

## **Congratulations to.....**

**Neptune Club** for running a successful Queens Birthday Meet over the weekend.

**Queens Birthday Neptune Meet Friday 3 – Sunday 5 June 2016**

**Ninety four swimmers** competed at the Queen's Birthday Meet over Queens Birthday Weekend gaining 43 first placings, 41 second placings and 40 third placings

### **Top scoring swimmers at the Meet.**

Top Female Open - Kate Godfrey

Tame Govaerts Top male 16 years

Ella-Rose Crooks Top female 11 year old.

The forty-seven A & B squad members achieved 41% Personal best times.

Top achieving female swimmer – A Squad – Caitlin Deans

Top achieving male swimmer - A Squad – Tame Govaerts

Top achieving female swimmer – B Squad – Jordan Summers

Top achieving male swimmer - B Squad – Oliver Walker

The forty-seven C & D squad swimmers achieved 80% personal best times.

Top achieving female swimmer – C Squad – Emma Herbert

Top achieving male swimmer - C Squad – Eli Familton

Top achieving female swimmer – D Squad – Meg Mclaughlan

Top achieving male swimmer - D Squad – Aidan Blair

Congratulations to all swimmers who achieved personal best times.

## ***Upcoming Meets***

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

**Southland Winter Meet #2 Saturday 2 July**, Invercargill (Choice), Coach

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

**FLUME Sessions – A & B Squads Monday 11 July – Thursday 14 July.**

**SNZ Camp and Competition for National ID Squad and Coach - 18 – 24 July**

**Southland Winter Meet #2, Saturday 30 July**, Invercargill, (Choice), Coach

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

**Southland Winter Meet #3, Saturday 13 August**, Invercargill, (Choice) Coach

**South Island Championships - 26-28 August** – Invercargill - (Qualified Swimmers) Gennadiy & Simon

**Southland Winters, Sunday 11 September, Invercargill**

**NZ Short Course Championships -2-6 October 2016**

### **TRAVEL FOR NATIONAL MEETS AND SOUTH ISLAND CHAMPIONSHIPS 2016**

**NZ Short Course Championships -2-6 October 2016**

**Travel dates, 1-7 October**

**Coaches are included in the Team Travel Package**

FINAL confirmation of Attendance and flights for Team Travel Package Sunday 7 August

**Entries Close, 20 September**

Please contact your individual club 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

**Welcome to Patrick Cheung** who is taking Dryland Training. Patrick has started with B squad. Patrick came to Dunedin from Auckland to attend Otago University where he gained a BA in Psychology & Sociology. Patrick is a personal trainer and has been involved with fitness boot camp and has taught kick boxing for four years.

**Farewell to Louise Tang.** It is with regret we farewell Louise who has been coaching C and D squads. We thank Louise for her contributions during her time with DSCB. Simon Cook will resume taking C and D Squads from Monday 20 June.

Gary Hurring, the National Talent Identification and Development coach will be in Dunedin on Monday and Tuesday working with Gennadiy and swimmers on the Swimming New Zealand squads.

### **2016 Flume Sessions** – A and B Squads

The University of Otago Flume has been booked for in the first week of July School Holidays. An opportunity for A and B Squad to their strokes filmed for analysis.

**July: Monday 11 July –Wednesday 13 July (10.00am-2.00pm)**

Please contact Gennadiy for program.

### **Adverse Weather Conditions**

For health and safety it is the individual's call on whether they are able to travel safely to the pool. (Listen to Road reports Radio Otago) Dunedin City Council/ NZ Transport Agency Websites.

If Moana Pool is open, sessions are running. Our coaches endeavor to be at all sessions. In the case of cancelled sessions these would be broadcast via email or "Facebook" for afternoon sessions and Phone/text from coaches if morning A squad, Surf/Tri or C squad training were to be affected.

### **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](mailto:genaswim@yahoo.com).

### **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](mailto:prydefamily@vodafone.co.nz).

### **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. June instalments are now overdue. **Is this you?** If you have an automatic payment set up please check and arrange to have these paid before the 07<sup>th</sup> 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 07<sup>th</sup> of the new month.

**Finally..... Bestwishes to the twenty swimmers and Simon who are heading up to Queenstown to compete at Queenstown Winter Solstice Meet.**

Margaret Eton-Marsh  
Administrator

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