



THE BUZZ

Welcome to THE BUZZ— May/June 2017

What a busy few months we have all had. As part of our athlete pathway adopted on the May 1st we now have an official new name for Performance C – WELCOME TO TURBO.

I have reattached the Athlete Pathway document for you all that was sent out a few weeks back to refresh your memories and for those new members. We have had a number of new faces join us – TURBO: Meri, Taonga, Nartarah, Pheonix, Kobi, Ava and Zoe who has moved over from METRO.

METRO: Welcome back Harper, Blake and Caitlin who has moved over from Turbo. Remember Turbo if you struggle with getting to workouts now that Winter codes have started you can join the Metro workouts at 5pm to 6pm/6.30pm. See timetable. What fantastic results from all you at the Sport BOP Primary School Sports, Swimming Bay of Plenty Rising Stars, Swimming BOP Relays, Swimming New Zealand Junior Festival and a special mention to Alyssa Pingol from Metro for not only achieving National qualification at Swimming New Zealand Division II but posting fantastic personal best times. It is hard to keep up with all that our athletes do but CONGRATULATIONS to those from METRO that also have recently achieved on the National Stage at Waterpolo and Rowing. Please email me any news from outside the pool that you all do. We are incredibly proud of you all and stoked to have you as members.

At the beginning of the year we introduced a NEW INITIATIVE where we want 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. We are really keen to meet with those in particular that are competitive and/or those in TURBO so please see Bronwen pooldeck for a time that works.

Besides the obvious here are some other benefits for swimming:

Swimming helps you sleep better and feel happier

Swimming reduces stress levels and raises self-esteem

Swimming boosts your mood

Swimming strengthens muscles

Swimming is low-impact exercise

SPORT IS LIKE A SUMMARY OF LIFE.

Training Times

TURBO

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

METRO

5pm to 6.00pm/6.30pm Monday thru to Friday
Tuesday 7am to 8am
Public Holidays 4pm to 5.30pm

Housekeeping:

WOW you guys have been fantastic at arriving at training 10mins prior to workout. Thank you so much.

Girls – Please it is important you wear a swim cap.

It is a preference that all TURBO athletes have their own gear. Please see Bronwen. We have limited gear available for athletes to borrow during workout.

Dates to Mark:

Club Champs – 28th May 2017 – All athletes have been given a flyer but have attached it with this newsletter

All athletes please come it is a great event and lots of fun. Get your entries to Bronwen by Sunday

Swim Rotorua AGM – 28th May 2017.

We are looking for Committee members.

Taupo Xcelerte Meet – 10-11 June 2017 – Taupo

All athletes whether you are competitive or non-competitive can attend.

Taranaki Team Building Trip and Championship 21st-23rd July 2017 – Stratford

Competitive athletes only. We travel and stay together as a Team – The highlight event of the year and so much fun.

Please return any speed award albums so we can update them. Thanks.