



**E-NEWS . 1st November
NO . 19**

2014 .

Hi everyone, lots coming up so please make sure you read the attachments to this E-News.



November Race Night: Saturday 8th 2-4pm 25m pool. Don't forget your Firework hat!



10 week Challenge for all Squads (attached)



Splash Attack Meet – Flyer attached



Weetbix Tryathlon



Bay of Plenty Junior Champs

Welcome to our new members- yes more!! Joining us in the Junior Academy are the following: -

Jessica Quinlan, Emilia Ward, Olivia Nicholls and Jack Malone who have all joined Silver or Junior Gold Squads. Check the Rocket Team list to see whose team you are on. (Attached)

Big congratulations to our Junior Academy swimmers moving to Registered Competitive swimmers too! Well Done Max + Theo Harvey, Bailee Swinyard + Jessica Burborough. Jasmine Hagan, Performance C Squad.

COACHES REPORTS

Alastair-Head Coach

10 week challenge attached so if your are new to us and have not seen it yet it's here, or see Erika for your copy. There is the Hot Stuff Meet this coming Sunday 9th November, so swimmers from Performance C and Development swim well and hard as it's part of your 10 week challenge. The Splash Attack Meet at Rotorua is part of the challenge for the Juniors, Performance C and Development, so make sure you get your entries into Bronwen by Monday 10th November.

EXCELLENT NEWS!

Lewis Ryan came 3rd in his age group in Hawaii on Labour weekend for the Xterra Off Road World Triathlon Championships. Well done Lewis and looking forward to seeing you back at the pool sometime soon.

It's a busy time of the year for meets so make sure you check out what's happening.

Tip from the Top

Stay balanced when you are swimming. Keep your head in a horizontal line with your feet like a balanced seesaw. On freestyle, look down and kick fast up and down, shallow and continuous and you will make good progress. Stay in position by using your core and only move your head as little as possible to breathe. Ask your coach to check you out:)

Are you my Athlete of the Month for October? Keep reading...

Bronwen

She is busy sorting entries for the upcoming Hot Stuff Meet but has asked that when you send your entries in for any swim meet please send to the following email address: swimrotoruareCorder@gmail.com

If it's not sent to that email it might not get entered!

She was very pleased to see so many of our swimmers doing so well at the CNI Meet on Labour weekend. It was a fantastic meet for us and wonderful to see some new faces there, looking forward to another great event at the up coming Bay of Plenty Junior Champs in December too!

Wonder who is up for Bronwen's Athlete of the Month?

Erika

For our new, and older, Junior Swimmers, please remember to bring your passport with you to each session AND wear your Junior Academy swimming cap, she wants to see full lanes with blue caps and bring a drinks bottle too. It gets quite hot at the 25 meter pool and it's important to keep drinking. Make sure you write down the following in your passport:

1. Your goals – keep it simple and short term.
2. Which A (Attitude, Attendance, Application or Ability) will you improve. How will you improve it?
3. Race Night or local swim meets results – record your times and place. It's always encouraging to see your times improve and this will spur you on more

She is very pleased that some of her swimmers are going to be registered as "Competitive". You have to be a registered Competitive Swimmer to be able to do Bay of Plenty Junior Champs in December. Erika and her assistant coaches will be working on improving your strokes; sorting qualifying times and helping you to all achieve in the lead upto this event.

Hm, could you be Erika's Junior Silver or Junior Gold Athlete of the Month? Keep reading to find out!

If you have received your letter for times you have made or are very close too, then it's really easy to up-grade, just contact swimrotoruaadmin@gmail.com



CLAIRE



November Race Night Saturday 8th 2-4pm And it has a Fireworks Theme – because we can't have real fireworks we'd love to see you make a fireworks hat. Be Creative. Look up fireworks names on the internet – what would a Cherry Bomb Hat look like? Or a Dragon's Tears Fountain Hat? And of course we'll have a bomb competition!

There will also be an opportunity to try some 100m races particularly for those who want time trials for BOP Juniors.

Also remember Gold Squad can race only 50m and above races except at Xmas race night.

Please note this one is on a different day and at a different time! If you have never been to a Race Night - come along and have a go. It is fun, there are no disqualifications and you choose what you race. You do not have to be able to dive. You will set personal best times and you might get speed awards!

Rocket Team Points from 19th October Racenight:

1st Titan on 43

2nd Apollo on 31

3rd Jets on 25

4th Starship on 19

Well done Titans! Next Race Night, get this in your diary now, you will not want to miss this one! 21st December 3-5pm.

Attached the amended Race-night results from the 19th October



RACE NIGHT

Saturday
8 November
2 to 4 pm

Fireworks theme!

Note - no real fireworks
Rocket teamwork tasks!

Have FUN

Athletes of the Month for October

Performance A - Rachel Mead. Rachel has been steadily improving her skills and effort over the last few weeks. Her attitude has improved and she is developing into a formidable competitor. Rachel showed evidence of that at the CNI Meet to drop her best time in the 100 Free from 1.03 low to 1.00 high. Well done Rachel and keep pushing on!

Performance B - Alyssa Carnell. Alyssa attended all her workouts in October and has worked extra hard over the last few weeks. She always has a can do it attitude is always willing to give things a go. She quietly gets on with the training and is a pleasure to coach. Well done Alyssa ... Keep pushing on and you will do lots of best times very soon.

Performance C - Kapua Warbrick - has stepped up her effort and determination over the last few weeks. One of the few Performance C athletes who did some workouts during the school holidays. Kapua is training really hard and always done with a smile and a thank you. Well done Kapua!

Fun Fitness – Cullen Smith

Development – Stephanie Hossack

Junior Academy Gold – Mitchell Jones

Junior Academy Silver – Caitlin Davy

Coaches will be handing out your certificats this week

Swim Rotorua Fundraiser:

We will be filling the orders received for this fundraiser very soon, this is for the club to help with the purchase of new equipment for all the squads. We had a great opportunity to sell Simon Gault (Master Chef Judge and multiple restaurant owner) Seasonings and Stocks. Quality products with great flavor for everyday use at home.

There will be a prize for the top sellers so if you have been selling hard you better check out the next E-News, which will be on the 15th to see who won!

Last minute orders can still be made by using the attached order form – do it know! The more sold the more we can raise!



Swim Meets:

Mount Maunganui Swimming Club HOT STUFF MEET- Flyer attached Baywave 25meter pool Sunday 9th November 2014. Warm-up at 8am - racing starts 9am. Swim well and hard to those attending as part of your 10-week Challenge!

SPLASH

ATTACK

22nd November – Flyer attached. To be held 50 meter outside pool ROTORUA warm-up 9am & 10am start. Entries close to Bronwen, Monday 10th November. Target Meet 10 week challenge for Performance C and Development

Weetbix TRYathlon 7th December- Swim Rotorua is working at some pre-event training sessions, currently a work in progress so watch you in-box, as soon a details are out I will get them to you. Vivien Cooper is still needing help from our parents and anyone over 16 years of age, for marshaling, even if for an hour or two, on the course, catering etc. Please contact her on the following email b4b@theredwoods.co.nz as soon as possible now as sorting rosters and arrangements.

Check out the Weet-Bix Kids TRYathlon site at try.weetbix.co.nz

13th and 14th December BAY OF PLENTY JUNIOR CHAMPS -Flyer attached. Many of our 12 and under's will have received letters this past week notifying you if you have made some qualifying times or are very close to the times. Please speak to Bronwen or Claire or email swimrotoruaadmin@gmail.com as to enter this great event you must also be registered as a competitive swimmer.

This is a great achievement if you have qualified and if you want to try for more or try to qualify just let the coaches know, they will help you out!

Down the line – but coming up soon!

Lake Swim Series

For our Open Water Swimmers, and in fact our entire membership, Swim the Lakes Series is back! First swim 25th January 2015 at the Blue Lake. 2nd event at Lake Rotoma 10th February and Lake Okataina is the final event on March 15th. Further information to follow but get this in your diaries, even our juniors can do this!

For our new members please check out the [DQD Loyalty Program](#).

In need of new swim togs or goggles? Check out DQ'd on the following site and when you order, put in that you are with Swim Rotorua! Help the Club earn some rewards from DQ'd!

www.dqdswimming.co.nz

Please also see Bronwen or Pauline pool-deck as we have a lot of items in stock too.

Nearly there!

JUST QUALIFIED - Some of our parents have just completed an exam at the CNI Meet – so well done to them too!

The awesome David Boles (SNR) as National Starter

The “lovely ladies” Wendy Hill (Tiana Hill’s mum, yes Tiana, one of your Junior coaches) and always by the pool for Race night and Performance C Squad Rep, the lovely Lisa Apperley, both National IOT’s

(What’s an IOT? Inspector of Turns, at the end of the pool at swim meets)

Stacey

Payments and Account Queries

Payments:

I would like to say thank you to those that have now changed their payment references to include their account numbers. If you have not done so already, can you please make the change to your on-line details. If you are unable to pay via the Internet then you are able to put your payment in the locked box in the Clubrooms with your details on the envelope.

DO NOT give your cheque/cash to anyone pool deck.

Swim Rotorua Main Account **01-0414-0471371-00**

Particulars: 567 SMITH (your account number and Family Name of Account)

Code: Stacey, Ana (Athletes Names)

Reference: Coaching (What the payment is for)

Swim Rotorua Meet Account **01-0414-0471371-01** Payments for all meet entries

Account Queries email directly to swimrotoruaaccounts@gmail.com



Check out our web page on the Swimming New Zealand site <http://www.rotorua.swimming.org.nz/>