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**Newsletter…October 2014**

Spring is certainly upon us heralding a busy time ahead with the first phase of local and regional competitions on the swimming calendar already started.

Twenty two swimmers went to Invercargill to compete at Annual Orca Meet at Labour Weekend. They came away with an astonishing 44 first places, 24 second places and 19 third places not to mention the many 4th and 5 placings. 102 personal best times were recorded. Some younger swimmers did not have previous times to compare, but when you swim very close to a NZ Junior qualifying time you must be swimming well. Two swimmers emerging and to watch out for are Meg Sycamore who is knocking on the door to A Squad producing large P/B’s - 12 from her 12 swims, and Geoffrey Kemp who produced 14 large P/B’s from all of his 14 swims. Well done.

***Congratulations*……**

**Andrew Trembath**

Andrew swam creditably well at the Pan Pacific Junior Championships in Hawaii in August gaining 4th place in his backstroke event.

Andrew had further success in the New Zealand Youth Team competing at the World Surf Lifesaving Champs in Montpellier, France. The Youth Team were placed second behind Australia with Germany Third. Andrew won Silver in the individual 200m obstacle race and Bronze in the 4x100 obstacle relay. He also picked up two Gold in the teams Board and Tube Rescues.

He then went on to compete for the Papamoa (Bay of Plenty) Surf Club following the national team’s competitions. Papamoa Club finished top of the table in the Youth division of the World Interclub Championships. He won three individual Gold medals in the 100m Manikin Carry with Fins, 200m Obstacle Swim, the 100m Rescue Medley, and 4 team/relay Gold medals in the 4x50 obstacle relay, Board Rescue, Tube Rescue Race and a Silver in the Men’s Sprint Relay.

**New Zealand Short Course, Wellington, September 2014**

A total of 47 medals were won, 12 Gold, 10 Silver & 10 Bronze.

Congratulations to Courtland Ellis for an outstanding meet, winning 6 Gold, a Silver and 2 Bronze.

Other podium finishes included Caitlin Deans (3 Gold), Aliesha Ruske (2 Gold, 1 Silver, 1 Bronze), Andrew Trembath (1 Gold, a Bronze), Han Zhang (4 Silver, 1 Bronze), Kate Godfrey (3 Silver), Matthew Glassford (Silver), Cameron James (3 Bronze) and Cecilia Crooks (Silver & Bronze).

**South Island Swimming Championships, September 2014**

Congratulations our swimmers who competed. A total of 65 medals were won, 20 Gold, 20 Silver & 19 Bronze and the Neptune Club were placed 1st overall.

Five meet records were broken, 2 each by Kate Godfrey (17 & Over 100 & 200m Backstroke) & Caitlin Deans (13-14 years 400 & 800m freestyle) and one by Han Zhang (15-16 years 200m breaststroke).

Kate Godfrey had an outstanding meet, winning 7 Gold, a Silver and 1 Bronze

Other medal winners included: Jeremy Tasker (4 Gold, 3 Silver, Bronze), Caitlin Deans (3 Gold, 3 Silver, 2 Bronze), Tame Govaerts (2 Gold, 2 Silver 1 Bronze), Han Zhang (2 Gold, 1 Silver, 2 Bronze), Cecilia Crooks (1 Gold, 3 Silver, 3 Bronze), Olivia Gold (1 Gold, 1 Silver), Courtland Ellis (2 Silver, 4 Bronze) Michael Gray (2 Silver), Teigan Tarapi (1 Silver), Jack Divers (1 Silver), Stef Gillespie (2 Bronze), Gabrielle Trotter (1 Bronze), Vicki Clarke (1 Bronze).

**Swimming New Zealand Power of Black Programme**

Congratulations to Andrew again and to Gennadiy for selection to the Swimming New Zealand 2020 Power of Black Programme, a new incentive working towards Tokyo 2020.

**Coaching**

The past couple of months have been a challenging time for our coaches with Gennadiy’s absence from poolside away at national and international competitions and a National camp. Thank you to Simon for taking Gennadiy’s squads while he was away and to Stephen for assisting with the management of programmes.

**Sue Maclaurin** Thank you to Sue for so ably and willing to assist in coaching the C squad during Gennadiy’s absence. Jess Zhao a visiting Chinese student studying at the University of Otago also assisted.

Edvinas Armanavicius Thank you to Edvinis for his work on the Survey and Webpage.

**Board**

Monique Esplin our new Board member who replaced John Brimble sadly departed to Wellington for employment. Though her stay was short, we thank her for her contributions to the Dunedin Swimming Coaching Board.

**Flume**

We are very fortunate to have the use of the University of Otago Flume here in Dunedin. July and October saw 27 and 32 of our swimmers respectively, put through their paces to individually have their strokes filmed for analysis which will assist in knowing what areas of their stroke to work on.

**Nutrition Sessions**

Stephen Fenemor, has conducted Nutrition Seminars for the B, C and D squad swimmers and their parents. Topics have included: Basic nutritional principles, special nutritional needs and factors for children and adolescents, Nutrition before and after training, and specific food options.

He is presently spending time individually with senior A squad swimmers conducting Anthropometric measurements (skinfold) and offering one to one nutritional advice as needed.

**Upcoming Nutrition sessions**

Friday November 14. C & D Squad. Nutrition before and after training. Food groups

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.

**Upcoming Meets**

Otago Spring Carnival - 2 November– C & D squad swimmers – Coach - Simon

Murihiku Meet 15 November – Competitive Junior & Senior - A and B Squad – Coach Present

Kiwi Challenge – 23 November – Club Junior & Competitive A, B, C & D Squads – Coach - Simon

Southland Championships – 27-30 November – Qualified Swimmers - Gennadiy

Otago Junior Champs 13-14 December – Qualified Swimmers – Simon/Gennadiy

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

**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

 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

 Surf swimmers welcome between 12th December -19thJanuary 2015

**Administration**

A number of swimmers taking periods of time away from squad have been informing administration following their period of absence with the expectation of not paying fees. Please refer to the Membership Policy under ‘Policies’ on our Website. Should you decide to leave squad we require one month’s advanced notice in writing to our administrator and request all fees due are paid before leaving.

In case of illness or injury you need to advise us in writing as soon as possible, and on presentation of a medical certificate you will not be charged for the period of sickness/injury.

Swimmers wishing to take a ‘break from training’ for a period greater than one month, the first month’s fees must be paid. Breaks less than one month will not incur any fee reduction.

**Fees**

We have many members paying monthly fees one month behind. Coaching Fees are an Annual Fee which we ask to be **paid one month in advance.** Invoices are sent out at the beginning of each month and due on or before the 30th of that month.

You will appreciate DSCB has costs to cover such as coaching, administration and lane charges which need to be paid on time.

***A Class Act - World Surf Life Saving Championships***

In September I was fortunate to attend the World Surf Lifesaving Championships in Montpellier to watch the New Zealand Black Fins Surf Lifesaving Team and support my son as captain.

Those of us fortunate enough to be there, witnessed an amazing determination of all twelve team members (6 men & 6 women) to win, along with their driven desire to be the very best they could be, and achieve their goal to become World Champions again.

The NZ Black Fins were 48 points ahead of Australia going into the last day of competition on the Beach. The team knew they had to give it their all (despite several setbacks & injury) to remain in front where every placing counted for points.

**Our NZ Black Fins Team had ‘Heart’** - and never ever gave up. (They went on to win the very last event by a whisker - the Taplin Team relay).

**It’s all about attitude**. **Winning is about struggle, effort and optimism**.

**Finally**

Ultimately our common goal is for our swimmers to have positive experiences through swimming. To enable swimmers achieve the goals they aspire to, we all share the collective responsibility in providing a supportive environment. As a past parent of competitive swimmers I am aware how valuable facilitation and flow of information between parents, swimmers, coaches and administrators is and I look forward to assisting and serving the DSCB membership to achieve this.

*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”***

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