

Creston College Pool  
Oslo Beach



Coach: Mandy Koegelenberg  
Cell: 083 562 3711  
PO Box 434  
Umtentweni  
4235

# BLUE OCEAN AQUATICS SWIM CLUB

## November 2020 Newsletter

Dear BOA family

It is lovely to see so many swimmers back in the water training & getting fit & I look forward to coaching your children & helping them achieve their goals. Be reminded that we have a squad culture & we want all swimmers to be striving to achieve this culture,

## BLUE OCEAN AQUATICS SWIM CLUB

### Squad Culture

1. Come to practice.
2. Come to practice with equipment in working order.
3. Don't stop during warm-up or the main set.
4. Do all turns & finishes legally & fast.
5. Start repeats exactly on time & quickly.
6. Get times on every repeat & set goals for every repeat.
7. Never swim ugly.
8. Don't whine, complain or make excuses.
9. Focus most on technique when tired.
10. Always finish sets fast.
11. Do all things right all the time or do them over.
12. Respect your coaches
13. Manners cost nothing so please say Hello & Good-bye to your coaches

### Galas

Here is a list of gala's coming up in November that you can look at competing at,

8 November	Seals gala juniors	PMB
14 November	Swim-For-A-Tin	Suid Natal High School
14 November	Beavers, juniors	Durban
15 November	Beavers, seniors	Durban
21 November	Ugu Age Group gala	Southcity
21 November	KZN Open water champs	Midmar Dam
22 November	Capital K open water	Midmar Dam
28 November	Aquazone LC gala	Curro Hillcrest

*Proudly sponsored by*



Creston College Pool  
Oslo Beach



Coach: Mandy Koegelenberg  
Cell: 083 562 3711  
PO Box 434  
Umtentweni  
4235

## BLUE OCEAN AQUATICS SWIM CLUB

### New Training times

#### Monday & Wednesday

Squad 1 – None

Squad 2 – 14:30 screening, 14:45 – 15:45

Squad 3 - 15:45 screening, 16:00 – 17:30

#### Tuesday & Thursday

Squad 1 – 14:15 screening, 14:30 – 15:10

Squad 2 – 15:00 screening, 15:15 – 16:15

Squad 3 - 16:15 screening, 16:30 – 18:00

#### Friday

All squads – 14:45 screening, 15:00 – 16:30

We will swim Saturday 7<sup>th</sup> at Creston & 14<sup>th</sup> November will be the swim-For-A-Tin at Suid Natal High school.

BOA will be running the sweet & cool drink stand at the Swim-For-A-Tin at Suid Natal High School & need help with this as well as help with lap counters. Please let me know if you can help in these areas while your child is swimming for this good cause. Let Mandy know if you can help in any way or know of any businesses that would be interested to get involved.

God bless & keep safe & remember to always wear your mask, sanitise & social distance all the time.

Coach Mandy & the coaching team

*Proudly sponsored by*



Creston College Pool  
Oslo Beach



Coach: Mandy Koegelenberg  
Cell: 083 562 3711  
PO Box 434  
Umtentweni  
4235

# BLUE OCEAN AQUATICS SWIM CLUB

Proudly sponsored by

