



APRIL 2016 NEWSLETTER - WHAT'S COMING UP

School holiday timetable For Club swimmers there is no training during the school holidays. Competitive/squad swimmers, you are training as usual during the first week. The second week is a **BLACKOUT** week – no training. This break demarcates the end of the Long Course season (50m season). Please take a break and get prepared for the Short Course season (25m season). We will see everyone back to training as usual on Monday 2 May.

National Age Group Championships (NAGs) in Wellington is during the first week of the school holidays. We have 12 swimmers entered. Jason will be coaching at NAGs, and arranging any cover he needs for usual training times back at the pool. NAGs is a national meet for 12-18 year olds and it is a significant achievement to be fast enough to qualify to enter. Good luck to our team – Joel Crampton, Thomas Downs, Katie Helm, Cerys Lewis, Lachlan Mudie, Chelsea Parker, Louis Regnault, Justin Roberts, Jenna Rolston-Larking, Shavendra Somaweera, Danika Viskovic and Elisia Wong.

DIVISION III: PCA hosts the Division III competition on **Saturday 16 April** at Naenae pool (50m pool). Division III entry is restricted to swimmers who have **not** qualified for national meets (ie; NZ Juniors, Division II or NAGs). Division III is a thoroughly enjoyable meet for swimmers and parents, with swimmers often getting a welcome self esteem boost from this meet. Generally, swimmers are younger at this meet, up to about 14 years old. Mary Fisher brought her first medal – a Division III Bronze medal - to our prizegiving several years ago. Her journey from Division III to her current elite swimming career is inspiration to all our Division III swimmers. Do enter, and have a great time! Entries close 11 April online.

CLUB CHAMPS: Club Championships is scheduled for **Sunday 29 May** at Tawa Pool. This meet is only for Tawa Swimming Club members and we encourage all interested members to enter. Prizegiving trophies for 2016 are awarded on results at this meet. More details will come later, meanwhile please book the date.



RECENT EVENTS

NZ Opens

Congratulations to Justin Roberts, who competed at his first NZ Opens, and of course to Mary Fisher, on her stellar successes, including a World Record in S11 50 Fly at 32.92. It was so exciting to be able to watch Mary on TV each night. How lucky we are that Mary has chosen to affiliate with us, providing such an amazing role model for our kids both in and out of the water. We look forward to following Mary's swimming career throughout the year.

NZ Division II

Six swimmers went to Invercargill in March to Division II national meet for 12-18 year olds. All six swimmers achieved medals – congratulations to all! In individual events,

Elisia Wong won Gold (50Back), Silver (100Breast), Bronze (100Back)

Sarah Downs won Silver (400Free)

Clara Gianos won Bronze (100Breast)

Max Wong won Bronze (100Free)

Abby-Leigh Collier and Joshua Keegan won Silver and Bronze respectively as part of relay teams. A successful grant application assisted in bringing down the cost to compete for our swimmers.

Other news

Upcoming Club activities: On 18 June, we will host our Signature Meet at Wellington Regional Aquatic Centre (WRAC). This is the Club's main fundraiser for the year. This year, we aim to boost fundraising revenue through running a raffle alongside the Signature Meet. In coming weeks, Alex Craven (secretary@swimtawa.org.nz) will contact squad members asking all squad swimmers to contribute to raffle prizes (baskets of goodies). Later, squad members will be expected to sell raffle tickets prior to the Signature Meet. We welcome support from Club Night families, but there will be no pressure on you to contribute.

We are fortunate to have support for our raffle so far from Swim T3, WCC Tawa Pool, Adrenaline Forest and Hang Dog Indoor Rock Climbing. We are aiming for prizes appealing to a range of people. If there are parents out there with businesses who can help with sponsoring a prize, please contact Alex (secretary@swimtawa.org.nz).

Vulnerable Children's Act: Following the introduction of the Vulnerable Children's Act, Tawa Swimming Club has been working on processes needed to best ensure our swimmers safety during Club activities. Some of our particular concerns involve our children on away meets/camps. Later this year, we will introduce Police Vetting. Our particular areas of concern include volunteer coaches, drivers and overnight helpers/team managers. You will be aware that this is similar to the way schools are moving to best protect children. Thank you for your cooperation.

Code of Conduct: While swimmers take a break during the holidays, we would like all our Club members and parents to take some time to refresh themselves with the Club's behaviour expectations. Basically, we expect courtesy to be shown to others at all times between all parties – including coaches, committee, parents and swimmers. Swimmers, please show courtesy to other swimmers and remember why we are here. We are all here for every swimmer to achieve their full potential.

Please refer to SNZ [Code of Conduct](#) which makes very clear the behaviour expectations in swimming.

CLUB NIGHTS

[Club Captain – Mel Jones]. The club is still searching for some Volunteer Coaches - if you are willing to offer your time or you know of someone who may be interested, please come and see Mel on a club night. Mel is at the pool on Monday evenings (both sessions) and Thursday evenings (second session) if you want to talk to her in person (captain@swimtawa.org.nz).

Thank you to Natasha Kenyon for taking on Time Trials Co-ordinator!

Volunteer coach training. The Club is funding 2 volunteer coaches to attend the SNZ Swimming Teacher Award course at Tawa Pool on 19 April. Another volunteer coach is attending a Sport Wellington "Get Started in Coaching" session on Monday 18 April and late last year, the Club funded 2 coaches (Andrew Evans and Cliff Roberts) to attend the SNZ Teachers of Competitive Swimming (ToCS) course in Manawatu. We aim to further develop coach training in the next financial year. Thank you very much to our volunteers for their commitment.

Thank you to everyone who supported our Club Night BBQ on 4 April, and to the swimming members who helped – Thomas and Sarah Downs, Abby-Leigh Collier, Danika Viskovic, Justin Roberts and Thomas Craven. Thanks also Josh McPhee for helping, and to parents who offered to help on the night. We really appreciate your support. Due to a parent donation of goods and packaging (thank you), a large percentage of lolly bag sales goes into Club fundraising, and the BBQ itself covered its costs, and made another \$82.00. We hope you enjoyed the evening.

RACING INFORMATION

A number of people are having difficulty with online direct entries, and some with the Google docs forms used for other meets (such as Gold Coast). Some issues have been account setup related, some payment related, some getting visibility of who else is going to the event, and some whether everything worked okay with your entry.

Here's a few tips on who to contact, when and how, for problems, and how to get information you need.

- 1) Don't leave your entries to the last days before closing unless you have to. The earlier you enter, the easier it is to resolve any potential issues.
- 2) **All** race meet queries, result queries, SNZ account problems must be directed to Tawa Swimming Club Race Secretary Ruth Humble (racesec@swimtawa.org.nz). Do not contact Swimming New Zealand. Ruth will do that if she needs to.
- 3) If you have an account issue, Ruth or Sandra can reset your account (racesec@swimtawa.org.nz or treasurer@swimtawa.org.nz)
- 4) If you experience any trouble with race entries, contact Ruth as soon as possible. Don't wait until after the cut off date.

The [Meet Information page](#) has been updated with meets throughout 2016.

SOMETHING FUN FOR TEENS?

WCC event

Youth night at Wellington Regional Aquatic Centre

Join us for a pool Youth Night at Wellington Regional Aquatic Centre in Kilbirnie. Experience the seven-metre slide, giant obstacle course or challenge a friend to a duel on the Gladiator platform. 6pm-8.30pm, Friday 29 April. Entry \$3.60. Ages 13-21 years.

This could be a really fun night to get together at the end of the school holidays before cracking back into regular training next term.....Get some friends together and go have some fun!



Committee contacts

Ashley Downs
Alex Craven
Sandra Bednarek
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Billie Mudie, Lisa Wong, Sue Smart and Denise Roberts are also Committee members. Please feel free to talk to Committee members anytime, or come to a Committee meeting. If there is something you would particularly like to hear about in the newsletter (which generally follows Committee meetings), please let Alex know on secretary@swimtawa.org.nz.