



## **E-NEWS . 1<sup>st</sup> August 2014 . NO.13**

Hi everyone, E-News for the beginning of August, it is relevant to all our Squads from Juniors to Performance, Fun Fitness and Development, that you read these twice a month editions as we are endeavoring to keep your inbox low. There are attachments to this email regarding the following:

### CONTENT:

-  **Race Night Results “Commonwealth Games” (Attached)**
-  **SBOP Short Course Champ Meet information**
-  **Rocket Teams list**
-  **August Race Night**
-  **Change of date December BOP Junior Champs**
-  **Up coming Meet dates.**



Great pictures on our Swim Rotorua Facebook page too so check those out and give us some feedback and push the like button while you are there!

### From the Coaches:

## Alastair

**EXCELLENCE:** All the very best to **Aimee Cogger** who will be travelling to Hawaii on the 3<sup>rd</sup> of August to take part in an International Water Polo Tournament. Aimee has been training very hard for the last few months and has made excellent progress. Play hard and enjoy it!

### **TEAMWORK:**

**WOW...**Amazing effort at the Commonwealth Games Race Night. Superb team effort from everybody.

Well done to the **Team Captains** who encouraged all their team mates to step up and have fun. Please have a look at the pictures on the Swim Rotorua Facebook page. It would be great to read your comments and likes☺

### **TIP from the TOP:**

It's really important to keep track of your progress. Use a log book or Juniors, Passport, to write down the following:

1. Yours goals – keep it simple and short term.
2. 2. Which A (Attitude, Attendance, Application or Ability) will you improve. How will you improve it?
3. 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
4. 4. For all Performance athletes... you should be recording how many workouts you do each week. Your goal should be consistency and working hard.Do that and you will make great progress.

## Bronwen

Well done for attending our Short Course Meet on the 19<sup>th</sup> July and well done to those juniors who did the "Have a GO", you did, & did well! Looking forward to seeing our swimmers at the **BOP Champs next weekend on the 8<sup>th</sup> to 10<sup>th</sup> August**. This will be an awesome meet for **Rebecca Lyall** competing for the first time so good luck and enjoy! Many thanks to those parents assisting with Team Managing, Time keeping and the Official's from the club. All clubs have to provide for all the meets so we say thank you, but also parents, there can be no sitting with the Team at this or any other Meet. Many pools have limited seating so bring a chair, grab a coffee and settle in for three days of great swimming!

## Erika

Very pleased to have some new swimmers join us in the Junior Academy, welcome to **Lawrence Smith, Mya Mitchell, Connor Potter, and Georgia Torstonson**. She is sad that some of her swimmers are unable to join us for Term 3 but looking forward to having you back for Term 4!

We hope **Toby Stubbs** and **Alexandra Vincent** will be better soon too, best to stick to the pool and not Soccer and Horses!

## Claire

Claire has asked that everyone bring their passports to Junior Academy and a drinks bottle. It's hot in there and you soon get dehydrated so for our new ones too, please make sure you do that.

Awesome turnout for the **Commonwealth Games** and some friends came too! Claire has revamped the **Race Night Results** (Attached) so check them out; get the times in your Passports Juniors and well done to you all. She endeavours to ensure the speed awards/times are accurate but any issues please email her on [cbaylis@xtra.co.nz](mailto:cbaylis@xtra.co.nz)

If an event is highlighted in a colour it means the swimmer has achieved that speed award at the last racenight or in a previous race.

Whilst we are on **Race Night** Many thanks to our own Officials in thier Black and White Swimming New Zealand tops, **Ellen Sherwood** and **Fiona Paignton**. Who knows before long they may end up at the next Commonwealth or even Olympics! Another of our Officials was there in his own "**Welsh Red**" not sure who let him out the house in that!

Reminder for the Athlete of the Month trophies, *Can they PLEASE be returned on the Friday before the race night. Many thanks.*

**Athletes of the month trophies are being presented to the following for outstanding swimming this month:**

**Parformance A Jack Weston**

**Performance B Emily Spear**

**Performance C Oliver Keaney**

**Development Chloe Malone**

**Fun Fitness Jacob Stubbing**

**Junior Bailee Swinyard**

Some of you will have received them at the "Quad" birthday celebration pizza night on Tuesday. Birthday week for Bianca, Mallory, Jo and Ana!

## Upcoming dates:

[Otumoetai Winter Meet 17<sup>th</sup> August](#) for Performance B and C & Development. Alastair and Bronwen will be talking to you and getting your entries sorted [ASAP!](#)

August Race Night at 25 meter pool 24<sup>th</sup> August 3-5pm

Secondary Schools, Wellington. 30<sup>th</sup> August to 1<sup>st</sup> September

Swimming New Zealand Short Course at Wellington 2<sup>nd</sup> to 6<sup>th</sup> September

Followed by AIMS GAMES at Baywave 8-9<sup>th</sup> September!

## Down the Line:

[Kiwi kids Weetbix Tryathlon 7<sup>th</sup> December](#). We helped last year with marshaling and catering, lifeguarding too in the pool. We will be again this year so Vivien will be after names soon! Due to this event being confirmed for this date, the [BOP Juniors Champs](#) has been moved to the following weekend the [13<sup>th</sup> and 14<sup>th</sup> December](#).

Further information to follow on these events.



## KANES CANADIAN CAMPAIGN

Kane Radford, New Zealand's Open Water Champion, and a member of Swim Rotorua, has completed his 1<sup>st</sup> of 3 FINA 10km Open Water World Cup swims finishing 14<sup>th</sup> at Lake St Jean in a time of 1hr 59min 28.5sec.

His next swim will be 1<sup>st</sup> August (Canadian time!) at Lake Magog and the final one on the 9<sup>th</sup> August at Lake Megantic. This will be great preparation for him for the Pan Pacific Championships in Australia on August 25<sup>th</sup>.

## Final Words:

Claire: “According to Swimming Bay of Plenty statistics Swim Rotorua is now the second largest swimming club in the Bay! Our coaches and volunteers work hard to maintain this trend. We want more Rotorua children becoming proficient and safe in the water. To do this we rely on our reputation – **if you are happy with the service tell your family/friends, but if you have any concerns please tell us.** Feel free to talk to the coaches at the end of the session or email Admin”

STACEY:

She is at the end of your account emails. Please ensure when entering meets you deposit your money into the correct account with a reference name and Meet attending. MANY THANKS!

From Committee:

The committee is planning on some Fundraising to help our Swimmers, either for equipment or for assisting with costs for attending meets at Regional and national levels. There is a “Plan” for an event at the Central North Island meet, so if anyone has any fundraising ideas, or would like to contribute towards a prize please let a committee member know as listed below. Further details will be announced again, but any input / prizes gratefully received!

Aaron Donnelly	Bronwen Radford
Martin Croft	Karen Nixon
Claire Baylis	Stacey Irving
Joanne Peterson	Deena Theobald
Alastair Johnson	Pauline Spear

*Please let me know If you need any further information on any of the above, or would like to include something in the next E-News please contact me on the following email: [swimrotoruaadmin@gmail.com](mailto:swimrotoruaadmin@gmail.com)*