



# Torpedoes Swim Club

## TSC CLUB NEWS NOVEMBER 2017

### NDOLA NEWS

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A round of applause must go to the traveling Torpedoes! As another unique and unreal swimming experience came to an end at Simba in Ndola this passed weekend. Our spirit put the team on the front foot wherein our leaders had a usually influential participation. You name a thing of beauty and it's the win, with zestfully competitive sportsmanship.

The team had a total of 297 swims with 48 of them being new swims and 157 of those swims being life time best swims, leaving us with a 63% personal best rate. All the athletes swum strong and capitalized from their teammates encouragement. William made it wonderful, Sander was super and Quirin killed it, as they took up the challenge of their first short course meet for our team.



## PB KINGS & QUEENS

Our PB Queen Emma had a quiet stunning two days of swimming with 8 PB's out of the allotted 8 swims. Musenge and Rhona were prominent and superb with 7 life time best swims. Keira and Mia were magnificent with 6 personal bests of their own. Molly, Lena, Jade and Rosie rose to the occasion with 5 life time best swims. Fast and furious with 4 PB's of her own was Cerys. Thankful for their 3 PB's was Anna-Clara, Harleena, Christina and Chibwe. Nolianga, Megan and Johanna were outstanding with 2 life time best swims. Elisabeth remained determinedly excellent with her efforts. Take a bow Mia for breaking the 100 Freestyle Age Group Record.

Our PB King was fantastic with 8 pb's out of 8 swims, Mutale has most certainly earned that accolade. Swimming strong and confident with 7 pb's was Michael and Naveh. Giuliano, Ashutosh, Twange and Wina were simply scintillating in the water with 6 life time best swims. Being bold and brilliant with 5 PB's was Jack and Butemwe. Adam, Nkhosi and Natanel were purposeful and powerful with their 4 PB's. Harry, Andrea and Naested had lots of bits of brilliance with their 3 lifetime best swims. Alon was aggressive and awesome with 2 PB's of his own. Mulenga left his best for another meet.

Well done to you ALL, as your hard work pays off. It's hard to believe that this year is already in its last throes. Just a few more weeks of workouts and training camps then we will be changing the calendar to 2018. Wishing you ALL a great holiday with your family and friends. Enjoy the training camps and the well deserved time away from school and work in the pool. Rest, recover and rejuvenate so we can hit the pool swimming and continue to be better. Remember it's your willingness to focus on the things that actually produce the success you want! As we seek to value the process more than any particular outcome! #BeBetter  
By Head Coach Ian Stephenson

Save the date.....  
**TORPEDOES TRIATHLON  
& TRAIL RUN**  
at AISL  
Sat 3<sup>rd</sup> March 2018  
[aisltriathlon.weebly.com](http://aisltriathlon.weebly.com)



### Fancy joining Torpedoes in January?

Come take a look at one of our training sessions; chat to the swimmers or for more information contact [torpedoesswimclub.zm@gmail.com](mailto:torpedoesswimclub.zm@gmail.com)

**SAVE THE DATE!**  
**CAPTAINS SOCIAL**  
**FRIDAY 8<sup>TH</sup> DECEMBER**  
More details coming soon....



[www.torpedoesinfo.weebly.com](http://www.torpedoesinfo.weebly.com)

Check out our website for amazing photos, Meet the Swimmer Interviews, the very latest swimming news, aswell as useful ZASU and TSC information!!

## Upcoming Dates:

### Thanksgiving Long Weekend

**Wed 22<sup>nd</sup> Nov** ISAZ Jnr/Snr Relay Gala 12.00  
- Secondary Pool – no training.

**Thur 23<sup>rd</sup> Nov** – no morning training

All levels 15.40 at Secondary Pool

Masters 17.20 at Secondary Pool

**Fri 24<sup>th</sup> Nov** – no training

**Sat 25<sup>th</sup> Nov**– Level 1-3 8.00 Secondary Pool

**Sat 2<sup>nd</sup> Dec** Development  
Gala at Millenium

**Fri 8<sup>th</sup> Dec** Captain's Social  
More details coming soon...

**15<sup>th</sup>-20<sup>th</sup> Dec** Francois  
Boshoff Swim Camp

**Fri 19<sup>th</sup> Jan** Nutrition  
Workshop/Social

**Sat 27<sup>th</sup> Jan/Sun 28<sup>th</sup> Jan**  
3<sup>rd</sup> League Gala at AISL

## Francois Boshoff Swim Camps 15- 20<sup>th</sup> December

François Boshoff will run a series of stroke camps and a high performance swim camp. François is a South African, highly qualified level 4 coach, certified with Swim South Africa, who has trained the likes of Cameron Van Der Berg and Gerhard Zandberg as "age group swimmers". There is a choice of two 2 ½ day stroke camps, 15-17 Dec or 18-20 Dec, or a 6 day high performance camp 15-20 Dec. The stroke camps are ideal for swimmers of all abilities and will be small groups to maximise individual attention. The high performance camp is aimed at the more competitive swimmer, focusing on racing techniques. Morning sessions for this camp will work on stroke technique and the afternoon sessions on racing that particular stroke. Great training for CANA and the second half of our busy swim season.

Masters swim session every evening for parents who would like to improve their swimming techniques. This will be formatted according to the needs of the swimmers on the day. A great chance to start swimming in time for our triathlon in March!

Costs: Stroke camp \$200.00 per swimmer  
High Performance camp \$300.00 per swimmer.  
Masters Swimming: \$15.00 per swimmer per session  
Private Lessons: \$100.00 per lesson -maximum 3 per group

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