



THE BUZZ

Welcome to THE BUZZ— November 2016

Welcome to “THE BUZZ”

This newsletter is designed specifically for Metro and Performance C Squads. We are well into Term 4 which means Xmas is just around the corner. We have a great group of athletes and there have been some amazing improvements in skills.

WORKOUTS

We urge athletes in the Metro Squad to please be pool deck ready for your workout at 4.55pm. Performance C you should be pool deck 3.45pm to partake in the dryland warm up with the other squads.

A reminder of training times:
Metro

Monday to Friday 5pm to 6pm/6.30pm

Tuesday 7am to 8am

Performance C:

Monday Wednesday Friday 4pm to 5.30pm

Tuesday am 7am to 8am

Saturday 7am to 8.30am

Claire’s Corner

I’ve been impressed with the progress on a Tuesday morning this term and those that raced at the Central North Island Champs. Remember if you are trying to improve your turns or stroke you need to practice it at every session so it becomes a habit. Make your turns fast and with great underwater work every single time – not just when you know a coach is watching. You need to take responsibility to make the changes.

It was great to see some of you at Splash Night on the 6th and look forward to you coming on our road trip to Whakatane Spring Carnival (see separate flyer). For those who are competitive swimmers – race fast at BOP Age Group Champs, so you have great times for BOP Junior Champs. Also take the time to compare your new season’s Long Course times (50m pool times) with your times from your last Long course meet at the end of last summer. This is a great way to see how much progress you have made!

RACING

Racing is available to all squads. You do not have to be a competitive swimmer to race if you are in Metro Squad. Any athletes can race at Inter-Club meets. It is only Regional meets that you must be competitive. Performance C athletes are expected to be competitive. Check out the calendar of Events and give it a go. We have our speed awards available to all athletes so let’s start collecting them. Speed awards can be achieved at Club Meets/Regional Meets and at Splash Nights. Challenge: who is going to get the full set first???

Swim Rotorua has a process when entering meets. Entry forms are available pool deck and also attached with this newsletter along with the upcoming meets listed below. Please fill in the Entry Form and return to your Coach before the close date listed below. Any queries please see Bronwen

Events Calendar:

Whakatane Swim Meet
20th November (Entries close Fri 11th Nov)

BOP Age Group Meet
26/27th Nov (Entries close Wed 16th Nov)

Swim Rotorua Xmas Night
18th December (Come on day)

Weetbix Tryathlon
4th December (Entries via Weetbix)

Why We SWIM:

Besides the physical benefits that the sport yields — swimming also builds character. Swimmers learn to set goals, be leaders, overcome adversity, perform under pressure, to be humble, confident, deal with pain, work hard and can achieve anything if you put their minds to it. All of these qualities can be used now and in the future, whether it is on the job or at school.

Is swimming underrated? Absolutely. But this should not stop you from dedicating yourself to it. That’s what makes the sport so great: we’re all in this together.

Benefits of being part of Swim Rotorua:
Making friends, team trips, being part of a team, memories.