

PERFORMANCE POST – October 2016

Hi Everyone,

This months Performance Post is a short and sweet one. Enjoy!

AUSSIE STATE TEAMS

Well done to Bianca Donelley and Paddy Baylis who both represented New Zealand at the Aussie State Champs. Both did extremely well to post lots of best times. More importantly, they both learned how to handle travel well and to deal with an intensive 3 days of racing. More details can be found on the Club Facebook page.

NATIONAL SHORT COURSE CHAMPIONSHIPS

All the best to our super nine athletes competing at the NSC being held on the North Shore from 02-06 October. Our super nine are James Baldwin, Paddy Baylis, David Boles, Damon Cowie, Kaira Cox, Skye Cox, Bianca Donelley, Emily Spear and Milla Theobald. You can check out the results via Meet Mobile and add the nine to your favourites. SNZ are also live streaming the event.

CNI - Central North Island Champs

CNI is the last short course event of the winter season. As per my earlier correspondence, make sure your enter (especially the medley events) and have a go at achieving the Qualifying Times for the National Junior Festival and Division 2 Competitions, both of which are being hosted in Rotorua in February and March next year. The meet info will be available very soon.

Tips from the Top

Drive off the wall hard
Always be streamlined - do the 3D
Do your double bodykicks
Breakout target is 10 metres and beyond
No breathing on first 2 strokes
Perfect timing on your finish - never glide in

Coming soon

:) Long course calendar
:) Training zones
:) Squad meeting

Have a great month. Push on and achieve your goals.

Alastair Johnson

Head Coach

SWIM ROTORUA

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