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In the Swim

Welcome to the latest edition of the Queenstown Swim Club newsletter, keeping you up to date with all happenings poolside and beyond.



Off the Blocks...

The competitive season is all go and the meets targeted by Albert have been well attended by the Queenstown swimmers. Results have been promising with PB's consistently achieved and qualifying times for up-coming regional and national meets met by many of the intermediate & age group swimmers. Eligibility reports for upcoming meets requiring qualifying times can be found [HERE](#)

Ribbon Nights

These have been a great success with large numbers of our clubs up & coming swimmers turning out for extra race practice & some of Maria's hard working foundation swimmers trialing out the racing environment in a relaxed and friendly manner. Ribbon nights will resume in term 1 so we look forward seeing all club members at them.

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Remember: As we move towards some of the more significant meets for the season, Swimming New Zealand have asked all swim clubs to use this period as a timely reminder to revisit their recently updated [PARENT CODE OF CONDUCT](#). It's always good to keep swimming in perspective and ensure it remains a positive and enjoyable environment for all involved. Please take the time to click through on the above link and have a read.



On the Horizon

THE END OF YEAR IS FAST APPROACHING!

- The final training sessions for 2017 will be held on Tuesday December 19th.
- We'll be back in the water on Monday January 8th with the following training sessions available everyday of the week:

8.00am-10.00am Juniors, Intermediate and Age Group

4.00pm-4.30pm Land based for all squads

4.30pm-5.30pm Development and Fitness squad

4.30pm-6.30pm Juniors, Intermediate and Age Group

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GOOD LUCK TO ALL THE SWIMMER COMPETING IN DUNEDIN AT THE OTAGO U12 CHAMPS THIS WEEKEND.

BE RACE READY:

Race day is all about carbohydrates. This is the fuel source that provides high intensity energy allowing the body to work to its maximum capacity.

As the body can only store carbohydrates in limited amounts we need to avoid the risk of 'hitting the wall' & ensure there is plenty of readily available energy on board. Easily digested carbohydrates already in sugar form are ideal in small amounts between races when there is little time for digestion. Slightly more complex, nutritious carbs are encouraged in lunch breaks to assist repair and preparation for the next session.

Snack / meal idea between races

0-30 mins	1-2 hours
 Jam / Honey / Banana sandwich <i>*White bread</i>	 Wrap <i>*Lean meat & salad fillings</i>
 Banana	 Sandwich <i>*Lean meat & salad fillings</i>
 Muesli Bar <i>*Low Fat</i>	 Sushi
 Sports Drink <i>*Powerade</i> <i>*Replace</i> <i>*Red 8</i> <i>*Mizone Isotonic (Full strength)</i>	 Sub sandwich <i>*Low Fat</i>
 Small handful of glucose lollies	 Yoghurt
 Tetra packet Fruit Juice	 Fruit juice
	 Meal Replacement
	 Fruits

Upcoming events

- 2nd - 3rd December; Otago U12 Championships, Dunedin
- 14th - 17th December; Southland Long Course Championships, Invercargill

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- 4th February, Otago Country Club Championships, Queenstown
- 17th - 18th February; Junior Zonal Championships, Dunedin
- [TARGETED SWIM MEETS 2017/18](#)

If you have any great photos or information that you would like to share with the club please send it to: qtnswimmers@xtra.co.nz or if there is anything you'd like to see in the newsletter- just let us know!

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Our mailing address is:

PO BOX 1992, Queenstown 9351
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