



Newsletter... August 2016



A lot has been happening in the last month or so with many swimmers reaping the rewards of their training. Some excellent results at the 2016 Southern Region Surf Life Saving Pool Champs and this weekend at the South Island Swimming Champs in Invercargill with several records tumbling.

Congratulations to..... Cecilia Crooks, Caitlin Deans, Tane Govaerts and Nick Pryde who have been selected in the New Zealand Team to compete at the 2016 State Teams Age Group Short Course Swimming Championships in Canberra, 23rd – 25th September. A great achievement.

2016 Southern Regions Surf Life Saving Pool Championships at Moana Pool.

Congratulations to those swimmers who competed at these Championships.

24 Individual gold, 11 individual Silver and 17 individual Bronze medal were won with relay team members picking up 15 Gold, 2 Silver and three Bronze medals.

Congratulations to the following swimmers who made individual podium finishes.

Erika Fairweather 4 Gold; Olivia Andrew 4 Gold; Devon Familton 3 Gold, 1 Silver, 2 Bronze; Olivia Gold 3 Gold, 2 Silver, 1 Bronze; Tame Govaerts 2 Gold, Lucy Duncan 2 Gold, 1 Silver, 1 Bronze; Aidan Blair 2 Gold, 1 Silver; Jade Fairweather 2 Gold; Nathan Martin 1 Gold, 1 Silver, 1 Bronze; Hamish Trembath 1 Gold, Bronze; Madison Wills 2 Silver, 2 Bronze; Ella-Rose Crooks Silver, 1 Bronze; Charlotte Underwood-Nicol Silver; Gabrielle Trotter Silver, Bronze

The following swimmers all won bronze medals: Carina Donegan, Annie Kennedy Atchison, Nathan Wolf, Isaac Robertson, Eli Familton, Annie Kennedy Atchison, Lachlan Brandham.

Ryan Dey picked up two bronze relay placings competing for his Kaka Point Club.

Congratulations to those who picked up team medals in the Relays

Tube/Patient/Fins

13&U 100 – Gold - Olivia Andrew & Mereanna Martin
Silver - Erika Fairweather and Emma Herbert – Silver
Bronze - Maddison Wills and Charlotte Underwood-Nicol

200 LC Meter 4x50m Obstacle Relay Relay

11&U boys - Gold - Isaac Robertson, Ethan McGregor, Bailey Pearce
11&U girls - Gold - Jade Fairweather, Ella Rose Crooks, Lara Tyndall, Mia Stout
13&U girls - Gold - Charlotte Underwood-Nicol, Erika Fairweather, Madison Wills, Olivia Andrew
- Bronze - Emma Andrew, Emma Herbert, Mereana Martin, Olivia Pearce
18&U boys - Gold - Hamish Trembath, Nathan Wolf, Tame Govaerts-Paul, Lachlan Brandham
18&U girls - Gold - Olivia Gold, Devon Familton, Carina Donegan,, Annie Kennedy Atchison

200 LC Meter 4x50m Medley Relay

11&U Girls Gold - Jade Fairweather, Ella Rose Crooks, Lara Tyndall, Mia Stout
11&U Boys Gold - Isaac Robertson, Ethan McGregor, Bailey Pearce – Gold
13& & Girls Gold – Charlotte Underwood-Nicol, Erika Fairweather, Madison Wills, Olivia Andrew
Bronze – Emma Andrew, Emma Herbert, Mereana Martin, Olivia Pearce
18&U Girls Gold - Olivia Gold, Devon Familton, Carina Donegan, Lucy Duncan
18&U Boys Gold - Hamish Trembath, Nathan Wolf, Tame Govaerts-Paul, Lachlan Brandham

Mixed 6x50m Mega Relay Relay

Gold - Lucy Duncan, Devon Familton, Lachlan Brandham , Olivia Gold , Tame Govaerts-Paul
Silver - Erika Fairweather, Nathan Martin, Annie Kennedy Atchison , Nathan Wolf, Carina Donegan, Hamish Trembath

50 LC Meter Line Throw Relay

15&U boys Gold - Karamuu Taratoa-Bannister, Nathan Martin
15 & U Girls Gold - Anaia Wiparata 15 2) Lucy Duncan
18 & U Girls Gold - Carina Donegan, Annie Kennedy Atchison

SNZ Talent ID Camp and Auckland Short Course Champs

Gennadiy attended the recent SNZ training camp in Auckland with swimmers Cecilia Crooks and Tame Goevarts. They were joined by Caitlin Deans and Jessica Scott following camp to compete at the Auckland Short Course Champs.

Twenty seven events were swum with two P/B's recorded. Caitlin gained 1st placings in the 200 fly and 400 free, and 2nd placings in the 800m & 200m free events. Tame and Cecilia gained third placings in their respective 100IM and 400IM events.

South Island Championships S/C

Thirty Five swimmers (23 A Squad & 12 B Squad) competed at the South Island Championships in Invercargill recently gaining 23 first placings, 32 second placings and 16 third placings. 182 personal best times were produced from 394 swims (46%).



Top swimmers at the Meet.

Top Female Erika Fairweather

Top Male Tame Govaerts

South Island Records - Congratulations to Cecilia Crooks who broke the 15 years 400 Freestyle, Caitlin Deans the 16 years 400 Freestyle and Jeremy Tasker Open 50 Butterfly records.

Congratulations to Erika Fairweather in breaking the **Otago Record** for 12-13 years 200 Backstroke.

The Otago 15&U girls relay team of Molly Law, Gabrielle Trotter, Jessica Scott and Cecilia Crooks broke the **South Island Record** for the 4x100m Relay.

Molly, Cecilia, Jessica, Gabrielle

Progression through the squads

Congratulations to Tom Gold, Jemma Wilson, Megan Hanning and Ashlea Laws who have all moved through the B squad from C Squad.

Upcoming Meets

Southland Winters, Sunday 11 September, Invercargill

NZ Short Course Championships -2-6 October 2016

OPEN/AGE GROUP TRAINING BREAK FOLLOWING SHORTCOURSE 10-16 October

Queenstown Early Bird Meet – 8 October, A,B,C,D - Simon

From the Coaching Team

Thirty six A & B squad swimmers attended sessions at the Flume over the holiday. Please remember to make a time with Gennadiy to review analysis of strokes and opportunity to discuss corrective work and areas of improvement.

Coach Cover

12 SEPTEMBER - 21 SEPTEMBER

Gennadiy will be away on annual leave during this period.

Simon will be taking A & B squad sessions.

Dryland/gym sessions as usual

Sue Maclaurin will be taking C & D squad sessions

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.

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

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.

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..... Best wishes to our four A squad swimmers Caitlin, Cecilia, Nic and Tame who will be competing with the New Zealand Team in Australia later this month.

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