



E-NEW 5th July 2015. NO.12



Midnight Milo Madness Saturday 11th July!



***BOP Champs, July & Swim Rotorua SC Meet,
August (Get your gear for this event!)***



Holiday training times & Juniors Camp



July Race-night.



Athletes of the Month for June



Review SBOP Awards Brunch



For her awesome Junior Academy, “Happy Holidays” from Erika, and the awesome coaches who work with her. Have fun, keep swimming and check out the collage board of some of the junior swimmers with their 6-week Challenge certificates. This is by the 25m pool swing doors. If you want to come along to the Juniors Camp there are still some places so let pauline know on swimrotoruaadmin@gmail.com. Set fee \$30 for Monday 6th, Wednesday 8th, Friday 10th, Monday 13th and Wednesday 15th 5-6pm at 50m pool with Bronwen. Have some fun with the turning boards.

WELCOME to our new members:

Tayla Paul, Jacob Heiehway, Charlotte Grainger-Allen, Sam & Jamie Fox Nadia Cooper, Rhiannon Ward and Brothers Connor and Finn Lock who live in Manila but will be training here early next year in the holidays!

Many of you may know Joe Nagera. He has recently been unwell so please check out the Facebook site, as there is a “Give a little” link to help this family out. We appreciate it. Thank-you.

<http://givealittle.co.nz/cause/joenageraa>



MIDNIGHT MILO MADNESS

11 SATURDAY – 12 SUNDAY JULY 2015

Doors Open	11.15 pm - Saturday 11 July
Doors Close	11.25 pm prompt
Warm Up	11.30 pm
First Race	12.00 midnight - Sunday 12 July
Last Race	01.30 am

Come along and enjoy a different kind of Swim Meet ☺

Gold coin donation (to cover the large quantities of Milo)

Closing date for entries (use the official entry form attached) is
Thursday 09 July

Email your entry form to swimrotoruarecorder@gmail.com

Bring your skipping ropes and stretch. A big thank you to Rotorua Aquatic Centre for their support with this, it will be fun!

Did you “train in the rain” and have the Champions Breakfast after on Saturday morning? Many thanks to the parents for cooking, and clearing up, for you. Bacon, Eggs, Hash Browns etc – just what was needed!

Sunday 28th June WOW at the Swimming BOP Awards Brunch!

Lots to eat at the Sudima Lake Hotel. Well done everyone for a fantastic result for Swim Rotorua! Check out the website /Facebook for full reports but: SAM BALDWIN 12 & under Most improved swimmer. Coach of the Year ALASTAIR JOHNSON
Technical Official of the year ELLEN SHERWOOD
Central Champs 1500 Free PADDY BAYLIS
Long Course female BIANCA DONNELLY
Open water Champion KANE RADFORD
15years + Service awards for KAREN NIXON & ARTHUR FAULKNER
Certificates of recognition for LISA APPERLEY, CLAIRE BAYLIS & DAVID SPEAR

There was also someone who we all know, who had the wool pulled over her eyes and ears, how BRONWEN never found out about her Life membership to Swimming BOP we will never know! HUGE congrats and so well deserved. Just need a photo now...



Athletes of the Month – June. Well done to the following:

Performance C : Well done to [Sequoia Dobson](#) who has made an immediate impact on moving up to Performance C. Sequoia works really hard quietly and effectively. Her skills and stamina have really picked up over the last few weeks. She is very coachable and always positive. You are doing awesome Sequoia!

Performance B : Well done to [Emily Spear](#) who has stepped up her training during the last few months. Emily attends all her allocated workouts and pushes herself hard in training. Her technique across all 4 strokes are improving. Still a way to go, but we have seen some real improvements especially in the last month. This undoubtedly helped Emily break the BOP 1500 metre record at the Taupo Xcelerate Meet. Keep up the great work Emily!

Performance A : Well done to [David Boles](#) who has worked hard throughout June. David has picked up another workout to commit to 8 workouts per week. He raced really well at the Taupo Xcelerate Meet where his 63 seconds for the 100 metres backstroke caught the eye. David has a great work ethic and continues to learn and push on. Great job David!

Junior Academy Silver: [Corne van der Merwe](#). Well done Corne, you have broken out of your shell in the last month. You have made big improvements and always gives 100%. Awesome!

Junior Academy Gold: [Samuel Trass](#) Samuel is constantly working hard & always willing to try new things. He is never late to his sessions and trying really hard at racenights. He was one who completed the six-week Challenge. Well-done Sam!

JULY 2015 HOLIDAY TRAINING

Date	AM	PM C 4.00 – 5.30 B 4.00 – 6.00 A 4.00 – 6.30 Metro 5.00 – 6.30	Notes Extra workouts are available for C and B
Mon 06	A & B 7.00 – 9.15	ABC Metro	
Tue 07	-	ABC Metro	2.30 – 3.30 pm TEAMbuilding. 3.30 pm Dryland
Wed 08	A & B 7.00 – 9.15 (25m pool)	ABC Metro	
Thu 09	-	ABC Metro	2.30 – 3.30 pm TEAMbuilding. 3.30 pm Dryland
Fri 10	A & B 7.00 – 9.15	ABC Metro	
Sat 11	C 7.00 – 8.30 plus dryland A & B 7.00 – 9.30 plus dryland	Midnight Milo Madness	
Sun 12	-	-	
Mon 13	A & B 7.00 – 9.15	ABC Metro	
Tue 14	-	ABC Metro	2.30 – 3.30 pm TEAMbuilding. 3.30 pm Dryland
Wed 15	A & B 7.00 – 9.15 (25m pool)	ABC Metro	
Thu 16	-	ABC 4.00 – 5.30 Metro 5.00 – 6.30	2.30 – 3.30 pm TEAMbuilding. 3.30 pm Dryland
Fri 17	<i>BAY OF PLENTY</i>		
Sat 18	<i>SWIMMING</i>		
Sun 19	<i>CHAMPIONSHIPS</i>		
Mon 20	No training	New timetable starts	

CONGRATS!

To our Junior Academy swimmers who have been promoted to Performance C for Term 3! Well done Bailee, Max and Theo, but it does not stop there! Awaiting confirmation other swimmers have been given the opportunity to progress to Performance B & C and Damon Cowie has accepted the challenge of Performance A. Some of you may have had a letter but not replied yet, please let me know if you are moving on up!

Just a reminder too if you do go to Performance C there are some items of Gear that you will need for your training. Toni Crengle & Bronwen will be able to help you with this. Also there is a fee structure change too.

There is a new email address for Toni for Gear. swimrotoruegear@gmail.com so if you are doing BOP Champs our swim meet in August get on line and get the order in. Email Toni and she will get you sorted.

YOUR ADMIN OFFICER SAYS THANK YOU! ANNUAL REGISTRATION

*Many thanks to those who have attended or sent in the Annual Registration forms. These are for the coming swimming year, from 1st July 2015 to 30th June 2016 so if you are in the water now or intending to swim Term 3 and not done it yet please let me know. This is needed for **ALL** squads, ATM, Metro, Junior Academy & Performance, Competitive or Non-Competitive swimmers & parents, who are **Timekeepers**. Many thanks! Also just an update for our IOT's and Competitive registered swimmers the SNZ email went out on Friday 3rd July with the login / password for you so check your in-box!*

Coming up:

*In July we have the **BOP Short Course Champs** on the 17th to 19th July at Baywave, Mount Maunganui. Flyer has been sent out and Qualifying times apply for the competitive swimmers. Closing date is 8th July. If you are swimming then parents we need you for Timekeeping etc. over the weekend!*

*2nd August it will be the **Swim Rotorua Short Course Meet** in Rotorua. Flyer will be with the next E-News again as previously sent out. Closing*

date 25th July Then closely following on from this is the **SNZ Short Course** event in Auckland. We have eight of our Performance swimmers qualified. Final information will be to you soon from Bronwen.

Sunday 26th July 3-5pm RACENIGHT with the WorldChamps as a special theme. The poster is up on the boards and will be soon on the website and the next E-News! The racenight results for June have been sent out too so check and fill your sheets.

Our web page on the Swimming New Zealand site:

<http://www.rotorua.swimming.org.nz>

All squad information can be found on this site and any items for news please let me know on the Admin address.

Check out the **Swimming BOP website** on Swimming New Zealand too for the Regional information. This is where the Flyers etc. will be found from now on.

<HTTP://www.bayofplenty.swimming.org.nz>

From Stacey

Swim Rotorua Accounts:

Swim Rotorua account statements are emailed out at the beginning of each month. If you do not receive one, please let me know. If you have any changes to your account, moving squads, increasing the times you swim or no longer swimming can you please email me directly so that I can update your account. Most swimmers are invoiced a term fee for coaching

Payments need to be paid into the following ANZ bank account 01-0414-0471371-00

Swim meet fees only need to be paid into ANZ bank account 01-0414-0471371-01

If you do not have access to internet banking and are unable to get to ANZ to make the payment yourself then you can leave your payment in the club house in the locked box on the wall. Please do not give your payments to anyone pool side. If you have any account queries please email me and I will be happy to help.

Email swimrotoruaaccounts@gmail.com Please cc email Admin if increasing / dropping training times so Lane space numbers for Junior Academy are known. Many thanks.*