

Welcome to our first Newsletter for 2015, we hope the year has begun well for you. It has certainly been a busy six weeks since Christmas.

Congratulations to.....

Jordan Summers who qualified to swim at Junior Nationals

Holly Barclay (U18), Julia Hunt (U20), Anna Lindsay (U16), Lorenz Kissling & Jake Jackson who have been named in the New Zealand Triathlon Squad to compete at the World Championships.

St Clair U16 Mens Team – Nathan Wolf, Lachie Brandham, Alex Thomson and Liam McKillop who won Silver Medals in the Surf Teams Race and making finals in other events at the Eastern Region Senior Surf Lifesaving Champs in Gisborne.

The following swimmers/Surf Lifesavers who did well at the Southern Region Junior Championships recently competing for their St Clair Club.

	Individual medals			Team medals		
	Gold	Silver	Bronze	Gold	Silver	Bronze
Kou Kitahara		2		1		
Karamuu Taratoa- Bannister	2	1		2	1	
Anaia Wiparata				1		
Nathan Martin			1	2		
Max Wolf	3			1	1	1
Annie Kennedy-Aitchison		2	1	2		1
Olivia Andrew	4			3		
Charlotte Underwood-Nicol		2				1
Olivia Pearce						1
Erica Fairweather	4			2	1	
Emma Andrew		2	1	1		
Mereana Martin	1	1				1
Jade Fairweather		2				

And to those swimmers who have been attending meets gaining additional experience in competition. A number of swimmers have attended Canterbury Junior Championships, Southland Age Group Champs, Alexandra Challenge Cup. Thanks to those parents who have acted as Team Managers without coaching presence.

13 & Over Otago Championships 21-24 January 2015

Forty-seven swimmers competed collecting 60 Gold Medals, 51 Silver and 28 Bronze. B Squad swimmers achieved 58% P/Bs. Congratulations on all those swimmers who made podium finishes.

Senior Swim Camp - Twenty senior swimmers attended a 10 day Swim Camp in Timaru in early January. The camp was an opportunity for swimmers to focus 100% on swimming - and that they did. Gennadiy commending the group highly and awarding 110% for effort and hard work. Well done swimmers. Thanks to Desiree Crooks for assisting as Camp mother.

National Zonal Championships, Auckland - Congratulations to Devon Familton, Tame Govaerts, Caitlin Deans, Sam Wardhaugh, Cecillia Crooks, Nick Pride (15 years & under) Cameron James, Kate Godfrey, Jeremy Tasker, and Aleisha Ruske (16 years & over) who were selected to compete as members of the South Island Mako Team. The pulsating high energy of team members created wonderful "Team Spirit" and all swam credibly to gain second place to North Harlequins.

Upcoming Meets:

Junior Nationals – 20 – 22 February, Wellington

Congratulations and best wishes to the following swimmers competing at the Junior Nationals this weekend. Jordan Summers, Mackenzie Baines, Erika Fairweather, Zoe McCain, Jessica Scott, Madison Wells, and Elliot Alloo. Emma Young, Otago Regional Manager. Simon Cook, Coach.

National Oceans 15 – 26 February – 1 March, Mt Maunganui

Congratulations and best wishes to the following St Clair Surf Club members of Annie Kennedy Atchison, Max Wolf, Karamuu Taratoa-Bannister, Erika Fairweather, Olivia and Emma Andrews, Charlotte Underwood-Nicol, Anaia Wiparata and Nathan Martin competing at Mt Maunganui.

Taieri Carnival, Saturday 7 March, Mosgiel Pool – Simon coach in attendance

South Island Town and Country Meet, Sunday 1 March – Blenheim

Otago Anniversary Meet 14 – 15 March, Moana Pool Gennadiy & Simon coach's in attendance

National Div II 18-22 March, Moana Pool Simon – Coach in attendance

Appointment of Senior Assistant Coach – Adam Fulton

We are very pleased to announce and welcome Adam Fulton to our coaching team as from Monday 23 February. Adam comes to us from Scotland via the Gold Coast where he coached for Southport Olympic Swim Team and the Bond Swimming Club respectively and has experience in running both performance swimming and conditioning sessions.

In Australia Adam was involved coaching Queensland State Championship and Australian Age Group level swimmers. He also trained multi-sport swimmers focusing on triathlon and surf-lifesaving. Adam worked alongside Sean Eels (Age Group Coach) and Glen Baker (Head Performance Coach - 5 swimmers at London Olympics) - Southport Olympic Swim Team and Colin Braund – Open Water Head Performance Coach at Bond University. Prior to coaching in Australia he was Assistant Coach for the REN 96 Swim Team – Scotland.

Adam initially has a six month contract with the DSCB.

Board Member Vacancies - Interviews for these will be taking place shortly.

Squads

We currently have over 180 swimmers in our Programme. We have 30 swimmers in our A Squad, 26 Swimmers in our B Squad, 48 in our C Squad, 29 D Squad, 34 Surf/Tri, 14 adults in our KAOS squad. New enrolments for Tri/Surf squad are presently being processed.

Breakfast Club

Breakfast Club started back on Monday 2 February 2015.

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.

Presentation

Gennadiy met with B Squad parents recently to discuss Long Term Athlete Development and Progression to the next level in context to where their swimmers are at. A document by Luis Villanueva (SNZ) is circulating and if anyone wishes to do further reading please contact their clubs or email me and the document can be forwarded. This document was presented to Swim Otago Delegates during the Otago Champs by Luis.

Remember – Gennadiy free on Thursdays at 6.15pm

Gennadiy is available at this time for you to come along and speak to him with any questions, queries or concerns you may have about your or your swimmers coaching. 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. His mobile no is 027-630 9946 email – genaswim@yahoo.com.

Accounts...

We appreciate fees are paid on time and now request payments of monthly invoices are paid by the 20th of each month. DSCB has regular lane charges, salaries and administration costs to pay.

Flight Details – National Meets

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.....

Parents embark on a shared journey with their swimmers from an early age when they become involved with early morning rises for training. The shared journey the swimmer and parent takes becomes in a sense teamwork – years of hard work, training and dedication of the swimmer and parent.

Best wishes to our junior swimmers competing at the Junior Nationals in Wellington, the Junior Surf Team competing at Ocean 15 and to those parents who are attending as Team Managers, officials, caterers & nutritionists, chauffeurs and supporters. Enjoy.

Margaret Eton-Marsh

Administrator

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

‘SWIM DUNEDIN’

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Facebook Page – Dunedin Swim Coaching Board (DSCB)