

Welcome to the first newsletter for 2016, with a special welcome to a number of new swimmers to DSCB from other parts of the country and overseas. It's been a busy few weeks since Christmas. While peers were sleeping in, and enjoying a break over summer, groups of dedicated swimmers were hard at work preparing for the upcoming competitive season. Twenty one senior swimmers attended a twelve day swim camp in Timaru and eighteen B squad members stepped up to two training sessions a day at a one week camp 'at home'.

**Congratulations to:** Madison Wills who won Gold Medal in the 11 year girls 200 Breaststroke at Junior Nationals. Maddy paced herself well and swam an exceptional race coming in three seconds clear over the second place getter in a field of thirty two.



Madison – National Junior Gold Medalist (11 years 200 Breast)

### **Otago 13 & Over Championships – Gennadiy**

Forty nine competed at this meet, many competing under fatigue following their swim camps the week earlier. PB percentages recorded were A squad 30%, B Squad 50%, C Squad 80%, Surf Squad 10%. Congratulations to Tyler Summers and Olivia Andrew for best performances from B squad and to Meg Sycamore and Courtland Ellis for their performances from the A squad. Congratulations to Erin Ford who took home the Festival Cup and Jeremy Tasker the Zenith Jubilee Trophy.

**2016 Zonal Championships** – Congratulations to Jeremy Tasker, Olivia Gold, Caitlin Deans, Kate Godfrey, Devon Familton, Gabrielle Trotter, Cecilia Crooks, Kou Kitahara. and Mila Jojic who were selected to contest the Zonal Championships for the Makos (South Island) Team.

Swimmers from around the country were divided into four zonal teams to compete in team formats. Each forty member Zonal team being made up of 10 male and 10 female swimmers in of each the under 16 and over 16 age groups.

**Results:** Seniors Harlequins 1<sup>st</sup> (1091 points), **Makos 2<sup>nd</sup> (840 points)**, All Stars 3<sup>rd</sup> (718 points), Aquaknights 4<sup>th</sup> (698 points). Juniors – Harlequins 1<sup>st</sup> (967 points), Aquaknights 2<sup>nd</sup> (855 points), All Stars 3<sup>rd</sup> (751 points) and **Makos 4<sup>th</sup> (731 points)**.

## Team members



*Mila, Gabrielle, Jeremy, Kate, Cecilia, Oliva, Devon, Caitlin, and Kou with Andrew Trembath (second from left)*

**Junior Nationals** – Congratulations to Mackenzie Baines, Erika Fairweather, Jade Fairweather, Zoe McCane, Harry Summers, Jordan Summers and Madison Wills for their efforts at the recent National Junior Championships in Auckland.



Coach Simon Cook, Mackenzie Baines, Jordon Summers, Harry Summers, Erika Fairweather, Zoe McCane, Madison Wills, Jade Fairweather.

All swimmers are commended for producing some outstanding personal best times. Twenty nine personal best times were produced from thirty-eight swims (76%). Again congratulations to Madison Wills the top performer who won Gold in the 11 year girls 200 Breaststroke, bronze in the 100 breaststroke, 5<sup>th</sup> in the 50 breaststroke and 9<sup>th</sup> in the 100 Fly.

Other top performances were:

Zoe McCane (12 years) - 4<sup>th</sup> 50 Breaststroke, 5<sup>th</sup> 200 Breaststroke and 7<sup>th</sup> in the 100 Breaststroke

Erika Fairweather (12 years) - 7<sup>th</sup> 400 IM, 8<sup>th</sup> 200 Fly and 10<sup>th</sup> 100 Free.

**South Island Country & Town Championships** – Eighteen swimmers attended this meet in Ashburton over the weekend. Congratulations to all swimmers who swam personal best times. Charlotte Underwood Nichol had a huge tally of P/Bs and Devon Allen finished on the podium a number of times. Kiwi club won the trophy for the most points for a team of 6 & less.



*Devon and Bronte Allen, Sarah Ford, Emma Herbert and Charlotte Underwood-Nicol.*

**Progression through Squads** – Recent performances have seen the following swimmers graduate. **C**

**SQUAD:** Julian Hamilton, Megan Hanning, Ella McBride, Jarvis Wallace, Abi Gibson, Harry Summers, Becky Delaheart, Amelia Lane, Marcel Geytenbeck and Judd Stewart.

**B SQUAD:** Meg Christophers and Jade Fairweather

Performances at Otago Champs have seen invitations extended to the following B squad swimmers join A3 Squad for Saturday morning sessions. Zoe McCane, Erika Fairweather, Cameron Innes, Geoffrey Kemp, Olivia Andrew, David Cannon, Tyler Summers, Rachel Kinley, Antonia Bachop, and Jordan Summers. Well done to all swimmers.

### ***Upcoming Meets***

- Taieri Carnival, Saturday 5 March (Simon)
- New Zealand Div II Competition, Invercargill, 9<sup>th</sup> – 12<sup>th</sup> March (Simon)
- Otago Anniversary Meet, 19 & 20 March (Gennadiy & Simon)
- New Zealand Opens, Auckland, 28 March – 1 April 2016 (Coach – Gennadiy)
- Collegiate Age Group Meet, Invercargill – 9 April 2016 (no coach)
- New Zealand Age Group Championships, Wellington, 18 – 25 April 2016 (Coach – Gennadiy)

*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.*

### **Acknowledgement and Thanks**

**Bendigo Valley Sport & Charity Foundation** have been generous in supporting our Senior Camp and our National Junior Competitors. We wish to acknowledge and thank the Foundation for their grant of \$1000.00 towards lane hire at the Senior Camp (21 Swimmers) and \$500.00 towards coach expenses at Junior National.

**Cowells Pavlovas** were generous in offering senior swimmers the opportunity to sell Cowell Pavlovas to fundraise for their swim camp. We wish to acknowledge and thank Matthew and Kirsty Heaton of Cowells Pavlovas for this opportunity.



**Senior Swim Camp Managers** – A big thankyou is extended to Sue Deans, Ottavia Jojic and Debs Tarapi for their contributions as Team Managers in making the senior camp the success it was. Swimmers were most appreciative of the wonderful cooking to keep energy levels up during the heavy training schedules.

**Debs Tarapi** - A special thanks and acknowledgement to Debs Tarapi for putting her skills to use in providing massage therapy to our senior swimmers on camp. Debs had generously offered her services poolside at the 13 & over Otago Championships, however business sensitivity at Moana Pool prevented this. Debs is happy to speak to swimmers if they are interested in receiving therapeutic massages.

## **Coaching Team**

Since the departure of Adam, Gennadiy has been covering the B and Tri Squads and Simon the Surf Squad.

We wish to thank Sue Maclaurin for her assistance coaching the C & D squads over the January period when Gennadiy and Simon were involved with their respective camps. Senior swimmers Kate Godfrey, Olivia Gold and Tame Govaerts have also been assisting coaching under Gennadiy's supervision.

Stephen is presently absent from dryland training due to injury. During his absence squad coaches have been supervising these sessions.

**New Appointment:** The Board are currently in the process of selecting a new Senior Assistant Coach. Applicants have been shortlisted and the Board are hopeful for a suitable appointment. Before further progress is made on a new appointment the Board are seeking a review of the current structure and program. Mark Bone, former New Zealand Head Coach (1993-2002), and Company Director of SwimTastic will be visiting Dunedin on March 9 and 10 to review our program. Parents and swimmers will be given the opportunity to talk to Mark when he is here.

## **Remember – Gennadiy is free on Thursdays evenings at 6.15pm**

Gennadiy is available to discuss queries/concerns you may have about your coaching and goals. 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](mailto:genaswim@yahoo.com)

## **Attendance to Training Sessions and conflicting extra-curricular Activities**

There is no policy specifically targeting swimmers with conflicting interests relating to squad attendance. Each squad program is delivered with the goal of progressing swimmers technically and competitively and attendance of individual swimmers and the degree they commit to their squad program will determine and influence their progress.

### **Expectation of Swimmers attending training sessions:**

- Establish good training ethnics and respect their training program.
- Be punctual to all squad sessions.
- Communicate to coach if they are to be late or absent from a session.
- If a swimmer cannot commit to the full training session consideration should be given to forego that session. The coach may otherwise at his/her discretion excuse a swimmer early if they are in the water at the start of a training session, but the swimmer will not be permitted to return to the session. Swimmers will not be permitted to enter the water towards the end of a session.

## **Breakfast Club**

Breakfast Club started back at the start of the new school term.

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 [prydefamily@vodafone.co.nz](mailto:prydefamily@vodafone.co.nz).

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

**Pool Passes** – All early morning swimmers (5.00am and 6.00am squads) require Pool membership passes, not multi-passes. Moana Pool staff access attendance sheets regularly to check passes are up to date. Periodically pool staff bring to our attention swimmers entering with expired passes. Please ensure your memberships are current as not to jeopardize or risk being banned from entering the pool to attend squad training. For further details go to [www.swimdunedin.co.nz](http://www.swimdunedin.co.nz) – Links: Moana Pool Multi-visit Passes

## **Administration**

**There are a number of members with outstanding accounts.** It is appreciated fees are paid on time. Fees are invoiced monthly in the last week of the previous month **and payment is to be received no later than the 07<sup>th</sup> of each new month.**

### **Missed sessions due to cancellation**

In the situation where there has been a session cancelled, whether through unavailable pool space (through competition), pool closure through adverse weather conditions, or coach absence, swimmers are welcomed and encouraged to discuss with their coach a catch up session on an alternate day, this especially applies to C and D Squad members

*Finally..... Best wishes to all swimmers competing at the Taieri Carnival this weekend, Swimmers heading to Div II in Invercargill next week and to our Surf Life Savers heading away to national competitions. It is always good to receive news and photos of those away competing.*

Margaret Eton-Marsh  
Administrator

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

---

*'SWIM DUNEDIN'*

P O Box 2147, South Dunedin, 9044

Website – [www.swimdunedin.co.nz](http://www.swimdunedin.co.nz)

Facebook Page – Dunedin Swim Coaching Board (DSCB)