Sue with the C & D Squads.

Administration

January Fees will be invoiced as per normal as one of twelve equal instalments) based on the number of sessions offered over the year. (Please refer to Membership Policy on our website).

Farewell to :

It is with great sadness we bid farewell to Adam Fulton who has coached the B Squad and Surf and Tri Squads over the past year. Adam has been a valuable member of the coaching team bringing much energy and motivation to his swimmers. We wish him the best with his future coaching career and look forward to seeing him pool side at National Meets. We also bid farewell to Senior Team Captain Cameron James who has moved back home to Christchurch to continue his Physiotherapy career. He will be attending Senior Swim Camp. Cameron will continue to compete for Aquagym Club in Christchurch.

Finally Thank you to all parents and volunteers for dedicating their time to their child's swimming activities over the past year.

On behalf of the Dunedin Swim Coaching Board I wish you a very Merry Christmas, and happy and safe holiday and we look forward to seeing you back in 2016.

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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