



Newsletter

August 2017

We are now into nasty cold term 3 weather yet some very exciting swimming happening at the 2 recent meets so many of us have attended. So please, please to avoid becoming vulnerable to colds & bugs wrap up when you leave the pool. If you don't have a hat use your towel to cover your wet hair - & if you don't have Ugg boots & a warm long coat please shower & dress & put shoes onto go home. These bugs that have beset some are not nice so if you have caught something don't hurry back to the pool. Make sure you are well before you return. Make the most of the citrus season with lovely oranges & mandarins to keep plenty of Vitamin C strengthening your ability to ward off these nasties!

Pool shuts for maintenance from Monday August 21 & reopens Monday Sep 4: There is no training during this time except for Seniors & Development Squads limited to 1 lane each.

Our recent meets: Some wonderful racing and times from the 45 swimmers who have swum in either our meet in the holidays or Papatoetoe meet last Saturday. A big Thank you to all the parents that helped make our meet successful and to those who time-kept this last Saturday. We have not collated the times to see how many have qualified for various meets coming up this year or this summer. The competition booklet put out by Swimming NZ is now online so those who have a green book where you can enter your race times you can check for yourselves as long as you have updated it with the races you have recently entered. If you do not know your times Keith always puts the results up on the notice board so you can copy them in.

Congratulations to those of you who have qualified for Junior Nationals next year! Just keep up your training same for this term and come to training next holidays so you are fit and fast for Counties Juniors at the end of the holidays. After that we can form a young Junior Squad to do a bit extra training to prepare for this exciting event.

For those who have qualified for Secondary School Champs in September or Short Course in October you need to talk with Keith & Jane & your school about entering.

Also, a big Congratulations to the wonderful times our Seniors did and everyone who swam races to get times – please record them & if you don't have a green book please ask Keith. They are \$5 to purchase.

Winter League: This Saturday at Manurewa – Dolphins meet at 6.30 & Counties meet at 7.15: Please let Jane know if you cannot swim – List will be out tomorrow night training.

Race Nights: Our next Race night is Aug 15 & Sep 12. We only have 6 race nights throughout winter but come term 4 they will be every second week. As a club member you are expected to attend at least 50% of race nights throughout the year to be eligible to swim in our Club Champs in summer. On the Tuesday nights we do not race we cover different aspects of racing whether it is starts, turns, strokes, distance so we encourage all to attend.

Summer Swim Camp for Seniors Jan 8 – 11 in Rotorua: Before transferring to Taupo from Thursday to Sunday. This is designed for all 13 & over swimmers who are training for National events. We will train twice daily in the 50m pool at Rotorua & swim once daily in the Blue Lake. The cost is over \$500 per swimmer for both Rotorua & Taupo but with support from the club and sponsors (with special mention to Turners & Growers who have very generously paid for our entry fees for the Epic in past years) and applying to trusts we hope to cover over half. We will also hold a fun but very intensive swimathon on November 12. Lock this date in now and more details will follow.

Epic Swim in Taupo Jan 13 & 14: All swimmers from 10 years upwards who would like to swim please let Jane or Tracey know. Swimmers do need to do extra training in their own time in holidays whilst club is shut down in order to be able to be confident. Also whilst we prefer acclimatising and swimming without wet suits there is now a new FINA rule that says once the temp is colder than 18 all competitors need to wear wet suits Those swimmers only doing the Epic will travel down on Thursday and meet the seniors who will transfer to Taupo. The events at the Epic range from 10 & 5 kilometre races to 2.5k, 1000m & 500m. It is a great introduction to open water swimming.

I am away for 6 weeks visiting family overseas from August 23 to October 1st. Liz can train the senior squads whilst the pool is shut and available most of the time. I have written all sessions in a book that can be kept in the cage with a white board marker so it is possible some parents may be asked to help write programmes up & supervise. Keith, Pat & (work permitting) Emiel can do Mondays and on Thursdays Kirsty & Wai can take our younger ones – programmes are also in the book for these too. This will be the last 3 weeks of term.