



Well, the end of the year is here and we hope you have all had a successful and enjoyable year of swimming with the club. Some of you will take a break from lessons over the holidays, while others will continue training towards the regional and national champs coming up in the next few months. Here's what you need to know...

### **Summer Training**

There will be afternoon training available for national squad swimmers, plus all those who have qualified for Wellington LC champs or who are attending Manawatu champs to get Wellington LC qualifying times. The coaches will also accept other swimmers who have indicated they will train seriously, or will invite others to join in training sessions.

Afternoon training is 4-5pm in the clubrooms, followed by 5-7pm in the pool, Monday-Friday. There will be a coach available for afternoon training on the two Fridays before Manawatu and Wellington champs for those not competing; further details closer to the time. Morning training for national squads only will be at Raumati pool at the usual time.

***There is no training on Christmas Day, Boxing Day, New Year's Day, January 2<sup>nd</sup>, and Wellington Anniversary Jan 19<sup>th</sup>.***

For all swimmers who pay per term, the cost of summer training will be \$150 (incl GST). This covers the period December 22 - January 30. Please complete form at the bottom of this letter and put in the green box poolside, or email Yvonne Kay at [racesecretary@raumatiswimming.co.nz](mailto:racesecretary@raumatiswimming.co.nz). Please reply by the end of this week. National squad swimmers do not need to return this form and will be invoiced monthly as per usual.

### **Manawatu Champs**

To be held at the Lido Pool, Palmerston North on Friday 9 January - Sunday 11 January. For those attending this meet for the first time, it is an outdoor pool and the weather in P. Nth is unpredictable, so bring sun shelters and sunblock, plus jackets and blankets! Team Managers are being finalized and swimmers will be emailed their cell phone numbers closer to the event.

### **Wellington LC Champs**

These will be held over Anniversary weekend (Friday 16-Monday 19 January) at WRAC. Entries must be with Yvonne Kay by January 5<sup>th</sup> - in the green box at the pool in the usual way, or email [racesecretary@raumatiswimming.co.nz](mailto:racesecretary@raumatiswimming.co.nz) with internet payment of entry fees. Entries will then be posted and you will need to advise Yvonne of any changes by 8 January. Those swimmers close to times and hoping to qualify at Manawatu Champs should also be in contact with Yvonne before 8 January so she can keep an eye on late entries.

***All parents of swimmers attending LC champs are expected to help out as an official for at least one session over the weekend. Please see the notice on the board or on the website. Contact Jane Clarke asap to help out. Thanks.***

### **Squad training term 1 2009**

This will commence the week starting Monday 2 February. Invoices will be posted out with squad information, but for further information you should speak to your child's coach.

**Tuesday night club swimming 2009**

The first night for 2009 will be Tuesday 10 February.

**National Championships 2009**

- NZ Juniors Champs - Wellington - 21-22 February
- NZ Age Groups Champs - Wellington - 3-7 March
- NZ Age Groups Champs Div 2 - Rotorua - 18-21 March
- NZ Opens Champs - Christchurch - 1-5 April

We are asking for applications for team managers for these events. Please see the notice board and the website for details.

**Waitangi Day Dual Meet**

Jim is organizing a return dual meet with Karori Pirates swim club, similar to the meet they hosted at Thorndon Pool last summer. Please keep Friday 6 February 5-7pm free and watch the website for more details closer to the time.

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**From the Coach**

Thanks very much for the cards, gifts and wishes on the birth of James Vuk Floerchinger. He's a very healthy boy who seems to not sleep very much, but, with morning workouts over the last 2 years since I started with Raumatī, I've been getting practice in Sleep Deprivation! I promise to have him to the pool for everyone to meet, until then, I'll keep the daily photos taken on the cell phone.

The holiday period will be a challenge to maintain our gains that we've worked so hard for over the last term, don't ignore your fitness! Even if you can't get to a pool, there are many different ways to get the work in while you're enjoying friends and family. Every day 'off' typically requires two days of work to regain where you were. Do the math, don't neglect your fitness! We'll have workouts over the holidays, and yes, we'll still take time off to enjoy. Main point being that you can still enjoy the holidays, and enjoy your upcoming competitions with a little attention and planning.

Athletes who will be missing over the holiday period can get workout plans, and an empty ammo can (or two) to take on the road with you-filling them when you get to your destination, of course, from Friday, December 19th.

See you all at the pool!

Jim Floerchinger, Head Coach

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Thanks everyone for supporting your swimming club during the past year and taking part in your child's swimming life. We especially recognize the competitive swimmers who have represented the club, and our coaching team and parents who got them there!

We wish you all a very happy Christmas, safe and relaxing holidays and a great year in 2009.

Yvonne Mansell, Club Secretary

**Summer training 2009**

Yes, I will attend summer training Monday-Friday 4-7pm, December 22nd - January 30<sup>th</sup>.  
I attach \$150 payment or I will internet bank \$150 to club account (delete one option).

Name.....

Squad.....

Phone.....

Email .....

Parent Signature.....

Please complete this form and put in the green box poolside, or email Yvonne Kay at [raceseecretary@raumatismwimming.co.nz](mailto:raceseecretary@raumatismwimming.co.nz). Please reply by the end of this week please. National squad swimmers do not need to return this form and will be invoiced monthly as per usual.