



THE BUZZ

Welcome to THE BUZZ— February 2017

Fantastic to have seen so many of you train over the holiday periods. We trust you have all settled back into the school routine and we look forward to continuing to work with you all. The extra demands of starting back at school can be one of the hardest times of the year to be a swimmer. Having said that, I have been really impressed with both squad's attendance and training commitment to date. Keep it up. We congratulate Sam Reid, Miki and Kaia Joyce, Julia Dodd, Lizzie Avis, Ben Clarke, Oscar Lawson and Shelby Andrews who have all graduated from the Junior Academy. Some have elected Performance C, others Metro. We farewell Samuel Trass to Performance B and Oliver Huston, Clay Fookes and Robbie Dalziel have moved over to Metro.

Every athlete has trained and raced their hearts out the past few months. The skills, starts, turns and finishes executed have been just a pleasure to watch, so well done to you all. Also a big well done to all of our athletes that competed prior to Christmas and have pb'd at the last few meets!

This time of the year is Open Water Swimming. Those that enjoy swimming at the pool have extended their skill range and confidence in safe and fun environments by racing in a number of events that have been happening in our Lakes. If you have missed these events here is the perfect opportunity to try one. The Legend of the Lake is on Saturday 18th February with distances to suit all. Enter at oceanswim.co.nz. For those aged 7 to 12 enter the Ocean Kids 200m Swim. The fastest boy and girl in each age group will join the Jetstar Super Swim Squad and win a special experience – a weekend squad camp with some of NZ's best swimmers including travel, accommodation, special surprises and specialist swim clinics. This event has been scheduled for 1.30pm to fall between the morning and afternoon sessions of the "NZ Junior Festival" to allow swimmers the opportunity to take part in both events.

Congratulations to our athletes who have qualified for the Junior Festival:

Emma Balmer	Sam Baldwin
Theo Harvey	Aaron Muchirahondo
Samuel Trass	Alex Cameron
Allie Clarke	Annelise Cowie
Elise Cresswell	Jasmine Hagan
Kaia Joyce	Caitlin Lang
Nikita Pola	Lina Stahlhut
Stella Weston	Robbie Dalziel
Dion Wright	

HOUSEKEEPING

We urge all athletes to arrive to training 10 minutes prior to their workout. This will ensure if there is a hold up at the main entrance, togs, goggles need sorting, or your athlete needs to use the bathroom etc, it will give us time to deal with these little challenges so workout can begin on time for everyone.

All girls – particularly those with long hair are required to swim caps. See Bronwen if you need one. We recommend all Performance C athletes have their own gear. Again makes life easy for the athlete to have this rather than trying to find some from our limited stock.

WATER BOTTLES are a necessary piece of training equipment in every child's gear bag (filled with water).

NEW INITIATIVE

We would like to give parents/caregivers the opportunity to come and discuss anything about swimming regarding their athlete. We are always looking for feedback and having a chat could help us to continue to provide a quality service and understand fully what it is as parents you are looking for within our programmes. Please see Bronwen pooldeck for a time that works.

TRAINING TIMES:

Performance C

4pm to 5.30pm
Mon, Wed and Friday pm
Tuesday 7am to 8am
Saturday 7am to 8.30am

Metro

5pm to 6pm/6.30pm
Monday thru to Friday
Tuesday 7am to 8am
Public Holidays 4pm to 5.30pm

Dates to Mark:

Swimming Bay of Plenty Relays 11 March 2017 Rotorua 25m Pool
All athletes regardless of being competitive or not please keep this free – we need you for our Teams. Great event lots of fun.
Rising Stars 8th April 2017 Whakatane 25m Pool (competitive swimmers only)
All competitive athletes can compete who have not qualified for SNZ events.