



## COACH'S MOUTHPIECE JUNE EDITION.



**“CHALLENGES ARE THE DOORWAY TO EXCELLENCE”**

Welcome to the June edition of the 2015 mouthpiece. It was very pleasing to see a good turnout to our parents meeting and especially the parents of our new squad members.

Apart from the mistake in the starting time, which will cost Leah a chocolate fish, the feedback and suggestions made were very positive. Communication is a great tool to use to avoid conflicts and misunderstandings, but as a coach if I am not aware of any pending issues, how can I offer a solution to solve it.

The 2015 Neptune Meet was an amazing weekend of racing for our squads and I was very encouraged by the amazing performances of our swimmers especially as this was the start of our Winter Cycle. From our youngest swimmers, Heidi Uys, racing against much older swimmers and winning a gold medal in the non competitive breaststroke race, Izzy Sharp a 6 medal haul in girls 10 years age group, to the now more experienced swimmers in Riley Taylor and Eva Cloake in qualifying in multiple events for Short Course Nationals to be held later on in the year. We also worked together as a group on the processes around racing at such a large meet, which resulted in 75% PB percentages, with a big congratulations to Samuel Gray, Matthew Gray, Nathan Pain and Kaylee Uys for all achieving 100% PB's.

I wish to run a swim camp early next year; this is a great opportunity to extend your aerobic development in a different environment and is a great way for team bonding and experiencing life in a training camp situation. My proposal is, we go into camp on the afternoon of Tuesday 12<sup>th</sup> Jan 2015 and finish on Sat 16<sup>th</sup> Jan 2015.

I have based the costings of the camp on 12 swimmers and is subject to review. The cost is \$369.00 per swimmer and will be open to all swimmers at Bronze and Silver squad level. The camp will be held in Ashburton at the new EA Networks.

Depending on our numbers this will call for up to 2 helpers in running the camp.

**A \$20.00 bond will be required to secure a spot by 04 July.**

To swim in Swim Canterbury meets you must be a member of a swimming club within the region and the clubs within South Canterbury area, are Swim Timaru, Temuka, Geraldine and Waimate. 01 July is the official start of registration for the year and if you need more information please contact me.

Swim Timaru will be holding a registration day on Wednesday 24<sup>th</sup> June in the foyer at CBay for the coming year.

Our major meet for the winter period which will allow all members of our squads to compete in subject to being a club member, is the SWIM TIMARU MEET to be held over the weekend of 01/02 AUGUST. So keep this weekend free.

Finally,

**A COACHING TIP:**

The pull-out in breaststroke is completely unrelated to normal breaststroke swim, with the arm motion in the pull out being almost a butterfly stroke underwater, for this reason, a swimmer should get a pull out well past 10 metres in a race. As with most things the key to a good pull out is a good practice in training. When swimming slowly in training try extending the glide at both ends of the pull out. See if you can make 15 metres. This will help you find the most efficient streamline position and also train your lungs to be able to handle a longer pull out when you are tired during the last 50 of a race.

Yours in swimming,

Oscar van Stekelenborg.  
HEAD SWIM COACH CBAY AQUATICS.

**P.S: All the best to Riley and Eva who are competing in the 800 and 1500 tonight in Christchurch**