

October and November were exceptionally busy months with meets on most weekends. This weekend is no exception with thirty eight swimmers competing at the Otago U12 & under Otago Championships at Moana Pool.

Congratulations to:

Cecilia Crooks winning the Swimming New Zealand High performance XLR8 Award for September/October in the 14 years age group. This is great achievement come about by dedication and commitment to training. To learn more about the LR8 program visit Swimming New Zealand website under High performance Development Program/XLR8 program.

Queenstown Early Bird Meet – from Adam

Eleven swimmers from D, C and B squads competed in Queenstown on 10 October. Dunedin swimmers raced well throughout the jam packed day of swimming. For a few swimmers it was their first taste of competition, whilst for others it gave them an opportunity to try for new personal best times and swim events they perhaps don't compete in that often. Ryan Dey and Ella-Rose Crooks performed exceptionally well, with 100% personal best times. Maddison Wills of B squad attained another qualification time in the 200 IM for the Junior Nationals. Well done Dunedin.

It's T.U.F (technique under fatigue) to be the Best!

ORCA Meet – Labour Weekend – from Gennadiy

Thirty one swimmers competed at the Annual Orca Meet at Labour Weekend. They came away with 43 first places, 33 second places and 26 third places. 51% P/Bs were recorded. The two swimmers emerging as the best performers were Erika Fairweather (B Squad) who produced large P/B's - 8 from her 8 swims, and Harry Summers (D Squad) who produced 8 P/B's from all 8 swims. Congratulations to Elliott Alloo who swam three B squad target race times for selection to B Squad. Three junior swimmers from C squad performed well, and will be stepping up for next the selection to B squad Jade Fairweather (10), Sarah Ford (11) and Jemma Wilson (11). Well done to all swimmers.

Otago Spring Carnival – from Simon,

Fifteen swimmers had a great day's outing in Cromwell earlier in November coming home with 69 ribbons. (35 First places, 14 second places, 20 third places). Olivia Gold was the highest female point scorer and Nick Pryde was the highest male point scorer. Best male swimmer - Tom Gold for 200 Breaststroke and strong swimming and attitude throughout. Best female swimmer: Ella-Rose Crooks for 400Fr and Br technique improvements. Well done.

Murihiku 2015 – from Gennady

Thirty swimmers competed gaining 37 first, 23 second and 15 third placings and 46% personal best times. Top swimmers were Cecilia Crooks producing 4 PB and 4 first placings and Kou Kitahara 3 PB, 2 first placings and a second placing. The Top "Handy Cap" swimmers were Jack Drivers 100 Fly, Tame Gorvaerts 100Br, Courtland Ellis 100Bk .

Kiwi Challenge

Sixty-one swimmers collected 82 first placings, 72 second placings and 53 third placings at the recent Kiwi Challenge achieving 67% personal best times.

- From Gennadiy (A, C & D Squad swimmers)

A squad top swimmers: Cecilia Crooks and Courtland Ellis(Captain for this meet).

C squad top swimmers: Thomas Gold and Jade Fairweather.

D Squa top swimmers: Ella-Rose Crooks and Daniel Coster.

- From Adam – (B Squad Swimmers)

Fifteen B squad swimmers took part in the Kiwi Challenge with 132 swims and 68% personal best times recorded.

With a full schedule of racing many B squad swimmers stepped up to the mark, not only swimming personal best times, but many swimming events they'd not entered before such as the 400IM and 200 Fly. There were also a number of times good enough to qualify for junior age groups and age groups. Well done to those swimmers that qualified.

Most improved female: Zoe McCane

Most improved male: Cameron Innes

Top Female: Erika Fairweather

Top Male: Cameron Innes.

There was an abundance of medals won between all swimmers in B squad. A special mention however to those swimmers that P.B'd in every event! These swimmers were: Harry Flintoff, Zoe McCane, Rachel Kinley and Lucy Duncan

Congratulations to you all.

Southland Champs – from Gennadiy

Sixteen swimmers competed at the Southland Championships. Swimmers came away with 42 Gold, 28 Silver and 18 Bronze medals with 45% personal best times achieved. Swimmers to mention are Jessica Scott (10 PB-4 Gold, 5 Silver, 1 Bronze) and Harry Summers (6 PB-4 Gold, 1 Silver, 1 Bronze). Congratulations to Zoe McCane who gained 457- Fina points in her 100 free. Zoe has been invited to join A squad sessions on a Saturday Morning. Congratulations to also to Team Captain Kate Godfrey for her 12 Gold Medals. Well done.

Progression through Squads

Esme Paterson, Daniel Coster and Ella Crooks have moved into C Squad.

Elliott Alloo and Sarah Ford have moved to B squad. Well done on your recent performances.

Upcoming Meets

- **Auckland Age Group Champs L/C – Qualifiers - Gennadiy**
- **Long Course Qualifying Meet – 9 January 2016, Carolyn Bay, Timaru**
- **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 Camp – Dunedin 11 – 15 January 2016 The program will be conducted at Moana Pool.

Coaching Team

Nutrition Seminars were held during October, for those who could not attend Stephen provided written information covered at Seminars which was sent out to swimmers

Remember – Gennadiy is free on Thursdays evenings at 6.15pm

Gennadiy is available to discuss queries or 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

Breakfast Club – Shirlene Pryde is looking for volunteers to assist next year. This is not a onerous task and is a great way to interact and get to know the fellow training mates of your child. Shirlene is happy to roster specifically your available time whether on a weekly/fortnightly/monthly basis.

A special thank you to Shirlene and her volunteers, Julie Ford, Bevan & Shona Trotter and Michael Trembath for their valuable service to our swimmers over the past year. If you can help next year please contact Shirlene on her homeline 476 7104.

Pool Passes - All early morning swimmers (5.00am and 6.00am squads) require current membership cards and not multi-passes. Moana Pool staff access attendance sheets regularly checking members are paying their entry to pool, and periodically bring to our attention those 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 – Links: Moana Pool Multi-visit Passes

Administration

There have been some queries about reduced rates over the holiday period. Fees for December and January are invoiced as normal as they are set annual coaching fees (invoiced in twelve equal instalments) based on the number of sessions offered over the year. (Please refer to Membership Policy on our website).

Finally..... Best wishes to all our 38 junior swimmers competing at the Otago Championships this weekend. This weekend may be

“The start of something extraordinary”.

Antonia Bachop, Mackenzie Baines, Erika Fairweather, Zoe McCane, Jordan Summers, Ana Tarapi, Madison Wills, Bronte Allen, Emma Andrew, Emma Christophers, Meg Christophers, Ryan Dey, Anna Divers, Hannah Drew, Jade Fairweather, Thomas Gold, Mara Haase, Emma Herbert, Isabella Holland, Evie Holt, Shima Jack, Max Kirkwood, Mereana Martin, Olivia Pearce, Meg Sayers, Grayson Westgate. Charlotte Underwood-Nicol, Aidan Blair, Quilla Cashell-Smith, Daniel Coster, Ella-Rose Crooks, Abi Gibson, Ava Holland, Megan Hanning, Julian Hamilton, Amelia Lane, Ethan McGregor, Harry Summers.
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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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Website – www.swimdunedin.co.nz

Facebook Page – Dunedin Swim Coaching Board (DSCB)