

Firstly thank you to all parents who dedicated time and effort to their child's swimming activities over the past year. Parents are the foundation and one of the secrets for an athlete's success in swimming and are very much valued by their swimmer and coach but so often unacknowledged. Parents provide access to the sport and the moral support by providing a supportive, loving and stable environment in which their swimmer can develop.

Congratulations.....

To Aleisha Ruske and Cameron James for selection to the Sport Otago Accelerated Programme.

Max Wolf, Erika Fairweather, Mackenzie Baines, Zoe McCane, Jessica Scott, Madison Wills, Elliot Alloo, Oliver Walker for qualifying to swim at the National Junior Championships in Wellington in February.

Southland Champs

Eighteen Swimmers attended the Southland Champs in Invercargill 27-30 November attaining a 52% P/B rate. There were some good swims with 23 1st placings, nineteen 2nd placings, and fifteen 3rd placings.

Congratulations to Mackenzie Baines who qualified for her first Junior Nationals event in the 50 Fly and producing 13 PBs out of her 16 swims. Jessica Scott produced eight PBs from her ten swims. Cecilia Crooks from her 10 swims won seven 1st placings, Courtland Ellis five 1st placings.

12 & Under Otago Champs

Over the weekend of the 13-14 December many of our younger swimmers competed in the 12 and Under Otago Championships. Our swimmers swam well attaining a 58% PB rate with Nicole Heaton, Meg Christophers and Antonia Bachop each swimming 100% PBs in quick succession.

Erika Fairweather managed a standout performance winning each of her seven events mostly comfortably (see below) while Jessica Scott and Madison Wills also placed incredibly well with five and three 1st placings respectively among other podium results. The Female 10&U 100 Breaststroke was a true highlight as Erica and Maddie took a substantial lead while battling for first place. Erika eventually inched Maddie out by only .09 of a second so we look forward to the next round!

Considering the time of the year, this can be a tough meet to PB well, so we are proud of each of our swimmers's performances. Meets like these however, are always a good reminder a good sleep, staying focused and in competition mode between sessions goes a long way.

Lastly, we would like to **congratulate those swimmers** who will be moving up a squad as a result of their performance at this meet.

Auckland Invitational Age Group Champs

Over the weekend of the 20-21 December nine swimmers travelled north with Gennadiy and Desiree Crook as Team Manager to compete at the Auckland Invitational Age Group Champs. Collectively winning 10 Gold, 9 Silver and 3 Bronze Medals. Team members were Cecillia Crooks, Caitlin Deans, Han Zang, Aliesha Ruske, Kate Godfrey, Courtland Ellis, Matthew Glassford, Kou Kitahara, and Kaori Kitahara.

CHRISTMAS BREAK SWIM DUNEDIN SQUADS 2014

A squad Last swim morning 24th December 2014 / **First swim** morning 29th December 2014

Day off 31th December 2014 -1st January 2015

29th & 30th December, 2nd & 3rd January **Morning at 7-9am**

30th December and 2nd January 2015 **afternoon normal sessions** time

Tri squad Continues as per A squad dates, at 7-8am (Surf Squad members swim at this time)

Surf squad Times (6-7am) resume 19th January 2015

B squad Resumes 5th January 2015

C squad Resumes 5th January 2015 Mon, Tue, Wed, Thu at 8-9am (Normal times 19 January)

D squad Resumes 19th January 2015

Upcoming Meet

- **Otago Senior Champs 21-25 January – Qualified Swimmers – Simon/Gennadiy**
- **Temuka L/C Qualifying Meet – 17 January 2014**

Senior Squad Swimming Camp – Timaru 7-17 January 2015

Twenty senior swimmers head to Timaru for a 10 day swim camp. This is a great opportunity for senior swimmers to have a change in environment and to step up their training in preparation for pinnacle national competitions. Gennadiy and Stephen are attending as coaches, and Margaret Eton-Marsh and Desiree Crooks will be in attendance as managers.

Nutrition Sessions

Friday January 30th B Squad. Nutrition for competitions, specifics for age groups

Friday February 13th C & D Squad Parents. Nutrition for competitions, specifics for age groups

January A Squad Camp. Anthropometric measurements and Nutrition on individual basis.

Surf Lifesaving, Open Water Events and Triathlons

We wish all those athletes competing in various events over the few weeks all the best and we look forward to seeing good results.

Board Member Vacancies - Check our website www.swimdunedin.co.nz

The Dunedin City Council is currently advertising for Board Members. Re-election of Board members will be due April 2014 following completion of the first two year term of office.

If you feel ready, willing, keen, passionate about aquatic sports and believe you have the right credentials to contribute to the Dunedin Swim Coaching Board we invite you to give this serious consideration. Applications close 5pm, Friday 30th January 2015.

Farewells to :

We bid farewell to Ronald Poon, Jamie Mowatt and Andrew Trembath. Ronald left in November after much contemplation to follow his academic studies. Jamie is working full-time. Andrew Trembath continues his swimming and Surf Lifesaving pursuits at the New Zealand High Performance Centre in Auckland however will remain a member of the Neptune Swim Club. We wish these young men best wishes for their future goals.

Flight Details – National Meets

2015 NZ JUNIOR CHAMPIONSHIPS, Wellington 20-22 February 2015

Coach Attending - Simon Cook

Private Accommodation

Flight Details:

Thurs 19 Feb 2015 departs Dunedin Flight NZ5032 at 11.35am arrive Wellington 1.15pm

Sun 22 Feb 2015 departs Wellington Flight 689 at 2.30pm arrives Dunedin 3.45pm

Approximate Coach Cost: \$65.00 per swimmer based on 10 swimmers

2015 NZ DIVISION II COMPETITION, Dunedin 18 – 21 March 2015

Coach Attending: Simon Cook

Home Meet: No Cost

2015 NZ OPEN CHAMPIONSHIPS, Auckland 14 – 17 April 2015

Coach Attending Gennadiy Labara

Accommodation – Sunset Lodge Motel

Flight Details

Sunday 12 April 2015 departs Dunedin Flight NZ672 at 9.55am arrives Auckland at 11.40am.

Saturday 18 April 2015 departs Auckland Flight NZ673 at 2.05pm arrives Dunedin at 4.00pm.

Approximate Coach Cost: \$120 based on 15 swimmers

2015 NZ AGE GROUP CHAMPIONSHIPS, Wellington 5 -9 May 2015

Coach Attending

Harbour City Motor Inn

Flight Details:

Sunday 3 May 2015 departs Dunedin Flight NZ5032 at 11.35am arrives Wellington 1.15pm

Sunday 10 May 2015 departs Wellington flight NZ339 at 10.30am arrives Christchurch 11.15am.

Sunday 10 May 2015 departs Christchurch flight NZ5053 at 1.05pm arrives Dunedin 2.10pm

Approx Coach Cost \$130 based on 15 swimmers

Finally The Under 12 Otago Champs were held recently at the Moana Pool and gratitude must be expressed to those who ran the Meet. A full complement of officials at any one session of swimming is 36-40 personnel to enable the efficient running of a meet.

Volunteering is a wonderful avenue where parents have a great impact on their child's athletic environment. It also provides a fun environment to meet others involved in the sport. By volunteering you can be instrumental in strengthening swimming in the region. Parent expertise and skills are very much valued and annually there are many different opportunities to support the sport.

If you would like to become involved please approach your club whom I am sure would be grateful.

On behalf of the Dunedin Swim Coaching Board I wish you a very Merry Christmas, and happy and safe holiday and we look forward to seeing back in 2015.



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)