



E-NEWS . 20th December 2014 . NO.22

Hi everyone, nearly Christmas – only 5 more sleeps!



December Race Night: Sunday 21st **3-6pm** 25m pool.
This will include presentations for 10 week Challenge.



Weetbix Tryathlon – Thank you!



Bay of Plenty Junior Champs – AWESOME!
Victorian Age Group Champs and Tri-Series



Holiday training and Junior Camp.

COACHES REPORTS



Alastair-Head Coach

10 week challenges are done! Make sure you come to the Race-night on Sunday 21st for the presentations and enjoy the fun!

We have had a full on term this time which has culminated in the SBOP Junior Champs last weekend; Jack Weston competing in the Victorian Age Group Champs in Melbourne and Bianca, Paddy, David and William competing in the Tri-Series tour in Taranaki. Awesome results from everybody and so keep an eye out in the local papers! Wonderful article for Jack and the Tri-Team in the Daily Post.

Other swimmers have been in the news too. Wonderful photo of Lina for the Daily Post "Swimming to survive" article along with Caitlin Lang and Charlie Apperley.

Keep swimming over the holidays, join in the sessions available and see Bronwen pool-deck for your clip card for the sessions you are attending if you are a term account.

*Junior Camp 19th to 23rd January – form attached so get in quick!
Holiday training program - attached*



Bronwen

See her pool-deck for the clip cards for your holiday training sessions if you are a term account.

Fun & Fitness and Development along with Term fee Performance C are welcome to come along to the 4pm sessions too. See attached.

We have the Swim Rotorua Summer Meet coming up 24th-25th January so she will be sending out details of that soon.



Erika

Very pleased with the results from Bay Juniors last weekend will be holding 1 session a week over the holidays for her juniors: Monday 22nd, Monday 29th Decmeber and Tuesday 6th, 13th and 20th January as on the attached Holiday Program Timetable. Get your clip Card from Bronwen. Welcome to Ella (Titan) and Julia (Starship) Dodd in our Gold Squad.



CLAIRE

December Race Night Sunday 21st 3-6PM. (Time difference) Come along and have some fun. Most importantly, let's celebrate our successes and acknowledge those athletes who win awards as part of the 10 Week Challenge.

Come dressed in the Christmas spirit.

Races will include 25m races for all squads. Inflatable from 5-6pm BBQ- sausages etc provided by the Club – please bring a plate of finger food.



The Taranaki Tri-Series Team

Weetbix TRYathlon 7th December.

Thank You! For all the wonderful help we had from 5am onwards.



Lake Swim Series

*The dates are out, information is being worked on, and things are on the move 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. So get this in your diaries, even our juniors can do this! **BUT** before this we have the **Swimming New Zealand Epic Swim Lake Taupo 10th and 11th January.** Further details to follow, we had a great time there last year with many age groups involved from the club.*





Athletes of the Month for December

Performance A William Spear

William has capped off a great couple of months. He has trained harder recently and has upskilled himself, especially on his butterfly and freestyle. This is starting to pay off as William set lots of best times at the Tri Series Tour held in Taranaki. Well done William!

Performance B – Skye Cox

Skye has worked extra hard for a few weeks now. She is great at getting on with it, very coachable and a pleasure to work with. She often asks good questions such as 'time me' or 'have a look at my strokes'. She is also a great team player and is very happy to high 5 her team mates when they do something awesome. Well done Skye!

Performance C – Annelyse Cowie

This has been the toughest of all my decisions! So many of the Performance C athletes have stepped up recently. However, the award goes to Annelyse Cowie who has been superb for the last 3 months. She only started swimming this year and has made huge progress. She attends the most workouts from Performance C and is a great trainer and an even better racer! She works hard and smart and is a joy to coach. Well done Annelyse

Fun Fitness – (Could have been YOU)

Development – (Could have been YOU)

Junior Academy Gold – Ruth Rika

She's worked hard, been consistent and great attitude. Well done Ruth, you've come a long way this term!

Junior Academy Silver – Lewis Haines

Quiet at the start but boy what a chatterbox now! A pleasure to teach and improving all the time. Well done to you, Lewis!

Do you like the new photo for our facebook page



Bridge to Bridge Harbour Swim 2015

3rd January 2015

Registration and Prizegiving: Edgewater Fan, The Strand, Tauranga

Start Time: 2:00pm

Briefing: 1:15pm at Edgewater Fan, The Strand, Tauranga.

Distance: 1,500m and 600m



Round the Mount Swim 2015

4th January 2015

Distance: 4.0KM

Registration: 6.00am to 7:15am at the Mount Lifeguard Service

Start Time: 8:30am at the Salisbury Wharf end of Pilot Bay

Briefing: 7:30am at the Mount Lifeguard Service Finish: Mount Maunganui Main Beach



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

If you go to Otonga School check out the February Calendar on your Mobile App...You never know what you may find there and when you do tell your friends!

Have a wonderful Christmas and New Year from everyone at Swim Rotorua

