



Report

Bronze Squad – Southland Championships Tour



The team departed from Jellie Park at 6.30am on Thursday 26th November.

We had scheduled stops along the way to pick up swimmers. It was a long but entertaining trip with us arriving in Invercargill around 3.30pm.

We quickly directed swimmers to their allocated rooms followed by a light meal then to the pool for the 800/1500 events or for swimmers not competing, a light training session.

Competition

Our swimmers were quite simply awesome. The results are available on meet mobile or through the Swim Canterbury web site. You will see that all members contributed to the overall team performance. Each session the coaches selected a Female and Male swimmer of the session. This was always a difficult task for the coaches. At the last team meeting on Sunday we had a debrief of the team's performance and a talk about how to move forward

from this occasion. We then announced the overall Female and Male swimmer of the meet for team. Female was Mine Nel and the Male was Jack Sands.

Accommodation

We stayed at a Motel that was within a 5 minute walk to the pool. It was comfortable with 3 swimmers to a room.

Food

The swimmers provided their own breakfast of which the Girls ate in the Female coaches' room and the boys in the Male coaches' room. Most swimmers bought their own snacks however we provided bread, milk, fruit etc. The lunches and dinners were provided by the Orca Swim Club. These were fantastic. No complaints from swimmers or staff. Swimmers with special dietary needs were also well catered for. A huge Thank you to the Orca people!

Team Behaviour

The swimmers conducted themselves very well with some members of the Southland swimming community commenting on their outstanding behaviour. The best thing about this was that there was minimal coach input into team standards, the swimmers committed to be the best in and out of the water. Well done.

General

To be able to race long course is always very valuable. The opportunity was taken with both hands by swimmers and coaches; all swimmers were either warming up or training during warm ups. The overall competition was good with both Otago and Southland swimmers pushing the Cantabs hard.

On the following Monday we departed Invercargill at 7.20am for the long journey home. We made a number of stops along the way so the staff and swimmers could stretch and have a bit of driver reviver. We arrived back at Jellie Park at 5pm. A long hard trip however well worth it and something I hope is continued

I would to thank Louise Boyle, Michaela Norman, and Ben Close for your hard work and very valuable contribution to the Bronze Squad Tour. I would also like to thank Dave Prattley for all the organising and planning that made this such a smooth trip.

Congratulations to all the swimmers and staff, great job!!

Todd Mason

Head Coach.





