



### WHAT'S COMING UP

Congratulations to all our swimmers who have made Junior Nationals times, and to the 6 swimmers heading to Auckland for Juniors in mid-February. Best wishes Matthew, Jenna, Gavin, Clara, Renee and Charlotte for your trip to Auckland. Well done Lucy S and Lily-Anne for achieving qualifying times ☺

13 February, watch our members Shavendra and Chelsea compete for the All Stars (Wellington, Manawatu) at the Zonal Championships in Auckland. Televised live from 5pm on SKY Sport 4. Good luck Shavendra and Chelsea!

This is a relatively quiet period on the local calendar. The next meet for juniors is the PCA Novice meet in mid-March. Please keep an eye on the Meet Information page, and talk to your coaches.

### RECENT EVENTS

A big Tawa team (48) turned out for Swimming Wellington Summer Champs 22-25 January in Kilbirnie on Anniversary Weekend. This figure more than doubled the number of entrants we had in 2012. Congratulations to our 13 medallists, and the many more 4-10<sup>th</sup> place getters. Our medallists were Chelsea, Jenna, Matthew, Joel, Renee, Shavendra, Rachel, Joshua, Danika, Cerys, Gavin, Clara and Katie H. Our 4-10 place getters, not including those who achieved medals, were Elisia, Louis, Naomi, Max, Michael, Justin, Andrew, Phoebe, Lucy S, Thomas D, Charlotte, Jack, Sarah, Lily-Anne and Wynter. Well done to all of you!

It was great to see new swimmers coming to champs, as well as our senior swimmers, some of whom were competing in their last swim meet. To those moving out of competitive swimming, our best wishes to you in your chosen fields. There will be a few squad movements as a result of some of these comings and goings.



One of our youngest, 2 of our eldest swimmers ☺

## CAMP



Our inaugural Junior camp was held from 15-18 January in Wainuiomata. Twenty-eight swimmers (22 girls, 6 boys) attended, ranging in age from 10-15, with Rachel coaching. There was a buzz about the camp from arrival, with this being a first ever camp for some children. The first two sessions were a bit of a shock for some, with a longer pool and training session than usual and a chilly wind about. Around Saturday lunchtime, the weather had improved and all of the children finished all of the last 3 sessions (2 x 1.5 hours per day). Rachel was super impressed with the attitude towards training that all of the swimmers showed, and the parent helpers were super impressed with the behaviour of the group in general. Camp games and team challenges were popular, so was the food, and the kids were delighted with spot prizes from Swim T3. Thanks to Rachel for spear-heading this initiative, to parent helpers on camp, to Swim T3, and to all the parents who did amazing baking!



Senior camp, which is a well-oiled machine, was run from 7-13 January in Marton. Twenty-six swimmers attended, with Jason and Cliff coaching. Tawa Swimming Club was awarded a grant for camp, which brought down the costs passed on to swimmers. Thank you to Denise for her work on grant applications.

Thank you to all the parents who helped to make our recent camps a success, with special mention to Senior Camp coordinator Lisa Wong and Junior camp food organiser Louise Tresch.

## TIME TRIALS CO-ORDINATOR

Lisa Wong has done a fantastic job for 5 years of co-ordinating Club Time Trials for us, but would like someone else to take up the reins now. Time Trials are held once per term on a Club Night and are an opportunity for mostly young swimmers to measure their progress, and to gain a taste of competitive swimming processes in a friendly environment. Time trials are also a great introduction to the different roles parents need to play to help in competitive swimming, and are a chance to meet a range of other parents (while watching the stop-watch!). Co-ordinating time trials is an administrative role, sorting the online entries and organising the paperwork needed for the night. Lisa will help a new co-ordinator through a handover period. Please contact Lisa for more information ([nevlisa@actrix.co.nz](mailto:nevlisa@actrix.co.nz)).

## THANK YOU'S and HELP

Huge thank you to Annie Austing and Suzanne Riddle for their contributions to Club Night coaching! Annie and Suzanne have stepped down, and with the loss of 3 volunteers, we have need of more coaches. If anyone is interested please talk to Club Captain Mel Jones-Rawstorne ([captain@swimtawa.org.nz](mailto:captain@swimtawa.org.nz)). We have one senior swimmer helping (Jaimie Balmer) and welcome interest from other seniors as well as from parents. Our coaching staff will help you with how to teach swimming technique.

## SHALLOW WATER BLACKOUT

We will be making information about the risks of Shallow Water Blackout available to parents on the Club Noticeboard. Shallow Water Blackout can occur when, due to hyperventilation or excessive breath-holding activities, carbon dioxide levels in the blood are driven to artificially low levels and this diminishes the urgent desire to breathe. Please talk to Jason if you have any questions about this. Our programmes are planned to avoid unsafe practices.

## CLUB ROOMS

As we start the academic year, please bear in mind the following expectations for use of the Club Rooms by members.

- There should no members in the Club Rooms between 0600-0700, nor after 1630 on weekdays.
- Members are expected to leave the Club Rooms tidy.
- The doors are controlled by timer. Members are not to ask WCC for access outside timed hours.

## GEAR

Squad swimmers are encouraged to purchase their own kit for training please. This includes kickboard, fins and pull-buoy. We are running low on Club supplies in some areas and need to audit these. Please check your personal kit bags for Club fins in particular. Club gear should be stored in the Club baskets so that it is available to all of our swimmers. Thank you.

## COMMITTEE

Ashley Downs  
Alex Craven  
Sandra Bednarek  
Ruth Humble  
Hugh Allan  
Melinda Jones-Rawstorne  
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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](mailto:secretary@swimtawa.org.nz).