



Newsletter...June 2015



The Neptune Queens Birthday Meet at the beginning of the month saw 110 of our swimmers compete with 300 other swimmers from around the South Island. It was a great opportunity for younger swimmers new to competition to mix with senior swimmers within their team environment.

Several Otago records fell, 103 Medals were won and equally successful were expressions of pride from swimmers achieving the great number of personal best times at the Meet.

Whether a national champion, a record holder, winning a first medal at the Otago Champs, it is a rewarding experience for coaches to see their swimmers progressing and graduating into competent competitive swimmers.

Congratulations to.....

Neptune Club for running a successful Queens Birthday Meet and facilitating and putting in place the platform for online entries to Meets. This is now in line with Swimming New Zealand's policy and process, where swimmers will do their own on-line entries to National Meets. Swimmers however, still need to be aware to check with their own Club's method of entering 'Meets' until this is universal.

To all swimmers who competed at the Queen's Birthday Meet. Winning 49-Gold, 39-silver and 25-Bronze medals. C & D squad swimmers achieved 78% PB's, B squad 71% PB's and A squad swimmers 57% PB's.

To our Otago Short-Course Record Breakers - Courtland in the 14-15 male 100 Free and 100IM, **Tame** in the 14-15 50 Breast and **Kate** in the Open 50Fly.

Cameron Jefferies performance entering 10 individual events and gaining nine PBs was an exemplar of many of our up and coming young swimmers. Well done Cameron.

Caitin Deans who was named in the Pathway to Podium talent development program for 2015. Caitlin is one of twenty-three swimmers to be named in the program. Emerging athletes from a range of sports are identified and promoted to the program to ensure preparation in entering the demanding high performance sport system.

Triathlon Camp

Over Anzac weekend Gennadiy led the swimming sessions for twelve triathletes attending the Southern Regional High Performance Triathlon Camp. This included a flume session and two pool sessions working on technique and speed, and analysis of each individual's stroke on DVD. Triathlon New Zealand were most impressed with these sessions and the DSCB wish to commend Gennadiy on his presentations.

Upcoming Meets

Wharenui Winter Olympics, 26-28 June 2015. Jelly Park, Christchurch. No coaches attending.
Surf Life Saving 2014 Southern Region Pool Champs – Saturday 11 July – Sunday 12 July – Moana Pool. Visit www.stclairsurfclub.org.nz
Southland Meet No.2 - 25 July 2015, Splash Palace, Invercargill. Gennadiy or Adam
National Short Course Meet: Auckland 11 August – 15 August 2015 – Gennadiy Attending

Southland Meet No.3 – 22 August, Splash Palace, Invercargill - Simon or Adam
Otago Winters: Saturday 5 September – Sunday 6 September. All Coaches
Flyer not yet posted.

South Island Champs Saturday 26 September – Monday 28 September – Moana Pool
Flyer still being finalized.
(Coaching staff at Meets to be advised).

2015 Flume Sessions – A and B Squads

The University of Otago Flume has been booked for two blocks in July and October. A and B Squad members will have the opportunity to have their strokes filmed for analysis once again.

July: Monday 13 July – Thursday 16 July (10.00am-3.00pm)

October: Monday 5 October – Thursday 8 October (10.00am – 3.00pm)

Please contact Gennadiy for program.

2015/16 Swim Camps

Saturday 17 October – Otago selected swimmers (275 – 300 Fina Points) (ages 10-12 years)

One day Junior Skill and Technique Camp. (Swimmers will be advised)

Evaluation of balance, kick, and technique skill in all strokes and a Nutrition Session

Gennadiy and Stephen will be coaches. Camp to be held in Central Otago.

4 – 16 January 2016 - Senior Summer Camp (planning is underway again for January in Timaru.

11 – 15 January 2016 – B Squad Summer Camp – Dunedin

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. Recent weather events, however have highlighted the possibility of cancellation. If this is the case cancelled sessions would be broadcasted 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.

Coaching Team

We extend our condolences to Adam who lost his grandmother and flew back to Scotland for a week to be with family. Gennadiy has been covering the Surf Squad and B Squad in Adam's absence.

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.

National Short Course Meet, Auckland 11 August – 15 August 2015

Gennadiy's Flights:

Departs Dunedin Monday 10 August on NZ672 at 9.50am.

Departs Auckland Sunday 16 August on NZ509 at 9.00am.

Accommodation: Albany Executive Motor Inn, 15 Corinthian Drive, Albany

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

Administration:

Injuries and Illnesses

A number of members are away through injury and illness. Remember 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 you are away.

Please note you can put your Moana Pool Membership Card on hold for any extended period away through injury or illness. Ask at the Moana Pool reception.

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.

Finally but not least

Goodluck to Kate Godfrey who will be travelling with the New Zealand Team to compete at the World University Games in South Korea in Early July. The World University Games or Universiade is an international multi-sport event, second in scale only to the Olympic Games. More than 9,000 athletes from universities from 190 countries compete over a twelve day period. This is a wonder opportunity to gain international racing experience. Best Wishes Kate for a great meet.

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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