

## July Newsletter

Welcome back everyone after the July holidays. We hope you are all rested and ready to go.

### Pool Closure

You'll notice the pool and building has had a coat of paint. The pool closure was a nuisance in terms of interrupting our swimming routines, but you'll agree that it was in need of some maintenance and TLC! For all squad swimmers who pay on a term-by-term basis, there will be a refund of fees to reflect the two week closure. This will not apply to Tuesday night swimmers or to national squads.

Our national swimmers were able to keep up their pool training time with morning sessions at Otaki pool and Friday night training at the Police College pool in Porirua. Thanks to Soni and Sarah Malaulau for securing that venue, and to our coaches and parents for banding together to car pool swimmers. It's nice to be back to normal!

### Wellington Winter (SC) Championships

The big focus for term 2 is the Wellington Winter (SC) Champs at WRAC over two weekends - 30<sup>th</sup>-31<sup>st</sup> August and 6<sup>th</sup>-7<sup>th</sup> September. On the notice board you'll find a print-out of those swimmers who have qualifying times as at early July, plus the meet flyer. Entries must be in the green box by 5pm Wednesday 13<sup>th</sup>. There will also be an evening get-together for all Wgtn champs swimmers, and their parents, on a date to be advised.

In the lead up to Wgtn champs, swimmers are competing in the Top Ten series at WRAC. 25 swimmers entered Top Ten #1 last weekend, and 24 swimmers had top ten times and were selected to compete. Well done.

### Club Race Night

We will have a club race night on Tuesday 5<sup>th</sup> August as a "last chance" for getting Wgtn champs qualifying times - warm up at 7pm and start at 7.15pm. Details will be on the notice board and entries need to be in by 5pm Thursday 31<sup>st</sup> July. Parents - you will be needed as timekeepers, so don't be backward in coming forward!

### Tuesday Night Swimming

A reminder to all parents that you must check in at the desk at by 7pm or 7.30pm, before your child's swim session. Well done to our coaches Melissa Gibson, Chris Roberts and Cass Carter (learners and main pool coaches) who have achieved their assistant swim teacher qualifications, while Brogan Dunce (learner pool) qualified last term.

### What's New

You may also have noticed that our website has sprung to life again. Our new webmaster Amanda Hanan is doing a fantastic job, with lots more stuff still to come! Haven't seen it? Go to [www.raumatisswimming.co.nz](http://www.raumatisswimming.co.nz) now! You'll see another improved asset up in the club rooms. Jim has organized the construction of beams for our senior swimmers' PT workouts, so pull-up straps can be set up permanently, ready for use.

## Recognitions

Congratulations to our Club League 12 and under team, who swam incredibly well and put up a great fight at the top of the table. There were only four points separating the top three teams, which resulted in a bit of confusion on the night. Our swimmers came away with first place ribbons, but after a recalculation of the points were placed third. What a battle - well done!

Congratulations also to Joseph Mansell who swam at the Waikato winter meet as part of the Wellington achievers' squad during the holidays. It was a huge meet with 650 swimmers from around NZ and Joseph came away with silver and bronze medals. And well done to Jim for his successes as coach of the Wellington team - those pool sessions looked long and exhausting!

Another well done to former RSC swimmer Shane Patience who finished eighth in the final of the 800m freestyle at the World Youth Meet. His time of 8:13.76 was an improvement of a huge 13 seconds off his previous best. Don't forget to check the monthly recognitions update in the news notice board in the pool entrance.

Have a great term everyone. Keep healthy and swim fast! And now a word from our coach, Jim ...

*A Big Welcome from all the coaches to all our athletes. On behalf of our outstanding staff, I want to say thanks for spending a big part of your day with us! Being an athlete is tough, but, a very special thing.*

*Important to keep in mind that we are here to help you reach your goals. We are committed to the club, and the sport. We are also committed to you. From our dry workouts to the carnivals, the coaches, committee and your teammates are all excited about helping you. If you have questions, ask!*

*I'd also like to express my gratitude to everyone who helped keep the National Squad swimmers in the water and working out over the pool closure. From carpooling to our different venues to the Pizza feasts, the time out of our home pool was still very productive.*

*On the verge of this new term, you can already see that our focus is on the Wellington Short Course and NZ Spring Meets. I am very excited for the competition and we're looking at another record number of qualifiers to both events. Keep the training going; those meets will be here before you know it. The coaches all understand that many of our athletes play other sports, and we are happy to support this. We also want athletes and parents to understand that a feel for the water is a special thing, and it takes time to gain, but, can be lost quickly, so, don't take too much time away from the pool...plus our training will make you better in your other sport through better body control, fitness and athleticism.*

*Lastly, we have an exchange student, Ann-Kathrin Kogel from Bochum, Germany. She goes by Anke, is a butterfly, and we're excited to have her working out with us. If you haven't introduced yourself, please do so. She'll be attending Kapiti College and is here for the next 2 terms.*

*Happy Training, Jim*