



**CBay  
aquatics**

## COACH'S MOUTHPIECE SEPTEMBER EDITION

**Welcome to the September edition of the 2015 Mouthpiece.** Spring has arrived and with it the longer nights, and getting up an hour earlier in the morning, thank you daylight saving. This means our summer season has begun and I'm looking forward to setting the challenges when racing in the long course 50m pool.

**The last meet in the Short Course Winter Season:** The South Island Championship held in Dunedin over the weekend of 26<sup>th</sup> to 28<sup>th</sup> Sept and we were proudly represented by Olivia and Matthew Moore, Samuel and Matthew Gray, Eva Cloake and Riley Taylor. The team performed well, but with a large number of DQ's, 6 in total, it pushed down our PB returns to just over 55%. This meet was a challenging one for all, as the high DQ's were also experienced by other coaches. We put these high numbers down to a change in regulations as the officials come to terms with the new rules.

Our two youngest swimmers, the two Mattys, performed well and congratulation to Matthew Moore in achieving the honour of 100% PB's and also gaining times for a National Div 2 meet.

Our other Matty, also has gained times for National Junior meet, so these two lads will proudly represent us at National events.

Samuel Gray also had a good meet and one highlight was his swim in the 200m Back which he achieved a time very close to qualifying for National Age Championship and also close in 100m Fly. Keep up the good work Samuel.

A special mention goes out to Olivia Moore (*picture right*) who made this meet the best of her year with PB's in 800m/400m/200m free, 100 IM and also achieved a bronze medal in the Girls 15-16 age group 50m Fly. Well done Olivia!

With the success of Springs National behind him Riley Taylor (*pictured right*) continued his outstanding form into this meet with winning a Gold in 200m Free, 3 Silvers in 50m Free, 100m Free and 200m Back and a bronze in 100m Back and a team Gold in the 4x100 Free relay as part of the Canterbury team. This has been a great winter for Riley, and he has a simple formula for his success in working hard and what he does in training is how he races. Well done Riley you have done yourself and your family proud.





Finally, a special mention must go out to Eva Cloake who has battled through a winter season of injuries and illness. For one so young, Eva continues to show great courage in her swimming and now with the summer season beginning I believe that with these setbacks now firmly behind Eva we will see the true potential of what Eva is truly capable of.

**OUR TEAM RESULTS:** Swim Timaru finished 6<sup>th</sup> out of the 19 clubs with 10 or less swimmers. Well done the Timaruvian Tribe.

**Upcoming Swim Meets:** I have identified a number of swim meets that I will be attending and trust we will have a good team at these. The Aqua Gym Challenge Meet is at the end of the month and is a good meet to attend after the month of solid training. I will be there on Sat 31<sup>st</sup> Oct.

The last meet of the year in the Swim Canterbury calendar is the Jasi Christmas Cracker and I will be there on Saturday 5<sup>th</sup> Dec. We've shown great team spirit in our last meets, so lets carry on the great work!

Parents, I am available any time if you would like to discuss which events your child/children might like to participate in. Let's finish off 2015 with our best successes yet!

Oscar van Stekelenborg.

**HEAD SWIM COACH CBAY AQUATICS.**

