



DMSS ARE NATIONAL CHAMPIONS!

16th BSSA NATIONAL GALA 2021

For an incredible 16th time, DMSS has been crowned National Champions again - winning the BSSA national gala with more than double the points of the runner up club, 7 victor/victrix awards, and 10 SA National (L3, SANJ and SANAT) time qualifications!

We would like to say thank you to our Team Manager Mrs Anè Lombard, and all parent officials for your overwhelming support. And a special well done to Coach Thobo and the DMSS coaching staff for preparing our swimmers so well!

AUSC GAMES (LESOTHO) & FINA WORLD CHAMPS (ABU DHABI) :

Congrats to Amaru Ditlogo, Tselane Matthews and Ethan Fisher on their performances at the AUSC games in Lesotho.

Well done also to Naya Hughes, Maxine Egner, Benco Van Royen and Adrian Robinson on being selected to represent Botswana at the FINA world champs in Abu Dhabi but who could not attend due to COVID-19 restrictions.

Despite the challenges, 2021 was another great year at DMSS - all possible because of your support.
THANK YOU!

PLEASE TELL US HOW WE DID BY COMPLETING THE BELOW 2 MIN SURVEY

BSSA GALA RESULTS

CUSTOMER SURVEY



WHAT'S NEW IN 2022

STRENGTH & CONDITIONING TRAINING :

We are excited to announce that DMSS has secured a partnership with the High Performance Center in Pretoria, to design a strength & conditioning training program and training sets for our senior swimmers.

Coach Mandi (ASCA Level 3) will be attending a Sports Science course under the training of Claire Arnott, a Sport Scientist with a BA (Human movement science), BA (Hon) Sport Science & conditioning specialist, to be up-skilled in order to implement the training programme.

Included in the offering will be tailored gym training to improve athlete's performance, strength and power, reduce injury, and monitor progression with sport specific training sets. We are working on arrangements with a near-by gym in order to offer the strength training classes to our senior swimmers.

NORTHSIDE PRIMARY SCHOOL :

We are also pleased to inform you that DMSS will be partnering with Northside Primary school in 2022. We will be offering selected DMSS classes during some afternoons at NPS pool, and will be working closely with Northside coaches and the school swimming team to offer our coaching expertise to the school during their team training and at school galas.

We look forward to a fruitful partnership with Northside and increasing our offering and convenience to our members. We expect to begin as soon as COVID-19 restrictions on school activities are lifted.

We look forward to sharing more details shortly!!!



HIGH PERFORMANCE CAMP - JAN 2022

5th to 14th January, 2022 :

Coach Darrell Morton, along with Coach Thobo will be running a high performance camp to kick start the year.

Highlights for our squads include : Video Analysis to identify stroke flaws, advanced technique to improve efficiency and improving speed and power through race pace training.

Our stations and adults can look forward to technique drills to increase confidence, and learn to push themselves beyond their comfort zone.

DON'T MISS OUT!!! Book via parent portal / mobile app

DISCOUNTS - 2022

SIBLING DISCOUNT!

7.5% OFF Sibling Discount for each child when 3 or more siblings sign up & 10% OFF when 4 or more siblings sign up!

TELL-A-FRIEND DISCOUNT!

P200 OFF for you & your friend when a referral signs up!

Call us to find out how you can benefit!
*T's & C's Apply

IMPORTANT DATES

Office closes: Dec 18th 2021

Office opens: Jan 5th 2022

High Performance Camp: Jan 5th - 14th 2022

Term 1 : Jan 17th - April 23rd 2022

2022 SCHEDULE

DIGITAL BROCHURE

Wishing you a well deserved break and stay safe!

Yours in swimming,
Team DMSS

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