

It has been a busy couple of months with senior swimmers competing in their pinnacle events. While recognizing the achievement of our swimmers, a big thank you is extended to our coaching team for their guidance and training in preparing our swimmers for their target events at recent national events.

Congratulations to.....

Kate Godfrey has qualified to represent New Zealand at the World University Games.

Results from Opens

- Kate Godfrey was our best performer breaking the Otago Women's Open Record in the 200m backstroke and producing a qualifying time to compete at the World University Games later this year.
- Kate gained Silver in the 200IM, Bronze in the 200m Back, and 4th in the 100m back.
- Other Podium Finishes. Cameron James Bronze in 50 Backstroke.
- Otago Relays. Female 4 x 100 IM Bronze and 4 x 100 Free Bronze.
 - Male 4 x 100 IM Silver and 4 x 100 Free Silver.
- Our nine Dunedin swimmers produced twenty one (36%) personal best times from 58 events, with fifteen reaching A Finals (including 3 fourths) and 8 reaching B Finals.

National Age Groups: Congratulations to the following eighteen swimmers who qualified and competed with distinction at the New Zealand National Age Groups in Wellington last week.

Ben Carr, Cecillia Crooks, Caitlin Deans, Jack Divers, Courtland Ellis, Devon Familton, Matthew Gillespie, Tame Govaerts, Tanish Keach, Geoffrey Kemp, Kou Kitahara, Nick Pryde, Aleisha Ruske, Gabrielle Trotter, Saskia Turner, Danielle Walsh, Samuel Wardhaugh and Han Zhang.

Our eighteen swimmers produced Eighty three ((55%) personal best times 151 swims. Three Otago records were broken, Tame breaking his own 15 year boys 50m and 200m Breaststroke records and Devon breaking the 15 year girls 50 Backstroke Record.

Fifty five finals were swum with fourteen podium finishes. (Four Gold, five Silver and five bronze).

Congratulations to our Medal Winners

Tame (15 years) Gold 50 and 200 Breast and Silver 100 Breast.

Caitlin Gold (15 years) 800 Free, Silver 200 & 400 Free, Bronze 400IM.

Courtland Gold (15 years) 200IM, Silver 200 Free, third but NZ Silver in 100 Free and Bronze 50 Breast.

Devon Bronze (15 years) 100 Back

Gabrielle Bronze (14 years) 800 Free

Nick Pryde Bronze (16 years) 1500 Free

Otago Relays.

3 Silver Medals were collected in the Boys under 15 4x100 Free and

4x100 Medley Relays and the Girls U15 4x200 Free Relay and

Bronze in the Boys 4x200 Free Relay.

Scheduled training breaks for A & B Squad Swimmers:

Our_National Age Group Swimmers from A & B squads are on a scheduled break from 10-24 May.

Upcoming Meets

Queens Birthday Meet: Friday 29 May–Sunday 31 May 2015 – All Coaches present.

Please note: Online entries close this Friday, 15 May (midnight).

Southland Meet No.1- 13 June 2015, Splash Palace, Invercargill. Meet Flyer (DSCB Website) or from your club.

Southland Meet No.2 - 4 July 2015, Splash Palace, Invercargill

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

Southland Meet No.3 -

Otago Winters: Saturday 5 September – Sunday 6 September. First session Saturday afternoon).

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).

Acknowledgement and Thanks

Bendigo Valley Sport & Charity Foundation have been generous in supporting our senior swimmers attending National Competitions. We wish to acknowledge and thank them for their grants of \$800.00 and \$900.00 respectively to support coaching costs at National Opens in Auckland and National Age Groups in Wellington.

Coaching Cost at Meets: The DSCB does it's best to keep these costs to a minimum. In the past eight months four major Meets have received subsidies. NAGS and OPENS (as above) and Auckland Age Groups and National Short Course were subsidized by \$993.15 and \$916.00 respectively.

Coaching Team

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.

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

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: TBA

Administration:

Injuries and Illnesses

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

Moana Pool Entry Passses

All members of DSCB squads are required to pay their pool entries either by obtaining a membership pass or multi-visit pass. Moana Pool staff access the attendance sheets regularly to check all members are paying their entry into the pool.

All members are required to keep their passes up to date. Pool entry after expiry of passes may risk being band from entering the pool and not being able to attend squad training.

Coaching Fees: Two rounds of statements were sent out in April. To all those who pay their fees prior to the 20th thank you. A number of invoices for April remain unpaid. Is this you? If you have an automatic payment set up please check and arrange to have these paid before the 20th of the month.



Otago Girls under 15 4 x 200 relay team, Caitlin, Gabrielle, Dani & Cecilia collecting their Silver Medal at National Age Group Championships.

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