



E-NEWS . 14th August 2014 . NO.14

Hi everyone, E-News for Mid- August. Hope you like the new format, so as before, it is relevant to all our Squads from Junior's to Performance, Fun Fitness and Development. The twice a month editions are our way to keep you informed and keep your in-box low. There are attachments to this email so please read on.

CONTENT:

Fundraising Events

Scholarship information

August Race Night Sunday 24th 3-5pm

From the Coaches:

Alastair

EXCELLENCE: On the results from The Bay of Plenty Champs held last weekend at Baywave. **Keep a lookout for the Daily Post.....**

TEAMWORK: Looking forward to the up coming racenight on the 24th August (Flyer attached)

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 to Josh, James, Jude, Rebecca, Rachel, Tara, Jack, Paddy, David, William, Emily, Samantha, Milla & Bianca who attended **BOP Champs last week-end at Baywave**. Many thanks also to those parents assisting with Team Managing, Time keeping and the Official's from the club. We have the Otumoetai Meet this coming Sunday with many of our more Junior swimmers from the Junior Academy and from Performance B & C and Development Squads, so if it's your first meet for a while or your first one ever – GO FOR IT & Swim Hard!

Erika

Really pleased as she has more new swimmers in the Junior Academy, so welcome to **Amy Van Boven, April Durbin, Michaela Douglas and Oscar Lawson who has been on the books for sometime but due to other commitments finally made it this term, great to have you Oscar!**

She is also pleased to hear **Toby Stubbs and Alexandra Vincent** are progressing so looking forward to seeing them back soon.

Claire

Claire and Alastair have been working on a Leadership and Personal Development opportunity for our Senior athletes which involves the Swimming New Zealand Swim Teacher Award; Volunteer assistant-coaching opportunities and Volunteer work for the Duke of Edinburgh Awards scheme. Please read the attachment for further information.

RACENIGHT We will be racing all 25m races (not for Performance A or B), 100 back and 100 breast (for anyone from Gold squad and above) 50 free (and time permitting) 50 fly for anyone.

- This race night 50 free and a Team Relay will count for Rocket Team Points.
- Come dressed in your Rocket Team colours or make a costume from your colours if you want.
- You are always welcome to bring a friend or someone who might be interested in joining the club, but we will have special Bring a Friend race nights every few months with activities for you and your friend – so watch this space.
- 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!

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

Upcoming dates:

August Race Night at 25 meter pool 24th August 3-5pm

Secondary Schools, Wellington. 30th August to 1st September

Swimming New Zealand Short Course at Wellington 2nd to 6th September

Followed by AIMS GAMES at Baywave 8-9th September!

Down the Line:

Reminder BOP Juniors Champs is on the 13th and 14th December.



KANES CANADIAN CAMPAIGN

Kane Radford, New Zealand's Open Water Champion, and a member of Swim Rotorua, has completed his 2nd of 3 FINA 10km Open Water World Cup swims finishing in 9th place on 1st August at Lake Magog. His final swim was on the 9th August at Lake Megantic, but as yet no results have come through. He is now concentrating on the upcoming Pan Pacific Championships in Australia on August 25th.

Final Words:

STACEY- Treasurer

Stacey has kindly provided further information for you with regard to paying your accounts. (Attached) This is relevant to everyone so please read this!

Vivien Cooper is a very active member of the committee who you might not see much at the pool but has all sorts going on! She does come along and help at the Racenights and her main events she works on are

the Central North Island Meet on Labor weekend (27th October) and the Weetbix Tryathon in December; this year on the 7th December.

She has attached some information & yes we need your help with this, as these are major fundraisers for the Club, which will benefit ALL of our membership. Please read the attachment to this E-News, as she needs YOUR help in Marshal and prepare Lunch packs for the Tryathon and for the CNI Meet with Prizes for the Silent Auction.



NEED FOR SPEED



RACE NIGHT
Sunday 24th August
3-5pm

Last Chance until December for Gold Squad
and above to get your 25m Speed Awards

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