

WE have arrived at a busy time of the school year with extracurricular activities, upcoming swimming events and the commencement of summer sport codes. It's therefore timely to remind everyone to respect a code of etiquette including respectful communication to your coach the sessions you are unable to attend. Please revisit the Swimmers' Code of Conduct signed on joining. This is included at the end of the Newsletter.

Congratulations to:

Erika Fairweather for her outstanding performance winning four individual Gold medals in the U12 age group at the National Surf Life Saving Pool Championships in Auckland recently. A number of our swimmers had success in team events coming home with a number of medals.

National Surf Life Saving Pool Champs

Gold Medalists

Erika Fairweather – 4 Gold Medals in the U12 Women

50m Swim with Fins, 50m with Obstacles, 50m Brick Carry and 50m Rescue Medley

Team Gold Medalists:

Erika & Jade Fairweather - *Under 12 Women's 100m Tow with Patient*

Devon Familton, Olivia Gold and Kaori Kitahara with Carina Doyle - *Open Women's 4 x 50m Medley Relay.*

Devon Familton, Olivia Gold and Kaori Kitahara with Carina Doyle - *Open Women's 4 x 50m Obstacle Relay*

Bronze Medalists:

Olivia Gold U19 Women - *200m Super Life Saver*

Devon Familton U16 Women - *100m Manikin Tow*

Team Bronze Medalists

James Coombes, Kou Kitahara, Hamish Trembath with Andrew Trembath - *Open's Men's 4 x 50m Medley Relay*

Nathan Wolf and Carina Donegan also performed creditably just missing out on podium finishes.

<https://www.youtube.com/channel/UCxpdsuDPcrDwqXJRn5jZ8Dw/videos>

South Island Secondary School Champs. Devon Familton gained a silver medal in the 200m Breast along with her 3 bronze medals in her 50m, 100m, & 200m back. Apologies to Devon for this omission in last month's Newsletter.

South Island Championships: Thirty one DSCB swimmers competed. The medal tally placed Otago as the top region with DSCB swimmers contributing to this by winning forty Gold medals, 18 Silver and 10 Bronze. 53% personal best times were recorded the 68 podium finishes came from 302 races.

Team: Elliot Alloo, Antonia Bachop, David Cannon, Ben Carr, Courtland Ellis, Jack Divers, Lucy Duncan, Devon Familton, Matthew Gillespie, Matthew Glassford, Kate Godfrey, Isabella Gold, Olivia Gold, Tame Govaerts, Nicole Heaton, Cameron Innes, Cameron James, Mila Jovic, Geoffrey Kemp, Kou Kitahara, Alice Moran, Cameron Moron, Nick Pryde, Jessica Scott, Meg Sycamore, Teigan Tarapi, Jeremy Tasker, Michael Trembath, Gabrielle Trotter, Oliver Walker, Sophie Wilson.

Best Performers: A Squad - Kate Godfrey and Tame Govaerts

B Squad - Jessica Scott and Jack Divers

Emerging swimmers from B Squad were:

Nicole Heaton. PB'd 4 seconds in her 100m Backstroke heat then a further 2.5 seconds in the final. Nicole attained 475 Fina points in doing so and qualified for her for National Age Groups.

David Cannon. Pb'd 8 seconds in his 100m Breaststroke in the heats which qualified him 8th for his first final at a competitive qualifying meet. David took a further 1.5 seconds off in the final and in doing so qualifying for his first National Age Group Champs.

Queenstown Early Bird Meet - Eleven of our younger swimmers attended this meet gaining eleven first placing, 19 second placings and 11 third placings with 47% P/Bs being recorded. Best male performance was Ryan Dey and best female performance was Ella-Rose Crooks.

Progression through Squads

Congratulations to Kou Kitahara, Jessica Scott, Jack Divers, Nicole Heaton, Isabella Gold who have all been elevated to the A3 squad following their performances at the recent South Island Championships.

Upcoming Meets

..... **Good luck to the thirty two swimmers heading down to Invercargill to compete at ORCA this weekend.**

Elliott Alloo, Mackenzie Baines, Laura Bungard, David Cannon, Ben Carr, Ella Crooks, Caitlin Deans, Ryan Dey, Courtland Ellis, Erika & Jade Fairweather, Erin & Sarah Ford, Kate Godfrey, Isabella Gold, Briar Grounds, Nicole Heaton, Cameron Jefferies, Mila Jovic, Geoffrey Kemp, Madeline McCane, Zoe McCane, Nic Pryde, Jessica Scott, Harry, Jordon & Tyler Summers, Gabrielle Trotter, Madison Wills, Finn, Jemma & Sophie Wilson.

Otago Spring Carnival, Sat 7 November, Cromwell – C & D Squads – Simon

Murihiki Meet, – **Sat 14 November**, Invercargill – A & B Squads - Gennadiy

Kiwi Challenge – 22 November, Moana Pool – All Squads, (All Coaches)

Southland Champs 26-29 November, Invercargill – All Qualifiers - Gennadiy

Auckland Age Group Champs L/C – Qualifiers - Gennadiy

Please refer to DSCB, Swim Otago, or your club's websites for further details on events and how to enter and speak to your coach about which meets you should enter if you are not sure.

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.

2015 Flume Sessions

A and B squad members attended Flume sessions at the University of Otago for underwater filming of strokes. Swimmers will have received their DVD's and had time to review strokes. Gennadiy indicated it is the individual swimmer's responsibility to arrange a meeting with him to receive coach analysis and feed back on technique. Please contact Gennadiy to arrange a time.

Nutrition Seminars – General Nutrition/Preparation & recovery for competition and training.

C & D Squads - Wednesday 21 October, 6.30pm – 7.45pm, Meeting Room, Moana Pool

B Squad - Wednesday 28 October, 6.30pm 7.45, Meeting Room, Moana Pool

Labour Holiday Weekend

A reminder there will be no training on Monday 26 October. (Labour Day)

Gennadiy will be travelling to Invercargill to attend ORCA on Friday. Adam will take A squad training on Friday and Saturday and Simon the C & D squads on Saturday morning.

Coaching Team

Remember – Gennadiy is free on Thursdays evenings at 6.15pm

Gennadiy is available to speak to over any 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

Christmas/New Year Training

D squad Last day 18th December 2014 resumes Tues 5 January 2015
C squad Last Day 18th December 2014 resume Tues 5 January 2015
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.

Administration

Reminder: Fees are now be invoiced monthly in the last week of the previous month **and payment to be received no later than the 07th of the new Month.**

Students away from Dunedin for Semester Breaks/Holidays. Please remember to advise Administrator one month in advance if you are going to be away from training longer than one month. Fees otherwise will continue to be incurred. (Please refer to Membership Policy on our website).

Finally..... *The DSCB Code of Conduct signed by swimmers on joining affirms the etiquette they will abide by in their training and competition.*

- **Respect the rights, dignity and worth of others**
- Be fair, considerate and honest in dealing with others
- **Accept responsibility of your actions**
- **Make a commitment to training and performance**
- Refrain from any form of abuse, discrimination or harassment towards others
- Refrain from consuming alcohol and/or illicit drugs
- Be a positive role model
- **Respect the coach and abide by their instructions at all times**
- Be co-operative and helpful
- **Respect the rules and conditions established by the coach and manager**
- Follow nutritional guidelines
- **Be punctual**

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

Facebook Page – Dunedin Swim Coaching Board (DSCB)