



Devonport Swim Club Swim News – September 2009



SPRING/SUMMER TIMETABLE

I'm hesitant to speak too soon but what a great run we have had without pool closures!!

In case you hadn't noticed, spring is in the air and this means daylight saving will soon be upon us which in turn means our summer timetable starts, so from 12 October, evening masters will swim at 8pm (NOT 7pm).



Here is the timetable from the start of term 3 (12 October)

| | 6am | | 6pm | 7pm | 8pm |
|------|-------------------|---|---|-----------|------------|
| Mon | Orcas | | Dolphins | Marlins | Masters PM |
| Tue | Masters AM | | Snappers | Marlins | Masters PM |
| Wed | Orcas | - | NAVY | ONLY | - |
| Thur | Masters AM | | Dolphins | Marlins | Masters PM |
| Fri | Orcas | | Technique sessions till 20 November: uncoached from 27 November | Uncoached | Uncoached |
| Sat | 7AM-9AM Uncoached | | | | |
| Sun | 7AM-9AM Uncoached | | | | |

NB: evening classes for snappers, dolphins, marlins and masters move an hour later.

SCHOOL HOLIDAY TIMES

This school holidays – 28 September-9 October, junior swimmers can come to sessions on Monday Tuesday, Thursday at 6pm as opposed to their normal times. This holiday the sessions will be stroke specific so on Tuesday for example, it may be backstroke and on Thursday, breaststroke. Bevan will email you prior to advise what stroke will be the focus each day.

QUESTIONNAIRE

Thank you to so many who took the time to complete and return the questionnaires . The responses were very positive and helpful and to capitalise on that enthusiasm we are pleased to offer Friday technique sessions (details below). Unfortunately we are having a little more trouble getting club nights off the ground due to restrictions on our use of the pool ... however watch this space!

The coaches, committee members and I are always happy to hear your feedback so please feel free to keep it coming!

FRIDAY TECHNIQUE SESSIONS HAVE ARRIVED!

Many of you asked for more intensive technique sessions than we are able to offer at a squad level. Marjo Thomas has offered to take a 6 week course next term, details set out below. You will benefit the most if you continue your usual swimming during the week as well. The course will be limited to 6 swimmers (masters and orcas) on a first come first served basis. Marjo will send an email to the yahoo group email at ~7.30am on Monday 14 September. The first 6 respondents will be given places on the course. Please don't try to enlist before then.

Duration: 6 weeks

Dates: Fridays, October 16 -November 20

6.00- 7.00pm

If there is a high demand there *may* be a 7.00-8.00pm session.

Cost: \$60 for the 6 weeks.

WEBSITE

A lot of you indicated in your questionnaire responses that you do not often use the website. We are in the process of updating the site and I do recommend you take a look <http://www.devoswim.org.nz/>.

LANE ETIQUETTE AND APPROPRIATE DRESS

Guidelines for lane etiquette are on the website but here is a timely reminder;

- This is a SQUAD not an individual swim set, so please swim as a group (if you arrive late this means slotting in to where the group is at, not starting from the beginning);
- Swim in a lane appropriate to your speed and ability;
- seed yourself in a lane with a view to avoiding lane congestion, particularly during busy sessions;
- Be open to and accept the coach asking you to move to a particular lane or within your lane
- Swim in the first 3 lanes only – the remainder of the pool is dedicated to navy swimmers

With the arrival of warmer weather (I am an optimist) please remember that on entering and leaving the navy base, you should be appropriately dressed. This includes NO JANDALS OR SHOES WITHOUT A BACK STRAP.

JUNIOR SWIMMERS



As many of you know there is a long waiting list for junior swimmers to join the club. Not only are we investigating whether we can possibly fit in more lessons within the confines of our licence, but we are also intent on ensuring that the places currently filled, are well utilised. This means places cannot be

'held' by swimmers only turning up periodically. It also means that incidents of repeated poor behaviour or attitude may lead to non-renewal of membership in the following term.

Like most sports we are also instigating a code of conduct, which will cover:

- Behaviour at gate (junior swimmers must wait responsibly at the monument for an escort onto the navy base)
- Bringing appropriate gear (goggles, swimwear, fins)
- Dress appropriately (not in towels, footwear with backstrap)
- Attitude during lessons

Happily, incidents do not occur frequently, but our coaches have the group to consider and disruption by individuals makes it hard to teach the rest. In addition, we are guests of the navy and are required to maintain a standard of behaviour and dress consistent with that.

PARENTS – PLEASE COME TO WATCH

I strongly encourage parents to come and watch their child's class, if only occasionally. I've done this myself and it is great to see their progress and they do appreciate it. You need to bring photo id and get signed in as a "club visitor" at the gate by the coach (usually Bevan) due to entry restrictions at the Naval base, however you are welcome to do this anytime.

NORTH HEAD CLASSIC

We are pleased to be reinvigorating the Round North Head Classic Swim on 15 November so please mark your diaries. Ian McDonald is leading the charge on this and would be most grateful for VOLUNTEERS so please contact him at idmcdonald@xtra.co.nz or on 021 760 722 if you can help. He is chomping at the bit to send out entries so no doubt these will follow in the minutes after you receive this newsletter. Go Ian!

CHELTENHAM SWIM DATE

A tentative date has been set for the Cheltenham swim so please mark another place in your diary for 14 March 2010.

CONTACT/FEEDBACK

Would you trust this person? Unfortunately you are stuck with her for the year at least....so...



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

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