



Newsletter...April 2016



The National Age Group Championships was our last pinnacle meet for the 2016/17 season with senior swimmers competing at national events. While recognizing the achievements of our swimmers, a big thank you is extended to the coaching team for their guidance and training in preparing swimmers for their target events. Thanks is also extended to parents and officials who give so much of their time and resources in supporting their swimmers.

Congratulations to.....

Record Breaker – Harry Summers (9 years) broke the Otago Short course 9 & under 200 Backstroke record earlier this year twice, first at the Taieri Carnival and then again a week later at the Otago Anniversary Meet. Well done Harry.

Devon Familton – Devon's successful Surf Lifesaving season has culminated in her selection to the National Surf Life Saving Youth Squad. Devon is now in contention for a spot on the National Youth Team to compete at RESCUE 2016 Life Saving World Championships to be held in the Netherlands in November. Good luck Devon.

Stefannie Gillespie and **Sammy Winward** have qualified (Open Water) to represent New Zealand at the Oceania Championship in Suva in June. Stefannie has rejoined A and Sammy joined in February from Aqua Gym (Christchurch) to train while studying at Otago University.

Tame Govaerts has been named in the 2016 SNZ Age groups Talent Identification squad.

Caitlin Deans and **Nick Pryde** have been selected for the SNZ 2016 Outward Bound Camp.

New Zealand Open Championships - March

Team: Kate Godfrey, Matthew Glassford, Jeremy Tasker, Courtland Ellis, Jeremy Hopkins, Sammy Winward, Jack Weston, Ben Anngow, Zachary Clark.

Top swimmers for the meet were Courtland Ellis and Kate Godfrey.

- Kate Godfrey was our best performer winning two silver medals in the 400 IM and 200 IM.
- Courtland Ellis (16 years) swam well to gain 6th in the 400 Free producing a five second P/B.
- Our nine Dunedin swimmers produced 58% personal best times from 58 events, with twelve A Finals being swum, and 12 B Finals swum.

National Surf Life Saving Champs

Congratulations to Olivia Gold, Gabrielle Trotter, Carina Donegan, James Coombes, Alex Thomson, Nathan Wolf and Hamish Trembath who all made finals in one or more events at the National Surf Lifesaving Championships. Congratulations to Devon again who won a National bronze in the Under-16 women's surf race, this along with a number of individual and team medals at both North and South Island regional and National Pool Championships resulting in a successful season for Devon.

National Age Groups:

Congratulations to the following twenty-one swimmers who qualified and competed with distinction at the New Zealand National Age Groups in Wellington last week.

David Cannon, Erin Ford, Jessica Scott, Ben Carr, Caitlin Deans, Cecilia Crooks, Courtland Ellis, Devon Familton, Geoffrey Kemp, Gabrielle Trotter, Jack Divers, Jeremy Hopkins, Kou Kitahara, Meg Sycamore, Mila Jovic, Nicole Heaton, Nick Pryde, Teigan Tarapi, Matthew Gillespie, Tame Govearts, Jack Weston.

Our twenty one swimmers produced 113 (55%) personal best times from 210 swims.

Sixty eight finals were swum with twenty one podium finishes. (three gold, eleven silver and seven bronze).

Congratulations to our Medal Winners:

Caitlin Gold (16 years) Gold 400IM & 800 Free, Silver 200 Free, 400 Free, & 200IM.

Tame (16 years) Gold 100 Breast, Silver 50 & 200 Breast.

Jessica Scott (13) Silver 100 and 200 Fly, Bronze 50 Fly

Courtland (16 years) Silver 100 Free, Bronze 100 Breast, 200 & 50 Free and 100 Fly.

Cecilia Crooks (15 years) Silver 800 Free, Bronze 400 Free

Nick Pryde (16 years) Silver 1500 Free

Devon Familton (16 years) Silver 200 Breast

Meg Sycamore (14 years) Bronze 200IM

Best performances came from Tame Govaerts, Jessica Scott, Cecilia Crooks with 100% PBs and Caitlin Deans and Courtland Ellis five podium finishes each.



Our Swimmers with the Oamaru Team

Standing Geoffrey, Jessica, Erin, Meg, Mila, Kou, Jack, Gabrielle, Nicole, Courtland, Tame, David, Ben,
Sitting: Devon, Caitlin, Cecilia, Teigan, Nick, Jeremy
Absent: Matt Gillespie & Jack Weston

Progression through the squads

Personal performances at the recent National Age Group Championships have seen Geoffrey Kemp and David Cannon selected to move into A3 squad and Tame Govaerts to A squad from A2. Congratulations on your achievements.

Upcoming Meets

Clutha Classic: (Otago Winter Series 1) 15 May 2016 (A, B, C, D squads) - All Coaches

Neptune Queens Birthday Meet: 3 – 5 June 2016 (A, B, C, D Squads) All Coaches

Queenstown Winter Soltice (Otago Winter Series 2) Sunday 19 June 2016 (A, B, C, D Squads) - All Coaches

Oamaru Meet (Otago Winter Series 3) 3 July (A, B, C, D Squads)- All coaches.

Otago Winters Champs 6 & 7 August (A,B,C & D Squads) – All Coaches

TRAVEL FOR NATIONAL MEETS AND SOUTH ISLAND CHAMPIONSHIPS 2016

NZ Short Course Championships -2-6 October 2016

Swimming Otago are facilitating and trialing the option of sending one team to Short-Course. Flights (airfares), local transport, accommodation, food and insurance are included as part of the Team Travel Package.

Travel dates, 1-7 October

Please contact your individual club for further details and confirmation as it is your club who will correspond directly with Swimming Otago.

South Island Championships - 26-28 August – Invercargill

Swimming Otago recommend clubs join together to arrange travel and accommodation as groups.

From the Coaching Team

Scheduled training breaks for A & B Squad Swimmers:

Our National Age Group Swimmers from A & B squads are now on a scheduled break until 9 May.

Squad/Coach Meetings

Thursday 12th May - B squad Meeting 6.15pm (Moana pool)

Thursday 19th May - A squad Meeting 5.15pm (Moana pool)

Flume 14-18 July (A & B Squads)

C & D SQUADS

There will be no training sessions on **Saturday 14 May** due to the National Canoe Polo Tournament. Please arrange to attend an additional weekday session to make up for the lost session.

Gennadiy free on Thursdays at 6.15pm

Gennadiy is available at this time for you to meet & discuss any aspects of your swimmer's training and will answer any questions, queries or concerns you may. 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.

Acknowledgement and Thanks

Coaching Cost at Meets: The DSCB does it's best to keep these costs as low as possible. Bendigo Valley Sports Trust has given \$3,250.00 of grants in the past eight months to assist costs to National Short-Course, lane hire at Senior Camp, Junior Nationals and National Opens.

We wish to acknowledge and thank the Bendigo Valley Sport and Charity Foundation for their grant of 750.00 to support coaching costs at OPENS in Auckland recently.

Cowells Pavlovas were once again generous by offering NAG swimmers the opportunity to sell Cowell Pavlovas to assist their personal costs to Age Groups. This is a great way to raise funds and well done to those swimmers who responded and benefited from this activity. We wish to acknowledge and thank Matthew and Kirsty Heaton of Cowells Pavlovas for this opportunity.

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 prydefamily@vodafone.co.nz.

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

News from the Board

Recommendations from Mark Bone's Review

The Board met recently with Swimming Otago to go through recommendations from Mark's report. The recommendations are due to be released shortly with commentary and actions plans the Board have elected to follow.

Administration

Coaching Fees: DSCB depends on the timely payments of coaching fees to ensure coach salaries, lane rental charges and administrative costs are met on time. To those who pay on time thank you, however a number of April and March instalments remain unpaid. **Is this you?** If you have an automatic payment set up please check and arrange to have these paid before the 07th of the month.

Terms of Payment: Fees are invoiced monthly. Invoices are sent out in the last week of the previous month. and fees must be paid by the 07th of the new month.

Moana Pool Entry Passes: All members of DSCB squads are required to pay their pool entries either by obtaining a membership pass (compulsory for A and Surf squads who enter pool before 6.00am) or multi-visit pass. Moana Pool staff access the attendance sheets regularly to check all members are paying their entry into the pool. All members are required to keep their passes up to date.

Extended Injuries and Illnesses: It is important to let administration know as soon as possible (together with a medical certificate) to ensure you will not be charged for the period away. Please note you can also put your Moana Pool Membership Card on hold for any extended period away through injury or illness. Ask at the Moana Pool reception.

Thanks for newsletter Marg, just want to point out only 12 month pool or gym memberships can be put on hold. Multi passes, 1, 3 or 6 months cannot be put on hold. 1 month is adult membership only.

Taking 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. Again your pool pass can be put on hold.

DSCB's Identity

Dunedin Swim Coaching Board is not a swim club but is the body that administers professional swim coaching at Moana Pool. To train with the DSCB and to compete in competitions you need to be affiliated to a swim club.

Your coaches are responsible for your swimming training, goal setting and pathways for swimmers and advice on competition and target meets. Communication is therefore encouraged between coaches, swimmers and parents to create clear expectations.

Swim clubs and Swimming Otago run the sport. Clubs provide Competition and Meet entry information, keep swimmers times on database and provide advice on entries to local, regional and national meets.

Triathletes and Surf swimmers need to be a member of their clubs, however if they wish to swim in competitions they are required to join a swim club.

Further information related to the sport of swimming (including upcoming competitions) can be obtained from your individual club or from Swim Otago's website www.otago.swimming.org.nz

Margaret Eton-Marsh
Administrator

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

'SWIM DUNEDIN'