

We have arrived at a busy time of the year with extracurricular activities, upcoming swimming events and the commencement of summer sport codes. It's therefore timely to remind everyone to communicate to your coach sessions you are unable to attend.

Congratulations to:

National Record Breaker Erika Fairweather for her performances at the recent National Surf Lifesaving Champ breaking three individual national records.

Erika joined Oliva Andrew, Charlotte Underwood-Nicol and Maddison Wills to take out Gold and break a National Team record in the 100m Brick Relay. Well done girls.



Otago Record Breaker: Congratulations to Tame Govaerts who broke the Otago Open Record in 50 Breast 28.97 at the Australian Short Course Age Group Championships and then again at the National Short Course Champs in Auckland.

Australian Short Course Age Group Champions - Canberra. (Twenty races, 45% P/Bs) Congratulations to Caitlin Deans, Nicolas Pryde, Tame Govaerts and Cecilia Crooks who were part of a thirty-nine member New Zealand Age Group Team competing in Canberra. All four swimmers are commended for their performances all making a final. Caitlin 5th in the 800 Free, Nick in the 1500 Free, Tame 5th in the 200 Breast and Cecilia 9th in the 800 Free. Tame was home with a Bronze medal in the 16-17 years boys Medley Relay Team.

New Zealand National Short Course Meet

Team members: David Cannon, Ben Carr, Cecilia Crooks, Caitlin Deans, Matthew Glassford, Kate Godfrey, Olivia Gold, Tame Govaerts-Paul, Nicole Heaton, Mila Jojic, Geoffrey Kemp, Kou Kitahara, Molly Law, Nicolas Pryde, Jeremy Tasker, Gabrielle Trotter, Jessica Scott, Zachary Clarke and Zoe McCane and Sophie Wilson.

Two Otago Open records were broken. Six Gold, Six Silver and thirteen individual Bronze and a relay Bronze were won. Our twenty swimmers entered 168 events producing 60% personal best times.

Otago Short Course Record

Tame Govaerts broke his 50 Breaststroke record set earlier in Australia twice again with a final time of 28.83.

Medal Winners

Caitlin Dean (16 years) - 3 Golds 400 Free, 800 Free, (Open, Age), Silver 200 Free, 3 bronze 400 Free, (Open, Age), 400 IM and 200 IM.

Cecilia Crooks (15 years) - 2 Gold 800 Free, 400 IM, Silver 400 Free, 3 Bronze 200 IM, 200 Free, 100 Free

Jessica Scott (14 years) - 3 Bronze 50, 100 & 200 Fly.

Molly Law - Bronze 50 Free

Tame Govaerts (16 years) 1 Gold 50 Breast (2 Otago Records), 4 silvers 100 & 200 Breast, 100 & 200 IM,

Geoffrey Kemp 2 Bronze 200 Free & 100IM

Jeremy Tasker (Open) Bronze 100IM

Relay: Bronze Medal to Olivia, Cecilia, Caitlin and Kate in 4 x 100 Freestyle Relay

National Surf Life Saving Pool Champs

Four National Records were broken, 7 Gold Medals, 6 Silver medals and 5 bronze medals were won with many making finals.

Gold Medalists

Erika Fairweather – 4 Gold Medals in the U13 Women

50m Swim with Fins 100m with Obstacles*, 50m Brick Carry* and 50m Rescue Medley*

Team Gold Medalists:

Erika & Jade Fairweather - *Under 14 Women's 100m Tube swim with Patient*

Olivia Andrew, Erika Fairweather, Charlotte Underwood-Nicol and Maddison Wills - *Under 14 Womens 100 Meter Brick Relay **

Lucy Duncan – *Open Women's line throw*

Silver Medalists

Olivia Andrew - *Under 14 Womens 50 Meter Brick Carry*

Team Silver Medalists

Lucy Duncan, Devon FAMILTON and Olivia Gold - *Open Womens*

100 Meter Manikin Relay, 200 Meter Medley Relay, 200 Meter Obstacle Relay

Olivia Andrew, Erika Fairweather, Charlotte Underwood-Nicol and Maddison Wills.

Under 14 Womens 200 Meter Medley Relay and 200 Meter Obstacle Relay

Individual Bronze Medals

Jade Fairweather – *under 12 Womens 50 metre swim with Fins*

Olivia Gold - 3 bronze *Under 19 Women*

200 Meter Super Lifesaver, 100 Meter Manikin Tow and 100 Meter Rescue Medley

Devon FAMILTON - *Under 19 Womens 200 Meter Swim with Obstacles*

Upcoming Meets

Orca Labour Weekend Meet, 21-23 October Invercargill – A, B & C Squads - Gennadiy & Simon

Otago Spring Carnival, Sat 5 November, Cromwell – A,B, C & D Squads – Simon

Murihiki Meet, – Sat 12 November, Invercargill – A & B Squads - Gennadiy

Kiwi Challenge – 20 November, Moana Pool – All Squads, (All Coaches)

Otago 12 & U Championships 10-11 December, Moana Pool (Simon)

Queensland State Champs 10 – 16 December, Brisbane, (Gennadiy)

Southland Champs 15-18 December, Invercargill – All Qualifiers – Simon

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

Murihiki Meet, Sat 12 November: Gennadiy will be taking a van down for this meet. If anyone wishes a ride please contact Margaret.

2017 Summer Swim Camps

Senior Summer Camp – Dunedin 4 – 14 January 2016

B Squad Summer Camp – Dunedin 11 – 15 January 2016

Notices will go out to A and B Squad swimmers about their respective Camp Programs once details have been received from the coaching Team. Both Camps will be conducted at Moana Pool.

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

Paddy Cheung

C & D Squads - Thursday 27 October, 6.30pm – 7.45pm, Meeting Room, Moana Pool

Labour Holiday Weekend

A reminder there will be no training on Monday 24 October. (Labour Day)

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

Coaching Team

Cameron Tang is presently on study leave and Gennadiy and Simon are covering Surf and Tri squads. Gennadiy will be away on annual leave Monday 17 – Thursday 20 October. During this period Simon will be taking A & B and Surf/Tri squad sessions, Sue Maclaurin the Morning C squad sessions and Kate Godfrey the Afternoon C and D squad sessions

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 Sat 17th December 2016 resumes Tues 9 January 2017

C squad Last Day Sat 17th December 2016 resume Tues 9 January 2017

B squad Last day Fri 23 resume 4th January.

A squad No Training Fri 23th, Sat 24th, Mon 26th, Tues 27th & 31st December, 1st, 2nd January

Surf/Tri No Training Fri 23rd, Mon 26th, Tue 27th, Mon 2nd, Tues 3rd January

KAOS Squad – Last session Tuesday 20 December - commence Back Tuesday 10 January.

MASSAGES

Debs Tarapi has kindly offered her availability to swimmers if they wish to receive a sport's massage. Price \$20 for one hour. Deb's phone number is 021 753175.

Breakfast Club

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 brendon.shirlene@xtra.co.nz

Acknowledgement and Thanks

Bendigo Valley Sport & Charity Foundation have been generous in supporting the cost Gennadiy attending the recent National Short Course Meet in Auckland. We wish to acknowledge and thank the Foundation for their grant of \$500.00.

We also wish to thank **Sue Maclaurin** for her contributions in assisting coach cover for C & D squads during Gennadiy's and Simon's absences over the past couple of months.

Brisbane State Champs - FUNDRAISER

Gennadiy is taking a team of eight swimmers to this meet in December along with two team Managers. Caitlin Deans, Cecilia Crooks, Nicole Heaton, Jessica Scott, Nick Pryde, Jack Divers, Geoffrey Kemp and Oliver Walker. Team Managers Warren Kemp and Shirlene Pryde.

To assist with costs swimmers are fund raising and presently taking orders for Mini Pavlova's. \$12.00 per doz. These are good keepers and can be frozen for Christmas. Orders close 19 October. If you wish to order please contact one of the swimmers or email your order to Margaret.

Administration

Please remember we like to have notice when members are away from training. If a member is away due to an extended injury or illness it is important to let administration know as soon as possible and on presentation of a medical certificate the period of injury/illness will not be charged.

Students heading away from Dunedin for the summer semester. 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).

Leave for periods greater than one month.

In accordance with the DSCB membership policy, a reduction in coaching fees does not apply when swimmers take 'breaks from training' for periods less than one month, for periods greater than one month, the first month's fees must be paid and one month's notice in writing is required to the administrator. There after a reduction can apply.

Finally..... Bestwishes to those swimmers heading to the ORCA Meet at Labour weekend. We look forward to seeing some great results.

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)