



COACH'S MOUTHPIECE MAY EDITION.

"CHALLENGES ARE THE DOORWAY TO EXCELLENCE"

Welcome to the fourth edition of the 2015 mouthpiece. The summer season is now over and we are now preparing ourselves for the short course winter season. Our only swimmer at National Age Group Championships was Riley Taylor, who took this opportunity to race at this higher level and fitted in perfectly, swimming some significant personal best times with the highlight in making the final of 14 years old 400m free as the Division two champion to finish 6th in New Zealand in again a personal best. Well done Riley and congratulations you will have learnt a lot from this experience.

Swim Canterbury has just announced the under 15 years Silver and Bronze squad to contest 2015 Tri Series tour and 3 swimmers from our squad have been selected. Eva Cloake, Riley Taylor and Yixuan Li these are important steps in your swimming pathways so congratulations I am sure you will enjoy this great experience.

Many of you will be attending the Neptune Queens Birthday Meet 2015 this weekend. I hope you enjoy this racing experience. This is the start of our Winter Cycle, so my performance expectation is to race at 100% effort with great skills and if you can do this within 3% of your current PB you should be pleased with your efforts.

Parents, be sure to encourage and support your children as encouragement is very important in times of disappointment.

I will be in attendance at this meet except on Sunday afternoon, to cover my travelling expenses a \$10.00 per swimmer levy is required.

A COACHING TIP:

The way you train in workouts, is the way you will race in competition.

When your body is stressed in racing the habits you form will be the normal.

If in training your turns are not streamlined and regularly breathing out of the turns, this is the habit you will take into racing. Always finish at the wall.

We will be holding an information evening on Tuesday 9th June at 7:30pm in the Programme Room at CBay, this is for parents of Rising Stars, Bronze and Silver Squads.

Yours in swimming,

Oscar Van Stekelenborg.

HEAD SWIM COACH CBAY AQUATICS.