



E-NEWS . 1st September 2014. NO.15

Hi everyone, E-News for the beginning of September. Please make sure you read it all and the attachments as we are endeavoring to keep your inbox low. There is a lot to take in this time!

CONTENT:

10-week Challenge Junior Academy; Development and Performance C

Swim Calendar updated & attached

Speed Awards updated and attached

Squad Promotions updated and attached

Race Night Date Changes

Taranaki Short Course Winter Champs flyer attached

Tauranga "Splash Attack" Meet Flyer



Paddy Baylis **GOLD** 200 Medley Wellington Secondary Schools

From the Coaches:

Alastair

Well done to :-

Aimee Cogger - second place in Hawaii

Kane Radford - **BRONZE** Medal 10km Pan Pacs in Maui

All our BOP record breakers: BOP Record books have been rewritten 14 times in the last 3 months by these 4 swimmers! Well done Emily Spear; James Baldwin; Bianca Donelley and Jack Weston.

Rachel, Tara, Paddy, Jack and William for competing for your schools in Wellington this past weekend. Medals, Pb's and lots more!

10 week challenge – Separate emails have been sent out at the end of last week for Juniors, Development and Performance C but are attached too.

Calendar – updated & attached.

Speed Awards – Updated & attached. This has some major changes so as from Septembeer Race Night the distances each Squad can swim have changed.

Squad Promotion Criteria - for Junior Academy and Performance C Squads (attached)

Taranaki Short Course Winter Champs – Friday 26th to 28th September.

Travelling by bus Friday am and race Friday pm!. Returning late Sunday pm.

Flyer attached and Qualyfyng times apply. Costings and Met entry will be out soon to thises squads attending.

Passports for the Junior Academy are being re-run with the updates for the new members who should have them by mid September.

Tip From the Top

Swim at the surface! Always swim as close as possible to the surface as this cuts down on drag. It is better and faster to be long and thin (like a speed boat) rather than big and deep (like a double decker bus). Practice your Waka exercises at every lesson and workout:

Bronwen

The Otumoetai Winter Meet on the 17th August was very well attended and Bronwen was very happy with your achievements especially as many were attending a meet at this level for the first time. She would like to thank the Parental support too and Team Manager.

The Taranaki Flyer is available to look at in the clubroom from this week. There are qualifying times. Further information will be out soon. The Qualifying Criteria is available in the clubroom for our Performance A Squad for Victoria Age Group Champs 10th – 19th December 2014

Erika: Lovely to have Toby Stubbs back! Just waiting to see lots of returning faces for Term 4!

There were “Sharks” in the 25-meter pool on Friday evening last week! Fortunately many were brothers or sisters of some of our Junior Academy swimmers!

10 week challenge – A Separate email has been sent out at the end of last week for the Junior Academy for their 10 week Challenge which includes everything from Halloween to Fireworks and even talk of the Christmas “Do” yes Christmas!

Erika is also excited to be starting at Wairariki on the Diploma in Exercise Management and Coaching Level 5 on the 8th of September! She is really looking forward to embarking on this course and starting her career path to becoming the best coach that she can be.

Well done and go for it!

Claire

Race Night Results (Attached) for 24th August and have been sent out to all seperatly but incase you have “deleted” check them out. As before, she endeavours to ensure the speed awards/times are accurate but any issues please email her on 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.”

August Athletes of the Month: The trophies will be presented this coming week by Bronwen and Erika as Alastair is away so well done to the following “Who” & “Why”:

Performance A Paddy Baylis : Bouncing back after prolonged sick time. Training really well and looking good for Nationals!

Performance B James Baldwin : Stepping up, Leading the lane & trying harder. This lead to breaking BOP Record in 50 free 12 year olds. Well done James!

Performance C Alyssa Pingol : attends 3 workouts/week. Works hard, has a lovely smile and making heaps of progress!

Development

Fun Fitness

Junior Joshua Tavendale : Consistant. Massive improvement in last month . Keen to learn and always a smiling face!

PLEASE NOTE there have been some changes to the Race Night dates so put these in your Diary now so you don't miss out!

October: Sunday 19th 3.00 – 5.00pm

November: Saturday 8th 2.00 – 4.00pm

December: Sunday 21st 3.00 – 5.00pm

Special report from our own Foreign Correspondent at Pan Pacs last week end in Australia! Many thanks to Bianca Donnelly for this great article. A wonderful opportunity to be able to go to an event of this level with so many swimmers back from the Commonwealth Games in Glasgow.

On Saturday night we watched the finals and it was an amazing experience for me to watch as nearly everyone's underwater work was amazing and most did it to about the 12-13 m mark. We also got to see Katie Ledecky who almost broke the 800 metres freestyle world record that night with a time of 8:11seconds. She did break the 1500 metres world record with an amazing time of 15:28.36 which I think was under the record by about 5-6 seconds.

Michael Phelps also had an amazing interview after his race; he talked about the race and his return from being retired in 2012. The guy holding the mic ask him if he needed this, (getting back in the water) and Michael replied with 'I don't need this, I want this'. Personally I think that that is exactly like what Alastair tells us (you didn't swim it, you raced it, and do you wish to go to the Olympics? I don't wish, I want). I also saw that all of them came out with a warm jacket, socks and shoes (well most of them wore socks) and either music to listen to, or some like a shammy or something to distract them from the others.



Rachel Mead with her Bronze Medal Secondary Schools 200 Free in age group!

Thanks also to our Officials helping at these events or who have been assisting with Secondary's and SNZ Short Course in Wellington. Wonder what the other officials thought of the Pink Feather Whistle????

PLEASE NOTE Performance A B and C due to **SHORT COURSE NATIONALS in Wellington which Alastair is attending** the training timetable is as follows for these squads & you have been emailed too.

Monday 01 September

NO morning workout

Tuesday 02 September

Morning workout 7-8am for Performance C

Wednesday 03 September

Morning workout is 6.15 to 7.45 am for Performance A and B

Friday 05 September

NO morning workout

Saturday 06 September

Morning workout is 7.00 to 9.00 am for Performance A and B

ALL other pool workouts are as normal.

NO Dryland next week. Instead we will do a pool circuit as follows:

Tuesday and Thursday 5.30 to 6.00 pm - Performance A and B

Saturday 8.30 to 9.00 am - Performance A,B and C

Bronwen will be covering along with Erika (mornings) and Katrina (Friday afternoon and Saturday morning).

COMPLETED TODAY!

Secondary Schools, Wellington. 30th August to 1st September. Swimmers who attended were Jack Weston, Paddy Baylis, William Spear, Rachel Mead and Tara Chemis. Even one of our Junior Academy Coaches was back in the water for this – well done Tiana Hill!! Kaira Cox qualified but was not able to attend, but well done Kaira!

LOADS of Medals; great PB's and will now be followed by

Swimming New Zealand Short Course at Wellington 2nd to 6th September. Many of the above swimmers are staying on for this after Secondary's but will be joined by David Boles; GO for It Mr. Boles! (Junior that is!!) William Spear will be not staying on this time for this and will be heading home with Tiana.

Performance C Squad Don't Forget you're meeting with Alastair on Wednesday 10th September 5.10pm to 5.30pm in the clubroom

Upcoming dates:

AIMS GAMES at Baywave 8-9th September- good luck to Milla Theobald, Stacey Irving, Jude Carpenter and James Baldwin.

For our “Master’s” Swimmers there are forms available in clubroom for **Taupo Brown Trout Spring Fling** to be held Saturday 13th September AC Baths, Taupo 1pm warm-up. Entries close **THIS FRIDAY 5th September!**

September Race Night at 25-meter pool Sunday 21st 3-5pm

Taranaki Winter Short Course Championships, 26 – 28th September Qualifying times required. To be held in Stratford. Performance A & B and Development Squads. Bronwen and Alastair will be talking to you ASAP as above in Alastair’s segment.

Down the Line:

Mount Maunganui Hot Stuff Meet 9th November

Tauranga “Splash Attack” Meet to be held at 50-meter pool here in Rotorua 22nd November.

Kiwi kids Weetbix Tryathlon 7th 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 13th and 14th December.

Flyers and further information to follow on these events.

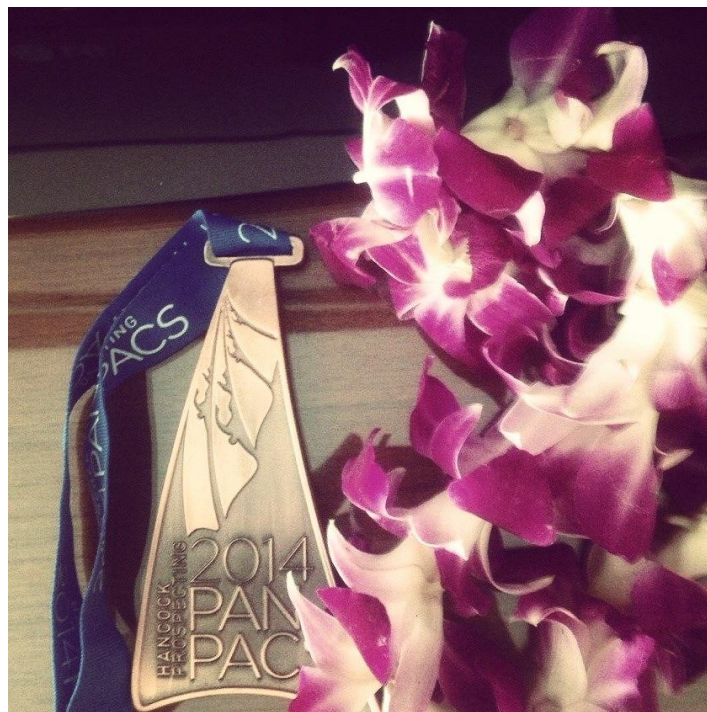


Tara Chemis with her Bronze Medal Secondary Schools 200 Free in age group!



IT's a BRONZE MEDAL for the 10km Open Water event at PAN PAC's, Well Done Kane!

His Canadian Campaign is done and dusted. He got back to Perth to then head off days later for the Pan *Pacific Championships* on the Gold Coast. Unfortunately his 10km swim there was cancelled the night before his event on Monday morning due to weather and water conditions, so it was transferred to Hawaii, which has resulted in an awesome BRONZE Medal Wonderful, work Kane!



And here it is!

Stacey – Accounts

Hi,

It is becoming increasingly difficult to allocate the payments when they come into the bank account. We have a number of families with the same last name, so can you all make sure that your payment references are updated as per the example below and that you are paying into the correct bank account.

Swim Rotorua Main Account 01-0414-0471371-00

Particulars: 567 SMITH (your account number and Family Name of Account)

Code: Stacey, Ana (Athletes Name/s)

Reference: Coaching (What the payment is for)

Swim Rotorua Meet Account 01-0414-0471371-01 Payments for all meet entries

Payments: Please make all your payments to Swim Rotorua are via the Internet. If you are unable to pay via the Internet then put your cheque in the **locked box** in the clubrooms with your details on the envelope. **DO NOT** give your cheque/cash to anyone pool deck. **If you have any account queries:**

Email them directly to swimrotoruaaccounts@gmail.com

Pauline - Admin Officer: Many thanks for the comments and suggestions received about the E-News. It has been generally well received but some people do not seem to be reading the whole thing or checking the attachments; please do make sure you look at them, especially at this time of year when there is so much going on.

Something else to keep an eye out for will be our new website currently being worked on with Swimming New Zealand. Further information will follow as it becomes available. Don't forget to check out the Facebook page too and press "Like" especially with our swimmers attending Nationals in Wellington this coming week after competing in Secondary Schools down there.

With the use of the website and Facebook please let me know if you would prefer **NOT** to have you or your swimmers photos up there. If we don't hear then it's taken people are happy for photos to be used. Many thanks!

CNI Meet & Fundraising

As mentioned before, the committee is in a planning stage for 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 other fundraising ideas, or would like to contribute towards a prize please us know. Further details will be announced again, but any input / prizes gratefully received especially if you have a business and would be willing to donate! Vivien Cooper would be delighted to hear from you on the following email bnb@theredwoods.co.nz The more we can raise the better for every and anyone in the club. She would like to take this opportunity of thanking those Business’s that have helped us so far: Pig n Whistle, Capers Epicurean and the lovely people at Volcanic Hill’s Winery. If you’re in there please say thank you too for their support for Swim Rotorua!

Reminders:

ANZ Bank Partners Programme with Swim Rotorua for Homes or Business loans. If you need this, check out the ANZ Information in the Clubroom. By doing this it helps the club earn credits for purchasing equipment; computers etc.

While we are on the subject don’t forget the DQD Loyalty Program Thinking or needing new swim togs or kick boards, check out DQ’d on the following site and when you order put in that you are with Swim Rotorua! Help the Club earn some rewards from DQ’d!

www.dqdswimming.co.nz

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.

Contact me on the following email: swimrotoruaadmin@gmail.com

Note Paper Copy of E-News with attachments can only is providing for members who have Internet issues