



COACH'S MOUTHPIECE JULY EDITION.



"CHALLENGES ARE THE DOORWAY TO EXCELLENCE"

Welcome to the July edition of the 2015 mouthpiece. With us now in the depths of winter the flu and cold season is upon us. The first symptoms are a stuffed up and runny nose, coughing, sneezing, watery eyes and difficulty breathing when swimming.

STEP ONE: Assess your symptoms and excuse yourself from training by texting me.

STEP TWO: Drink plenty of fluids and rest. A simple day off school where there is no chance of being in contact with other infected pupils will help recovery.

STEP THREE: Within 48 hours the symptoms will steadily improve and you can resume training, this should be at a moderate effort. Research has shown that the moist chloride poolside atmosphere will help clear the block up in the nose.

At the recently held Swim Canterbury Tri series competition in the July school holidays we were proudly represented by three members of our squad, Riley Taylor, Eva Cloake and Yixuan Li.

All three demonstrated a great ability to take up the challenges of this Tri series, and I was pleased to see Plum enjoying the challenge of swimming the 200m fly.

Riley Taylor received the award of Swimmer of the Tri series for his team named the Red Blood Thirsty Team, with Yixuan Lil gaining an award as the most improved swimmer, also in this team. Eva Cloake was one of the top point scorers for her team Black Attack who were the eventual winners.

It is very disappointing that our proposed Swim Camp in Ashburton has had to be cancelled due to only receiving one person interested in this great training and learning opportunity.

The deadline due was 04th July and to avoid any cancellation charges I had no alternative but to cancel.

For those interested in competing successfully at National competition, namely National Age Championships I feel this is a lost opportunity.

For us to compete successfully against other swimmers in New Zealand it's very important after our Christmas break to quickly regain our fitness base lost over the break, by doing an in-house training camp. We will therefore start on Monday 11th Jan and finish up on Sat 16th Jan and we will utilize both the 50m and 25m pool and maybe use our own gym for dry land training.

I can not stress the importance in having full attendance for this camp if your dream is to attend and be successful at any National meet.

Finally, for those in Swim Timaru club your own meet is being held at CBay on the weekend of 01 August and I thank those who have consulted with me regarding their entries and I look forward to a weekend of great racing and fun.

Coaching Tip: To maintain improvements in your swimming it's important that you train consistently, along with a focus on protocols and preparation required in a workout to make you a faster swimmer.

Oscar van Stekelenborg.

HEAD SWIM COACH CBAY AQUATICS.