



# Raumati Swimming Club Inc.

We hope that you have all enjoyed your swimming over the last term and that you make the most of the school holidays, hopefully with no more rain! Looking ahead ...

## Term 4 dates to remember

- **Tuesday 21 October** - first club race night for term 4. The flyer will go up on the noticeboard in the next week and will be posted on the website. Races will include 100 free - we encourage all swimmers to ensure they have a 100 free time so that they are eligible to enter the Jarvis Cup (see below). Check out the flyer for more information.
- **Saturday 18 October** - GCZ Long Course meet at Naenae. This meet is a good introduction to long course (50m) racing for younger swimmers. See the flyer on the notice board (and website) and talk to your coach if you have any questions.
- **Tuesday 11 November** - second club race night. This night will include the first round of the Jarvis Cup, a 100 freestyle handicap race. Last year's winner was 8 yr old Louis Regnault, so don't think it's just for the older swimmers!!! Details to come out early November.
- **Tuesday 2 December** - this is the last club night for the year. We'll hold the club's Christmas party that night, with some fun races and the final round of the Jarvis Cup. Keep an eye out for more details,

## School holiday training

Coach Mike McNamara will be holding swim training sessions during the Sept/Oct holiday break. These are open to all swimmers who qualified for Wellington SC Champs. Sessions will run Monday-Friday 5pm - 7pm. No PT, just swimming. The cost will be \$50 for the two weeks, 10 sessions (excluding national squad swimmers). *If you intend to train over the holidays, please fill in the form below and place in the middle green box at the pool no later than Friday 26 September.*

## New Zealand College Games

These games are held every four years, for college students from around New Zealand across a range of sports, including swimming and triathlon/duathlon. They are being held this year in Hamilton in mid-December. If you are interested, please read the flyer on the pool noticeboard or speak to Jan Hill (Jake Allen's mum) who is co-ordinating the swim/tri team for Kapiti and Paraparaumu colleges.

## New Zealand Spring Competition

Good luck to our team who head off on Saturday to this meet in Mt Maunganui - Ivana Giacon, Samantha Piper, Dayna Lawton, Kate Forster, Joseph Mansell, Jake Allen, Nick Kay and Dale McNamara. They are being supported by Jim Floerchinger as coach and the team Managers are Kylie Piper and Helen Giacon. Go team!!

**Wellington SC Champs**

Another mention to our wonderful team who did so well at these champs last month. As you may have read in the Observer this week, we had a PB rate of over 80% and were placed 4<sup>th</sup> in the club points. It was a fantastic effort from all our swimmers across all the age groups, which is a sign of even better things to come. Congratulations to the medalists (see the website for the run-down) and huge thanks to our great coaches and to all those parents who helped out as officials.

And now, some words from Jim...

Great Term of swimming! We've had some major upgrades to the clubrooms and are very thankful for the equipment. The pull-up station and the new dumbbells have allowed us to take our training to a new level. The results from the Wellington Short Course competition are an obvious place where you can see the impact of the new gear. Our National Swimmers have dropped huge amounts of time, and as we all know, when you're 15-18, it is tough to drop full seconds as you do when you're 8! This trend will continue as we move through the Long Course season.

About Long Course Season, we obviously have a Short Course pool, so, getting a chance to race Long Course is important, and you'll need to get into some of the upcoming meets (National Swimmers, the Capital is a MUST), and get comfortable with the difference.

Recently the new pool has been in the paper quite a bit, and I can only say that I am obviously not the only one disappointed in the delay. I know that the Club will continue to be a force for pushing this project along. Our numbers and results cannot be ignored, and the continuing pursuit of excellence will always be the best way to help bring attention to the project. I know that we can continue to be a positive force for how more space, and a better facility can continue to attract even more quality athletes and serve the community by providing a club whose reputation for results and community support and involvement is known throughout the region and nation.

Thanks to Mike, Jason and all of our other coaches for making the workouts and competitions great. Their help is immeasurable. Also, a big thanks to all the people who stepped up and helped on the pool deck as managers, timekeepers and officials, as well as everyone who works behind the scenes on the committee to help provide the environment and support that make this club so special.

See you on the deck, Jim

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**Holiday training - Monday 29 September - Friday 9 October, 5-7pm**

Yes, I will train. Please send me an invoice for the \$50 cost for 10 sessions.

Swimmer's Name.....

Parent's/Caregiver's signature.....