

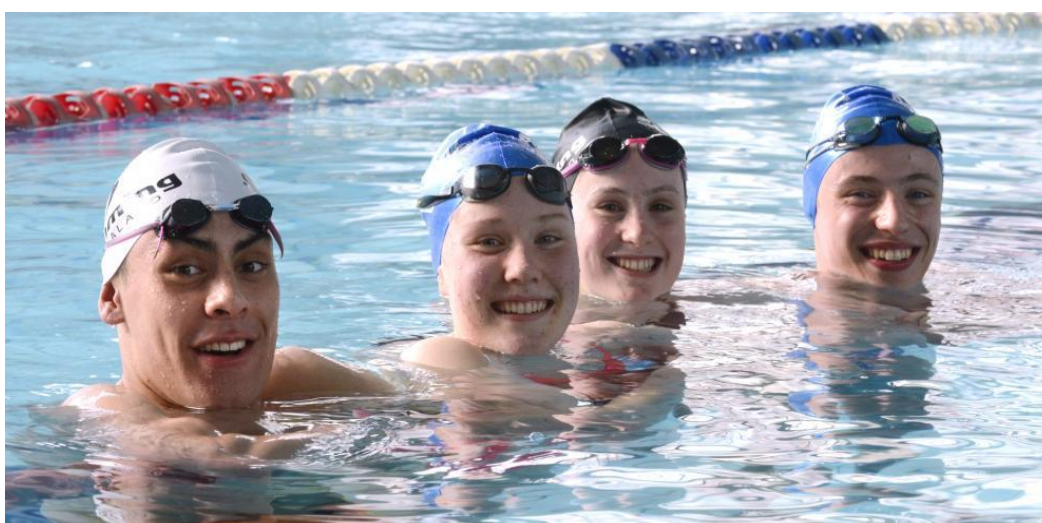
The end of the school term has once again arrived with a number of swimmers giving notice they will be away. Squad sessions will be continuing through the school holidays. A number of senior swimmers will be heading away to National events and we wish them well as they pursue their personal goals.



New Zealand Age Group Team



We wish Caitlin Deans, Cecilia Crooks, Tame Govarts and Nick Pryde who travelled yesterday to join up with the New Zealand Age Group Team to compete at the Australian Short Course Age Group Championships in Canberra over the weekend. We look forward to some great results.



Tame, Cecelia, Caitlin and Nick

Congratulations to:

Abi Gibson who broke the Otago 9&U 100 Fly (1:32.81) and 100 IM records (1:29.57) recently at the Southland Short Course Meet. This followed up her breaking the 9&U 50 Fly (38.94), 50 Back (40.90), 100 Back (1:29.75) and 200 IM (3:14.89) earlier last month at the Otago Winters.

Otago Winter Championships: Sixty five swimmers competed at the Otago Winter Championships. The 24 A & 18 B Squad members producing 138 (54%) P/Bs from 254 swims and the 17 C & 6 D Squads members producing 102 (75%) from 129 swims. Standout performances selected by coaches were A squad – David Cannon and Erika Fairweather, B Squad Jordan Kelliher and Madison Wills, C & D Squad Abi Gibson and Aidan Blair. Well done to all these swimmers.

New Zealand Secondary School Champs L/C: Congratulations to Cecilia Crooks, Mackenzie Baines, Natalie Huthens, Jessica Scott, Esme Paterson, Elliot Alloo, Ben Carr, Antonia Bachop, Caitlin Deans, Devon Familton, Molly Law, Zoe McCane, Jordan Summers and Gabrielle Trotter and Jordon Kelliher who competed at the New Zealand Secondary School Champs producing some qualifying times for New Zealand Age Group and National Opens.

Cecilia Crooks 2 Silvers – 200 Free, 400 Free

Ben Carr – 2 Silvers – 200 Breast, and 100 Breast, rd 50m Breast Skins Race

Caitlin Deans - Gold 400F, Bronze 200 Free

Jessica Scott - 3 Silvers 50m Fly, 100 Fly, 200 Fly, Bronze 200IM

Southland Short Course Champs: Eight swimmers (David Cannon and Hamish Trembath (A squad,) Tom Gold and Ana Tarapi (B Squad), and Eli Familton, Piere Tapsell, Abi Gibson and Clara Peniamina (C Squad) competed at this meet coming home with three 1st placings, twelve 2nd placings and nine 3rd placings. Seventeen P/Bs (40.5%) were achieved from 42 swims with notable personal bests times coming from Abi Gibson and Clara Peniamina in their 100IM and 200 respectively, and Tom Gold (200 Free) and Piere Tapsell (100 Back and IM). Abi Gibson toping their performances by breaking the girls U9 Otago 9&U 100 Fly and 100 IM records. Well done.

Progression through Squads

Recent weeks we have seen the following swimmers progressing through squads. Clara Peniamina and Caitlin Reilly have progressed through to C squad and Piere Tapsell will join them in early October. Congratulations to these swimmers on their recent performances to reach the next level.

Upcoming Meets

Short Course Champs 2 -6 October – Auckland (Gennadiy)

National Surf Life Saving Championships 7-9 October - Auckland

Colin Walker Memorial Meet, Sat 08 October, – A,B, C & D Squads Coach Attending (to be decided)

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 10-11December, 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.

Coaching Team

We wish to thank Sue Maclaurin for stepping in to coach the C & D squads while Simon has been taking the A & B Squads during Gennadiy's absence.

Dryland Training/team activities: Thanks to Patrick who arranged squad outings to Lacer Force for B and C Squads, with those attending having a fun time away from the pool. Pictures of dryland and activities can be viewed on the DSCB facebook page.

**OPEN/AGE GROUP TRAINING BREAK FOLLOWING SHORT COURSE
10 – 16 October 2016**

Gennadiy on Annual Leave 17 – 20 October. Simon will be covering A & B Squads and

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

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

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.

Remember – Gennadiy free on Thursdays at 6.15pm

Gennadiy is available at this time for you to speak with him over any queries or concerns you may have about your coaching and goals. It would be great if you could maybe 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

Acknowledgement and Thanks

Bendigo Valley Sport & Charity Foundation have been generous in supporting the cost of two coaches Gennadiy and Simon who attended the South Island Championships in Invercargill. We wish to acknowledge and thank the Foundation for their grant of \$800.00.

Finally Congratulations and Good luck to the following swimmers who have qualified and heading to Auckland to compete at National Events over the holiday period.

2016 National Short Course Meet - Twenty Swimmers

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.

2016 National Pool Surf Lifesaving Championships – Eleven swimmers

Nathan Wolf, Hamish Trembath, Olivia Gold, Devon Familton, Lucy Duncan, Olivia Andrew, Charlotte Underwood-Nicol, Madison Wills, Erika Fairweather, Jade Fairweather and Ella-Rose Crooks.

These swimmers will be competing against the best in the country and with the recent success of the national teams the benchmark is rising and the standard of competition becoming increasingly tougher.*

<p><i>* The NZ Youth Squad were runners-up to Australia at the 2016 World Youth Surf Life Saving Championships recently. The Black Fins are the reigning 2016 World Champions. (third consecutive World Championship win, this year both in the pool and beach events)</i></p>
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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’

P O Box 2147, South Dunedin, 9044

Website – www.swimdunedin.co.nz

Facebook Page – Dunedin Swim Coaching Board (DSCB)

