

Congratulations to:



Anna Lindsay and Julia who competed at the World Age Group Triathlon Champs recently, Anna coming eleventh and Julia 20th respectively in their age groups. Well done.

Tame Govaerts, Gabrielle Trotter, Caitlin Deans, Cecilia Crooks, Devon Familton, Meg Sycamore, Teigan Tarapi, Matthew Gillespie Geoffrey Kemp and Cameron Moran who competed at the **New Zealand Secondary School Champs** producing some outstanding results.

Tame Govaerts 5 Golds – 200F,200IM,50Br,100Br,200Br

Gabrielle Trotter 2 Golds - 400F,200F

Caitlin Deans - Gold 400F, Bronze 200IM

Cecilia Crooks - 2 Silvers 400F,200F, Bronze 200IM

Devon Familton - 3 Bronze 50Bk,100Bk,200Bk

Caitlin, Devon, Gabrielle, and Meg (Columba College) Gold 4 x 50 relay

Southland Winter Series: Seventeen swimmers travelled to Invercargill to compete at the third Winter series meet in August. Thirty eight personal best times were recorded from sixty three swims. Tame Goevarts performing well to record P/B's across all three of his breaststroke events.

Otago Winter Championships: Sixty swimmers competed at the Otago Winter Championships. The A & B Squads producing 65% P/Bs and C & D Squads 75%. Standout performances selected by coaches were A squad – Meg Sycamore, B Squad Cameron Innes, C Squad – Sophie Wilson and D Squad – Harry Summers. Well done to all these swimmers.

Progression through Squads

Recent weeks we have seen swimmers progressing through squads. Congratulations to Ariana Barr, Hannah Drew, Mara Haase, Shima Jack, Walter Savage, Meg Sayers and Anna Divers who have stepped up to C Squad. Maddison Wills, Laura Bungard, David Cannon, Ana Tarapi and Sophie Wilson have attained their age appropriate Fina points progressing to B squad. Ben Carr has moved to A3 squad after attaining his 500 Fina Point ranking and Gabrielle Trotter and Cecilia Crooks who have attained their 600 FINA Point multi event rankings. Great achievements by these swimmers.

Upcoming Meets

South Island Champs Sat 26 Sept – Mon 28 Sept – Moana Pool (All Coaches)

Queenstown Early Bird Meet, Sat 10 October, – C & D Squads Coach Attending (to be decided)

Orca Labour Weekend Meet, 24-26 October Invercargill – A, B & C Squads - Gennadiy

Otago Spring Carnival, Sat 7 November, Cromwell – C & D Squads – Simon

Murikhiki Meet, – Sat 14 November, Invercargill – A & B Squads - Gennadiy

Kiwi Challenge – 22 November, Moana Pool – All Squads, (All Coaches)

Southland Champs 26-29 November, Invercargill – All Qualifiers - Gennadiy

Auckland Age Group Champs L/C – Qualifiers - Gennadiy

Please refer to DSCB, Swim Otago, or your club's websites for further details on events and how to enter.

Please speak to your coach about which meets you should enter if you are not sure.

2015/16 Swim Camps

The one day **Junior Skill and Technique Camp** for Otago Swimmers to be conducted by DSCB Coaches in Cromwell on ~~17 October~~ - has now been cancelled. New date to be set by Swim Otago.

Senior Summer Camp – Timaru 4 – 16 January 2016 – A notice has gone out to all A Squad swimmers and confirmation of attendance is required by 16 October.

B Squad Summer Camp – Dunedin 11 – 15 January 2016 - A notice will go out to B Squad swimmers. This program will be conducted at Moana Pool.

2015 Flume Sessions – Monday 05 October, Tuesday 06 October, (10.am – 3.00pm)

A and B Squad members will once again be put through their paces/strokes at the University of Otago Flume for recording and stroke analysis. If you have not been given a time, please speak to either Gennadiy or Adam for a time.

Nutrition Seminars – General Nutrition/Preparation & recovery for competition and training.
C & D Squads - Wednesday 21 October, 6.30pm – 7.45pm, Meeting Room , Moana Pool
B Squad - Wednesday 28 October, 6.30pm 7.45, Meeting Room, Moana Pool

Squad Training Sessions cancelled Saturday 26 September and Monday 28 September

Due to the South Island Championships being held at Moana Pool over this weekend there will be no training for A, B ,C & D Squads on these days.

SURF & TRI SQUADS

Surf and Tri Squads will not train on Monday morning. Training will resume on Tuesday as normal.

Coaching Team

Stephen has been absent from dryland training while concentrating on his Master's Degree. During his absence squad coaches have been taking these sessions.

Welcome back also to Adam who has been in Scotland visiting family.x

Communication is paramount between coaches and swimmers. To create clear expectations dialogue between coaches, swimmers and parents is encouraged.

Swimmers: Coaches are happy to answer queries and you are encouraged to discuss your training with your coach. If you would like to discuss issues in more depth please contact your coach or Margaret to arrange a time.

Remember – Gennadiy free on Thursdays at 6.15pm

Gennadiy is available at this time for you to speak with him over any queries or concerns you may have about your coaching and goals. 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

The Board

Matthew Heaton has stepped down from the Board after two and half years. Matthew has made a great contribution to the Board with his in depth knowledge of the sport and we look forward to a continued association through Matt's election as Chairman of the Swim Otago Board. Congratulations on your appointment.

We welcome two new members to the Board

Brendan McCane

Brendan is Associate Professor in Computer Science at the University of Otago. Brendan is affiliated to the Kiwi Swim Club and is a member of the Tri Squad. He has two daughters Madeline and Zoe who swim in the B Squad.

Nic Dahl

Nic is National Advertising Manager for Allied Press, (publishers ODT). Nic was a competitive swimmer, (National Age Groups and Open Championships), a New Zealand representative (water polo and Surf Life Saving), and coach. Nic trained under Duncan Laing and in the Mt Roskill Swim Team coached by Hilton Brown. Nic also coached at the Hilton Brown Swim School in Auckland from learn to swim to national age group level.

Coach Fees.

All members will have now received notice of the fee increases.

Change to Terms of Payment:

Fees will now be invoiced monthly in the last week of the previous month and payment to be received no later than the 07th of the new Month.

Further investigation and consideration is required before moving towards quarterly invoicing and a direct debit system of payment as previously announced.

Finally..... Good luck to our thirty one swimmers competing at the South Island Champs over the weekend. We look forward to some good results.



New Zealand Age Group Team



And to **Caitlin Deans** and **Cecilia Crooks**. We wish you well with the New Zealand Age Group Team competing at the Australian Short Course Age Group Championships in Canberra next week.

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)