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**Newsletter…November 2014**

The end of year is approaching fast. University students are now on semester break, secondary pupils are sitting exams and it is not long before primary schools break for summer. Best wishes to those still sitting exams and good luck with results.

For those swimmers serious about swimming training, we know there will be little rest when you are working towards set goals for pinnacle events in the next few months and we wish you well in your training.

This weekend seventeen swimmers head down to Invercargill to compete at the Southland Champs. Good luck to those competing and we hope we may see further qualifying times swum for National Events.

**Congratulations……**

The following swimmers have been selected in the Southern Mako Team (Sth Is) to swim at the Swimming New Zealand Zonal Championships in Auckland on 8 February 2015.

**16 & Overs**: Aleisha Ruske , Kate Godfrey, Cameron James, Andrew Trembath and Jeremy Tasker

**15 & under**: Cecilia Crooks, Caitlin Deans, Nicholas Pryde, Tame Govaerts, Courtland Ellis, and Samuel Wardhaugh

Gennadiy Labara – Coach for 16 & Over.

**Honorary Ambassador**

The Board is delighted to appoint Kate Godfrey an Honorary Ambassador who will be a swimmers voice representing swimmers interests to the Board.

**Team Captains**

Congratulations to Cameron James and Kate Godfrey who have been nominated by fellow swimmers as Team Captain and Vice Captain respectively whom I am sure will provide great leadership and mentoring to younger swimmers.

**Otago Spring Carnival**

The annual Otago Spring Carnival was held in Cromwell at the beginning of the month. This is a good event for our younger swimmers and was attended by 10 swimmers. Ben Carr, James Kelly, Nicholas Pryde, Harry Flintoff, Erin Ford, Sarah Ford, Emma Herbert, Oliver Walker, Olivia Wilkinson, Madison Wills and Vicki Clarke.

Fifty ribbons were collected from the 66 events swum by these swimmers - twenty 1st, eighteen 2nd and twelve third placings. Congratulations to Emma Herbert (10 yr) who had a busy meet swimming 8 personal best times from her eight swims. Well done Emma. Maddison Wills also swam three personal best times, gaining four 1st placings and two 2nd placings from her six swims. Erin Ford, Nic Pryde gained a number of five and six 1st placings respectively from their swims.

**Murihiku Meet – Invercargill**

Twenty two swimmers travelled to Invercargill to swim at the Murihiku Meet.

Mackenzie Baines, Madeline and Zoe McCane, Jessica Scott, Holly Uluakiola, Alex and Timothy Chirnside, Cecilia Crooks, Caitlin Deans, Jack Divers, Devon and Ali Familton, Isabella and Olivia and Thomas Gold, Geoffrey Kemp, Kaitlin McIntyre, Nick Pryde, Ana and Teigan Tarapi, Gabrielle Trotter and Jordan Summers.

Congratulations to Jessica Scott (12) who swam 4 wonderful P/B gaining second place in all her four swims and adding the 200IM to her Junior Nationals qualifying events. Zoe McCane also added 50 Breast to her list of Junior National qualifying Times. Jack Divers also recorded 4 P/Bs from his four swims.

Ninety six events were swum with 31 personal best times recorded (32%) and 55 swims in the top three placings (nineteen lsts, twenty-three 2nds, thirteen 3rds). Congratulations to these swimmers.

**Kiwi Challenge Meet**

Eighty two swimmers competed. 57% of swims produced personal best times.(311 P/Bs from 544 swims). Stand outs were Kou Kitahara’s producing 6 P/Bs and winning six 1st and one 2nd placings from his seven swims and Erika Fairweather (10) who won all her six swims and produced 3 (P/Bs)..

**Upcoming Meets**

* 2014 Auckland Invitational Age Group Meet, Auckland 19 – 21 December – Gennadiy attending.
* Otago Junior Champs 13-14 December – Qualified Swimmers – Simon/Gennadiy
* Otago Senior Champs 21-25 January – Qualified Swimmers – Simon/Gennadiy (Meet Flyer not yet available)

Check our website [www.swimdunedin.co.nz](http://www.swimdunedin.co.nz) for further details of Meets.

**Nutrition Sessions**

Friday January 30th B Squad. Nutrition for competitions, specifics for age groups

Friday February 13th  C & D Squad Parents . Nutrition for competitions, specifics for age groups

January A Squad Camp. Anthropometric measurements and Nutrition on individual basis

**CHRISTMAS BREAK SWIM DUNEDIN SQUADS 2014**

**D squad Last day** 12th December 2014 resume 19th January 2015

**C squad Last Day** 12th December 2014 resume 5th January 2015 Mon, Tue, Wed, Thu at 8-9am

 Resumes Normal session times 19th January 2015

**B squad Last Day** 19th December resume 5th January 2015

**A squad Last swim** morning 24th December 2014 **first swim** morning 29th December 2014

 **Day off** 31th December 2014 -1st January 2015

 29th & 30th December,2nd & 3rd January **Morning at 7-9am**

 30th December and 2nd January 2015 **afternoon normal sessions** time

**Tri squad** Continues as per A squad dates, at 7-8am

**Surf squad** **Finish** 12th December 2014 resume 19th January 2015

**A Squad Summer Swim Camp – Timaru**

Twenty A squad swimmers will be attending a 10 day summer swimming camp in Timaru 7-17 January 2015. Gennadiy and Stephen will be coaches attending. Desiree Crooks will be there part of the time as a Parent Help. We are still looking for further assistance

**Flight Details – Approximate Coach Costs - National Meets**

**2015 NZ JUNIOR CHAMPIONSHIPS, Wellington 20-22 February 2015**

Coach Attending - Simon Cook

Private Accommodation

Flight Details:

Thurs 19 Feb 2015 departs Dunedin Flight NZ5032 at 11.35am arrive Wellington 1.15pm

Sun 22 Feb 2015 departs Wellington Flight 689 at 2.30pm arrives Dunedin 3.45pm

***Approximate Coach Cost: $65.00 per swimmer based on 10 swimmers***

**2015 NZ DIVISION II COMPETITION, Dunedin 18 – 21 March 2015 -**

Coach Attending: Simon Cook

**2015 NZ OPEN CHAMPIONSHIPS, Auckland 14 – 17 April 2015 – Gennadiy Attending**

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 – Gennadiy Attending**

Accommodation 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***

**Coaching**

Congratulations to Simon Cook who has been appointed to a full-time position will be Awarded his Bronze Coaching Level Certificate from Swimming New Zealand .

The number of C and D squad sessions will be increased early in the New Year and Simon will be expanding his role visiting and liaising with club coaches. He will be available to assess potential swimmers on club nights wishing to increase swimming sessions and joining a squad.

The Board in the process of reviewing applications for a Senior Assistant Coach. We hope to have that appointment in place early in the New Year.

**Board Member Vacancies**

The Dunedin City Council will be advertising for board members. We have one vacancy vacated by Monique Esplin in September. Re-election of Board members will be due April 2014 following completion of the first two year term of office.

***Squad Fees…***

It is appreciated invoices are paid by the end of the month they were invoiced. This is in the terms of the ‘Membership Policy’. Many members are still paying one month behind.

Invoices are sent out in the first week of the month, followed by a statement on or around the 20th with the expectation of receiving payment by the 30th of the month. Please consider DSCB has costs to cover such as coaching, administrative and lane charges which need to be paid on time.

**Breaks from training’**

With end of year activities and families embarking on holidays a reminder to please inform Administrator one month in advance if you plan a period greater than one month. Breaks less than one month do not incur fee reductions.

C & D Squads will be invoiced accordingly to their extended breaks.

Finally ……

If you feel ready, willing, keen, passionate about aquatic sports and believe your have the right credentials to contribute to the Dunedin Swim Coaching Board we invite you to give this serious consideration.

*Margaret Eton-Marsh*

*Administrator*

*marg.eton.dscb@gmail.com*

***Good luck to all swimmers in their upcoming Competition***

***Swim Hard… Swim Fast…. Relax….. Enjoy…..***

***‘SWIM DUNEDIN”***

P O Box 2147, South Dunedin, 9044

Website – [www.swimdunedin.co.nz](http://www.swimdunedin.co.nz) Facebook Page – Dunedin Swim Coaching Board (DSCB)