

This is the time of the season when all the hard work of training starts culminating and we see the results at competition.

Some of our young swimmers has an impromptu encounter with a surprise visit from Danyon Loader at the end of February. After their training session Danyon gave them a few tips on swimming, there were a few caps signed and photo opportunities taken. It was great to see the excitement generated amongst some of the younger swimmers.

Congratulations to.....

National Juniors Maddie Wells winning a Silver medal in the 10U 200 Breaststroke at Junior Nationals. All swimmers were commended for producing some outstanding personal best times achieving 90% of PBs. Mackenzie Baines produced a 2.5 PB in the 50 Fly after two hospital visits and Jessica Scott performed a memorable 200m Fly race.

Ocean 15 National Surf Lifesavers Erika Fairweather winning Gold in the Surf Race & Silver in the Run, Swim, Run Race and to Erika Olivia Andrew and Erika Fairweather for winning the U12 Gold Tube Rescue and to Emma Andrews and Max Wolf who made finals. The St Clair Juniors performed outstandingly as the top Southern Regional Club team and 12th Club nationally overall .

Southern Regional Surf Life Saving Champs (Christchurch)

Congratulations to the following swimmers who achieved podium finishes

Individuals:

Bailey Bandham – Gold, three Silver and Bronze
Lachie Bandham -Two Golds, three Bronze
Eilis Doyle – Gold and three Bronze
Olivia Gold – Gold and Two Bronze
Liam McKillop – Silver, Bronze
Nathan Wolf – Gold, three Silver

Teams:

Carina Donegan, Olivia Gold (U19) – **Silver** Tube Rescue
Carina Donegan, Olivia Gold, Kaori Kitihara, Eilis Doyle (U16) **Gold** – Surf Team
Carina Donegan, Olivia Gold (U16) **Silver** – Board Relay
Carina Donegan, Olivia Gold, Jody Mowat (U16) **Gold** - Surf Team
Carina Donegan, Jody Mowat (U19) **Silver** – Ski Relay

The Taieri Carnival held at the Mosgiel pool on 7 March saw over 50 DSCB swimmers competing with some good swimming from our junior swimmers with 52% PBs. Top performers were Antonia Bachop, Meg Christopher, Ryan Dey, and Grayson Westgate. Well done.

Otago Anniversary Meet held this weekend saw another opportunity for our swimmers to qualify for National Meets. The DSCB have over twenty swimmers qualified to swim at the National Age Groups Champs in Wellington in May and Ten swimmers qualified to swim at Opens in Auckland in April.

Upcoming Meets

National DivII – Moana Pool Wednesday 18 – Saturday 22 March

Best wishes to the following swimmers competing at the National DivII Meet being held over the next few days in Dunedin. Victoria Clarke, Tyler Summers, Madeline McCane, Ben Carr, Lou Kitahara, Alice Moran, Cameron Moran, Meg Sycamore, Teigan Tarapi, Danielle Walsh.

New Zealand Opens 14-17 April 2015

New Zealand Age Group Champs 5-9 May 2015

Squad Training Times Week 16 March – Saturday 21 March

Due to the National Div II Competition being held at Moana Pool the following training times for the following squads are

Tuesday 16 March

Tri/Surf & KAOS squads – Normal Times

A Squad 5.00am – 7.00am & 7.00pm-8.00pm

(dryland sessions cancelled 14th,19th and 21st March)

C Squad – Morning only 7.00-8.00am (8 lanes) (No afternoon session)

B & D Squads cancelled

Wednesday 18 March – Saturday 21 March.

A Squad 5.00am – 7.00am

3.30pm – 4.30pm.

Tri/Surf Squads 5.00am – 6.00am.

B Squad 3.30pm – 4.30pm

C, D & KAOS squads are cancelled.

Breakfast Club will not be running on Wednesday, Thursday or Friday this week.

Coaching Team

Adam has now been with the coaching team a month and has fitted in well and enjoying his time getting to know swimmers and parents. His arrival to the team has relieved Gennadiy giving him greater time for planning. Adam is now responsible for B and Tri-Squads.

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. 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.

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:

We appreciate fees being paid on time and request monthly invoice payments are made by the 20th of each month. DSCB has regular lane charges, salaries and administration costs to pay. Remember if you are intending to be away we also need to know. Please refer to our membership policy on the Website.

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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Website – www.swimdunedin.co.nz

Facebook Page – Dunedin Swim Coaching Board (DSCB)