

Creston College Pool  
Oslo Beach



Coach: Mandy Koegelenberg  
Cell: 083 562 3711  
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Umtentweni  
4235

# BLUE OCEAN AQUATICS SWIM CLUB

## May 2025 Newsletter

Dear parents & swimmers,

I hope you have all had a wonderful, relaxing break from the pool & are ready to dive back into the rhythm of training schedules again.

Congratulations to Kirsty Koegelenberg, Marnu Koekemoer & Ella Bunge for their results of making finals at SANJ.

Ella Bunge made 2 finals & placed 9<sup>th</sup> & 10<sup>th</sup> respectively. Kirsty Koegelenberg made 2 finals & 1 timed final & placed, 7<sup>th</sup>, 8<sup>th</sup> & 6<sup>th</sup> respectively & Marnu Koekemoer made 3 finals & placed 5<sup>th</sup>, 6<sup>th</sup> & 9<sup>th</sup> in his finals. These results mean that these swimmers have placed that position in the county in their age group! Nathan Hartman & Leah Scott both has some good swims with improvements in some events.

Congratulations to Oliver Delport on being selected for the 2025 Junior Triathlon Championships to be held in Wollongong, 15-19 October in Australia. Go Oli!!

### Important dates to diarise.

- 12<sup>th</sup> May BOA opens for the season
- 12<sup>th</sup> May 2025/2026 competitive season opens (Re-registrations & new registrations)
- TBC Club AGM & Prize Giving has moved
- 10<sup>th</sup> June Club night @ 16h00 (50m breast / 100m free / 50m back)

### Training times

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Mini Squad		15:30 - 16:00		15:30 - 16:00	
Mid Squad	16h00-17h00	16h00-17h00	16h00-17h00	16h00-17h00	15h00-16h30
Senior Squad	16h00 - 17h30	16h00 - 17h30	16h00 - 17h30	16h00 - 17h30	15h00-16h30

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The club opens on Monday 12<sup>th</sup> May with the winter training schedule and the coaching focus will be aerobic training & stroke technique for the first month as well as goal setting & planning for the new season. Swim training through winter is a huge advantage with keeping your fitness, getting to work on stroke work & being ready for the competitive season.

Please remember to bring warm cloths for after training, parkas, beanies & socks & shoes are a must. Moms can bring hot chocolate as a treat!

### Trophies

Please can all trophies be returned to Mandy by the latest 21<sup>st</sup> May, they need to be engraved & cleaned. You can contact Niel Booker – 083 631 6150 for engraving.

### Prive giving & AGM

This will be confirmed next week as there has been a change.

See you on pool side & God bless

“Swimming is not just a sport, it’s a way to escape, to breathe, to find peace on the chaos of life.”

Yours in Swimming

Coach Mandy & Chantelle

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