



E-NEWS 16th April 2015. NO.07



Term 2 starts Monday 20th so please check the pool times



Race Night (3-5pm) & Stroke Clinic (2-3pm) Sunday 26th



Team sheet – check to see who's team your in!



Junior Academy 6 week Challenge from 20th April



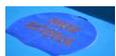
Important information from Alastair, Head Coach for all Squads



Coach's profiles



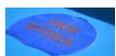
Firstly, Kane was so pleased and says a big thank you to those of you who came to help at the Bunning's Stock take fundraiser, either for yourselves or for him! He has a big fund he needs to fill to get him to the World Champs in Russia, coming up soon now, which is a major selection event for Rio, so thank you from him & Bronwen. Bronwen will need to know if the funds raised are for Kane or you, or if you are able to do a donation for him, even better! Please let me know on the admin email, anyone can donate so please do!



50 metre pool closure timetable (attached) The sessions will be held in the 25 meter pool and the bulkhead pool. Please make sure you check the attachment for your times.

Junior Academy starts again Monday 20th April. You will have been given your 6 week Challenge sheets by Erika before the end of term. If not, or you are new members please see her next week for your sheet, or there is a copy attached.

The holiday Breaststroke sessions went well too and she is pleased to be welcoming new members and returners to her sessions. Some changes for the assistant coaches, a bit of a swap around. See Alastair info below.



Updated Teams sheet (attached) so if you are new check it out to see who your team is and come to the race night on Sunday 26th wearing your colors!

Apollo-**RED**. Jets- **ORANGE**. Starship – **BLUE** and Titans – **BLACK**



Sunday 26th is Race-night & a bonus Stroke Clinic for our Junior Academy swimmers. The Stroke Clinic is 2-3pm followed by the race night for the entire club from 3-5pm so bring your friends and family, let me know if you are going to "bring a Friend" to the clinic please if possible so we have an idea of numbers, to the following email by Saturday 25th: swimrotoruaadmin@gmail.com



SWIM CLINIC & RACE NIGHT

SWIM ROTORUA IS OFFERING A FREE SWIM CLINIC 2- 3 PM FOR SILVER JUNIOR ACADEMY MEMBERS AND VISITORS/FRIENDS THIS IS A PERFECT OPPORTUNITY FOR YOU TO IMPROVE YOUR SKILLS (ESPECIALLY THOSE TRICKY ONES LIKE STARTS, TURNS AND BUTTERFLY) AND HAVE A GO AT SOME RACING!

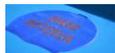
SUNDAY 26 APRIL

CLINIC : 2PM - 3PM
RACE NIGHT : 3PM - 5PM



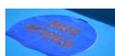
Any ideas who that handsome chap is (from the back)??? Let me know by email before Saturday 25th...you never know what you might get!

For our swimmers attending NAGS you will not be attending the Stroke Clinic or the Race night, it's a rest day for you! **AND** for those of you in Performance ABC or Development there will be no training (4-6pm) after the race night, it's on the sheet but overlapped with the racenight, so **COME TO THE RACENIGHT INSTEAD!**



Hope you have been able to watch some of the action on Sky Sports 4 from the New Zealand Opens currently on in Auckland. Congratulations to Jack Weston, Paddy Baylis and Bianca Donnelly who qualified for this major event but who we not able to attend – this time!

These swimmers along with Rachel Mead, David Boles and William Spear will soon be off, in three weeks, to the National Age Groups Meet in Wellington, so fingers crossed and good luck, (and that's just for the Coach and Camp Mother!) no seriously, good luck everyone and keep an eye on the facebook page for all the action.



Taupo Swimming Xcelerate Your Points meet 5-6th June is coming up. Revised Flyer due out soon, and you must be Competitive registered to enter this meet. NZ Short Course times can be gained here. Closing date and Flyer to follow shortly.

In July there is the Greerton Winter Champs 3rd to 5th July at Baywave, Mount Maunganui. Closing date and Flyer out soon.

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

And check out facebook and press the "like" button hoping to hit the 400 likes mark **NOW!**

FROM ALASTAIR:

Pool Closure timetable

Please note that the afternoon workouts will be very busy especially for the Performance B and Performance C Squads. We anticipate more space available in the mornings especially with the 7.00 to 8.00 am workouts. If you can make a morning, then we suggest you attend that workout to ease the afternoon congestion. Thank you! If you have any problems getting to your squad workouts, then please liaise with your squad coach and manager as soon as possible.

Junior Academy 6 Week Challenge

Please find attached the 6 Week Challenge information. Rise to the Challenge and add to our new slogan ... **Swim Rotorua - Where Swimmers Excel.**

Promotions

If you have just been promoted to your new squad, then a very big **WELL DONE** from Alastair and the rest of the coaching team! Keep up the great work and always improve your 4 A's:)

Junior Academy Coaching

We are very fortunate to have so many great coaches working with our young athletes. Without doubt, all the coaches are very passionate about helping you swim better and faster. We have a fantastic coaching team that works hard and who work really well together.

For Term 2, we have made some changes to which coaches are coaching across the week. The main changes are that Claire is moving to a Friday due to her daughter Stella moving up to Performance C, and we also welcome Natalee Swinyard to our Thursday lessons. The new roster is as follows:

Monday - Erika & Duncan

Tuesday - Erika & Tiana

Wednesday - Erika & David

Thursday - Erika & Natalee

Friday - Erika & Claire

Please see below some profiles (more to come!) on your Junior Coaches:

ERIKA PEDERSEN (Lead Coach)

I have been a member of Swim Rotorua for over 3 years - 2 years as a competitive swimmer at national level and winning a Division 2 gold medal in the 200m freestyle, and the last year as the Lead Coach of the Junior Academy. I am currently studying for a Diploma in Sport Management and Coaching. I have a certificate for Swim Teacher Award, and I am also currently doing my certificate in early childhood swim teaching. I love working with Swim Rotorua. I love coaching and getting all kids involved with swimming and helping them achieve their goals.

CLAIRE BAYLIS

Hi ... I am Claire Baylis. I have coached with Swim Rotorua for two years now. I have completed the National Certificate in Recreation and Sport (Aquatics) Swim Education, as well as on-going training from Head Coach Alastair Johnson. I have

three children (Stella, Paddy and Jack) who swim for the Club, I am a Club Board Member, your School Liaison Manager and organise Race Nights. I love seeing how quickly our Junior Academy swimmers become water safe, improve their technique, reach the goals they have set in their passports and start collecting speed awards at Race Nights and local competitions:)

TIANA HILL

Hi I'm Tiana and I attend Rotorua Lakes High School and I am in my last year. I have been coaching with Swim Rotorua for about a year now and I really enjoy it. I love helping young swimmers achieve their goals and improve their technique. I also like to see them excel in swimming, especially when they're so passionate about it!

See you for the next E-News on the 1st of May!

From the Team at Swim Rotorua – where swimmers excel!