



Devonport Swim Club Swim News – Term 1 2010

Hi everyone –

Fantastic to have so many new members – both junior and masters!! This is my quarterly (some would say, random), newsletter updating you on what’s happening at our fabulous club.

CHELTENHAM CHALLENGE 2010 – SPOT PRIZES NEEDED PLEASE

Don't forget the Cheltenham Challenge 2010 next Saturday March 27th 2010.

<http://www.cheltenhamchallenge.co.nz/>

If you are able to donate or source a spot prize PLEASE contact Ian McDonald - ian.mcdonald@xtra.co.nz.

KIDS' CHELTENHAM CHALLENGE

27 March

7.15am for 7.30am start

200-300m one lap/or do 2 laps with a run along the beach to do the second lap

Swim at own risk and on condition that one parent or guardian per swimmer is stationed on shore.

SPOT PRIZES AND BBQ AT FINISH!!

WINTER TIMETABLE – FROM 1 APRIL

It's that time of year to say goodbye to all that sunshine. With it comes our winter hours where the navy turns our clock back one hour for evening sessions – so from 1 April* (see below for school holiday timetable) this is our timetable.

	6am-7am	4.45pm-5.40pm	5.25pm-6.20pm	6.05pm-7pm	7pm-8pm	8pm-9pm
Mon	Orcas	Snappers	Dolphins	Fitness Squad	Masters PM	uncoached
Tues	Masters AM	Snappers	Fitness Squad	Marlins	Masters PM	uncoached
Weds	Orcas	NAVY ONLY	NAVY ONLY	NAVY ONLY	NAVY ONLY	
Thurs	Masters AM	Snappers	Dolphins	Marlins	Masters PM	uncoached
Friday	Orcas		5-6pm uncoached	6-7 pm Technique Session (limited participants) One lane open - uncoached	7-9pm Uncoached	
Sat	7-9am Uncoached					
Sun	7-9am Uncoached					

Please note that ALL evening sessions are now ONE HOUR EARLIER.

UNCOACHED HOURS/BUDDY SYSTEM

Please remember that uncoached times are for masters (ie members with a navy issue photographic id card) and there must be at least two club members in the pool at any time..

Junior members can swim in uncoached times only if accompanied by a master who has a suitable first aid qualification – contact me for more information.

SCHOOL HOLIDAY TIMETABLE*

We still run combined junior classes during the school holidays for those marlins, dolphins and snappers who want a workout. These are on Mondays, Tuesdays and Thursdays from 6pm (gate arrival time) – 7.10pm (gate pick-up time). Orcas are welcome to join morning or evening masters groups.

	6am-7am	5pm-6pm	6pm-7.10pm	7pm-8pm	8pm-9pm
Mon	Uncoached	Uncoached	Junior combined	Orcas/Masters PM	Uncoached
Tues	Masters AM/ Orcas	Uncoached	Junior combined	Orcas/Masters PM	Uncoached
Weds	Uncoached	NAVY ONLY	NAVY ONLY	NAVY ONLY	
Thurs	Masters AM	Uncoached	Junior combined	Orcas/Masters PM	Uncoached
Friday	uncoached	Uncoached	Uncoached	Uncoached	Uncoached
Sat	7-9am Uncoached				
Sun	7-9am Uncoached				

NEW SWIM CAPS \$8

Our flash new DSC logo swim caps are available for purchase from the coaches poolside, for \$8 each.

NAVY CONSTRUCTION

As per recent emails, construction at the navy base is raising some issues with our changing facilities. Please bear with this and be vigilant about your own safety and respecting the fact that we are adjoining a construction zone.

UPDATE ON JUNIOR CLASSES

Snapper:

Due to our successful trial period we've been able to increase numbers in the Snappers group. We place a lot of emphasis on sound stroke mechanics in this group and we're pleased to see that the snappers squads as a whole is showing good progress, especially with freestyle. We're seeing strong kick, body position and alignment from all swimmers which gives them the correct platform to further develop the freestyle arm stroke action. "A strong, straight kayak is easily paddled through the water"

Dolphins:

We're proud to say that the majority of this group are swimmers who've progressed from Snappers and have mastered the basics of freestyle, backstroke and breaststroke. We're pushing their fitness levels higher, regularly achieving 1 + km per session and working on the finer details of each stroke.

Marlins:

We've used this first term to review our Marlins squad to see what we need to do to provide the best and most productive learning environment. This term has been about rebuilding fitness post Christmas. We'll move onto more technique work next term and with a renewed focus, we should see some further improvements.

Orcas:

Orcas has a strong group of motivated, focused and fun swimmers. Orcas have been training on a combination of endurance and fast paced swimming. Freestyle is used mostly for this but other strokes have also been covered. Some individual technique correction advice has been offered to most (if not all) swimmers which is emphasised with some drills to transfer improved skills into their strokes. There is always room for improved technique no matter how good the swimmer is.

MASTERS

Since Christmas we slowly rebuilt the lost fitness from our Xmas holidays. As we all got back to some basic level of endurance we have started to include more race pace and speed sets recently with the last of the Ocean swims and our own Cheltenham Challenge on the horizon. Numbers have been fluctuating but that is due to participation in Beach series etc. Both AM and PM masters have some good swimmers so it will be interesting to see if any of them can run, come the 27th March and the Cheltenham Challenge!! Good luck to those participating in either the swim only or the swim/run option.

AGM

The AGM this year will be held on Wednesday 26 May – please mark your diaries.

The Committee is reviewing the current Constitution as in many respects it no longer reflects what we do as a club. I will send out more information on this closer to the AGM, however if you would like to view the current constitution you can find it on the Incorporated Societies website.

If in the meantime you would like further information about the proposed changes please feel free to email me.

CONTACT/FEEDBACK

For any general comments, queries or suggestions email me robin.harrington@xtra.co.nz .

For membership, payment or account enquiries contact Cathy Denne email cathy.denne@virgin.net

Robin Harrington
President