

**2019 South Island Championships
Mona Pool Dunedin
16 – 18 August 2019**

Newsletter # 1

Hi Team

Congratulations on qualifying for the 2019 South Island Championships being held in this year in Dunedin.

Travel

We are driving to Dunedin on Thursday 15 August 2019, leaving after a morning training session at Splash Palace.

We will pick up the swimmers from Hokonui (Gore) by the Trout on our way through. We will text you when we are leaving Invercargill, so you can get there on time.

We have three 12-seater minivans as our main mode of transport.

We will travel back to Invercargill on Monday 19 August, leaving after a we get our selves organised.

Training

Training on Thursday 15 August will be 9-10:30am at Splash Palace. We will depart from Splash palace after this.

Accommodation

We are staying at:
Aaron Lodge TOP 10 Holiday Park
162 Kaikorai Valley Road
Glenross
Dunedin 9011

Phone: 03 476 4725

Team Uniform

Please ensure that you have the following items:

Travel: Maroon Swim Southland polo shirt and full track suit

Poolside: Maroon top (singlet and/or polo), plain black shorts (Canterbury shorts are OK) and track suit..

Remember that footwear must be worn pool side at all times.

If you don't have any of these let us know so we can borrow some.

Please make sure you have a Swim Southland cap and money for spares. We will have some caps available to purchase for \$10 for a normal cap and \$20 for the dome cap.

Food

We will be looking to do a mixture of self-catering, in catering and eating out on the last night.

Please bring:

- a packed lunch for travelling up on Thursday 15 August,
- some home baking for sharing for morning and afternoons teas, and
- your own breakfast – we will supply bread & spreads

Swimmers will need to remember to bring their own usual poolside snacks. It is suggested to prepack enough snack packs for each of the sessions. There are 6 sessions in total.

Gear List

Remember to name all your gear/clothes

Washing facilities are available so a huge amount of clothes will not be necessary.

Remember the following:

- Normal warm up gear
- At least 4 towels (we will wash them when needed)
- Togs for racing and training
- Goggles
- Swimming Cap (Swim Southland)
 - o As noted above, we will have spare caps for sale if needed
- Pool snacks (prepacked for the number of sessions)
- Drink Bottle
- Swim Southland Travel Kit (to be worn on the way up)
 - o Maroon Swim Southland polo shirt and full track suit
- Swim Southland Poolside Kit
 - o Maroon top (singlet and/or polo), plain black shorts (Canterbury shorts are OK) and track suit
 - o Remember that footwear must always be worn pool side.
- Spare clothes etc for non-Pool activities
- Pyjamas
- Toiletries
- Any Medication (if needed)
- Container of home Baking (one per family) for Morning & Afternoon Teas
- Breakfast Cereal

You may wish to bring an extra blanket as we are in the middle of winter and you may get cold during the night.

Any questions, please contact me either by phone or email.

Neil Jamieson

021 188 2720

03 230 4171

Neilj61@gmail.com

Nicola Stout

027 750 0933