



Raumati Swimming Club Inc.

February 2012 Newsletter

Tuesday Club Nights

There will be sausages for sale on Tuesday club nights for \$1.50, cooked by our senior swimmers. This is hoped (as well as feeding the hungry) to fundraise for future club events.

Tuesday nights has a few spaces left in the big pool but tyre and learner's pools are now full. Names for waiting lists are being taken.



Junior Squad's Meeting (Minis and Junior A and B) 15 February clubrooms 6pm

Jon, Shane and Val are looking forward to discussing all things swimming and answering any questions or concerns you may have at the special meeting just for the junior swimmers.

Squads

The time for moving up to the next squad will occur at the end of each swimming season. In swimming there are two seasons: long course (50m pool) and short course (25m pool). In March the long course season will end after NZ Juniors, National Age Group Champs, and NZ Open Champs. The short course season begins around April and finishes around September each year.

Junior A and B

Jon and Shane will be doing squad assessments after NZ juniors.

Parents

It is important to your child to show good sportsmanship towards *all* involved in the sport. This includes team mates, coaches, officials, opponents, supporters and especially our club volunteers.

Let the Coaches Coach

When parents attempt to coach their child, the child may become confused and their coach may then be unable to establish best practices going forward. It can be hard for a child as they become inundated with advice. Keep up communication with your child's coach, but leave the coaching to them on and off the pool deck.

Please check out the [parent's page](#) on the RSC website for other great tips from Swimming New Zealand on how not to be one of *those* swimming parents!

New Format Club Champs

This year's club champs will be held over one afternoon in mid March.

Open to all RSC swimmers, so that includes Tuesday night, mini swimmers, junior A and B and national A and B. Watch the website and the noticeboard for the new look flyer.

Good Luck to our New Zealand Juniors Team



Boston, Emily, Finn, Louis and Charlotte all met the very difficult qualifying times to compete at this national competition on 18 and 19 February.

We wish them all the best of luck.

Award Winner

Congratulations to Lauren Brown who has been awarded a [Wellington Sports Volunteer of the month](#) award for her fantastic work as officials coordinator at RSC.



Yoga in the Clubrooms



Yoga for life will be using the clubrooms for yoga classes 4 times a week: 9.30am Tues, Thurs, Sat and 6pm Wed from March. All welcome from beginners to advanced. Special swimming club discount for RSC members (includes parents) - your first two Yoga classes for \$10, then concession prices \$60 for 6 classes. Enquires phone Marie 904 0139.

RSC swimmers relaxing after 3.3km ocean swimming.



And some old farts reliving glory days...



After last swimming together in 1996, Jeremy Brell (former Nags swimmer), Ajay Waters (national open medalist and current wgn record holder 50br), Jon Winter (olympian) and Moose Burdan (Olympian)were back together for the Featherston business house relays which they won in record time.