

OCTOBER 2017



Torpedoes Swim Club

www.torpedoesinfo.weebly.com

Save the Date

Thu 19th-Sat 21st Cana Zone III,

Fri 3rd Nov ISAZ U14-U19 AIS

Fri 10th Nov ISAZ U7-U13

Sat 11th Nov Martin House
Triathlon

Fri 17th Nov U7-U19 Relay Gala

Sat 18th/Sun 19th Nov, 2nd
League Gala, Ndola



1st in 1st League Gala at OYDC!

CANA III

Dar Es Salaam

Good Luck

Jade, Mia, Chibwe,
Butemwe, Michael
& Harleena

Torpedoes were green lighted to GO, in their quest for championship glory this weekend at OYDC. The air was sweet at first league, like orange and blue candy. The way this bunch of Torpedoes swimmers swam, was simply scintillating. I can't help but blow my trumpet and give them praise as they showed everyone present that we want to be better!

Sarah Nazzal, William Fredrick, Quirin Schepping and Sander Vondeling took up the challenge of racing for the first time and were a welcome addition to the team, contributing immensely to the teams spirit and success.

This being our first Long Course Meet of the season, it was also a first and fast effort from our young and courageous swimmers namely Olivia, Annice, Lena, Dia, Harry, Cerys, Alon, Jamie, Jack, Adam, Mutale, Nolianga, Kate and Wouter.

If you took any great photos at the gala please send them to....

Torpedoesswimclub.zm@gmail.com.





Keeping the show running, thank you officials!

A BIG THANKYOU TO OUR AMAZING COACHES IAN, ALLEN & STEPHANIE FOR TEACHING, GUIDING & MOTIVATING US TO ACHIEVE OUR BEST!

Thank you timekeepers – keep twiddling those thumbs!

Our PB Queens hard work paid off as they got the best results, with eight lifetime best swims out of the allotted eight; these were Namara, Emma, Rosie and Christina. Swimming sassy with six personal bests were Megan, Jade and Molly. Anna-Clara and Elisabeth fought well for their five PB's. With four fabulous PB's were Chibwe. Johanna, Harleena, and Mia threw down two lifetime best swims. Michela saved her best for another day. Shining through these swims with another Age Group record was Mia Phiri with her effort in the 100 back.

Our PB King Ashutosh was bold and at his best, racing away with the big boys to eight lifetime best swims. Nkhosi, Michael, Butemwe were solid in their efforts with seven PB's. Swimming in strong with six PB's were Twange and Wina. Giuliano was feisty and fearless with his five lifetime best swims. Natanel and Andrea tried hard for their two PB's. Captain Naested also featured with a personal best of his own.

Out of the 329 swims (excluding awesome relays) 150 of these were first time swims. The team amassed 126 personal bests, a 70% PB rate. Magical moments I must say, from magical swimmers. I loved the way everyone swam for their team and more importantly for themselves. We learnt so many things this Meet but most importantly, "Belief is in Action." Please continue to come out and race as we seek to maintain this form throughout the season. 2nd League is at Simba on the 18th and 19th of November, let's travel strong and be true to what we do, as we seek to keep our game up!

Gala Report by Ian Stephenson (Head Coach)



October Holiday Training

A final thank you to Dolphins and Kapentas for hosting at OYDC and making it happen!

	Level 3	Level 2	Level 1	Development	Masters	
Wed 11th	15.40-17.40	15.40-17.10				
Thu 12th	12.15-14.15	12.15-13.45	12.15-13.15	12.15-13.15	17.20-18.20	
Sat 14 Oct	8.00-10.00	8.00-9.30	8.00-9.30			
Sun 15 Oct						
Mon 16 Oct	15.40-17.40	15.40-17.10				Stephanie
Tue 17 Oct	15.40-17.40	15.40-17.10	15.50-16.50	15.50-16.50	17.20-18.20	Allen
Wed 18 Oct	Day of Prayer No TSC Training					Ian
Thu 19 Oct	15.40-17.40	15.40-17.10	15.50-16.50	15.50-16.50	17.20-18.20	Lauren
Fri 20 Oct						
Sat 21 Oct	8.00-10.00	8.00-9.30	8.00-9.30			
Sun 22 Oct						
Mon 23 Oct	15.40-17.40	15.40-17.10				
Tue 24 Oct	Independence Day No TSC training				No session	