



JULY 2016 NEWSLETTER - RECENT EVENTS

Congratulations! To Mary Fisher on being named winner of Sport Wellington's Sportsperson with a Disability of the Year, 2016. Swimming was recognised in further awards, with Samantha Lee taking out Sportswoman of the Year and Mark Berge, Volunteer of the Year. Mary is in the last part of her lead up to the Rio Paralympics, and leaves NZ in mid August. You can [follow Mary](#) on Facebook.



Dash for Cash SIGNATURE MEET, Saturday 18 June, WRAC. A big thank you to everyone who helped to run the Signature Meet this year, and supported the raffle alongside this which brought in \$1,500. Thank you, especially to sponsors and to squad swimming families who did a lot of the work by selling their tickets and contributing to the prizes. A Club Night family won the groceries, a squad swimmer (Lucy E) won one month free swimming at Tawa Pool and 2 passes to Adrenaline Forest, a work colleague (Stickney) who bought a ticket through a squad swimmer's parent won the Swim T3 voucher and 2 passes to Adrenaline Forest, and a member of the public buying 6 tickets the night of the draw (Amanda) won the Eco-store pack.



Congratulations Ryan Novilla on the grocery win 😊

Thank you to Tawa Pool, Adrenaline Forest, Swim T3 for donating prizes, and to Hangdog Indoor Rock Climbing for donating vouchers, used as incentives to sell 10 tickets. If you haven't collected your Climbing voucher, please pick up one from the Club Noticeboard.

Wellington Relays: Fifteen swimmers represented Tawa at Wellington Relays on 25 June, with the 15 and Under team winning Bronze in 4x50 Medley and the 13 and Under winning Silver in 4x50 Freestyle. Well done Team Tawa!



UPCOMING EVENTS

School Holiday timetable: Future and Rising Stars, Junior Development, Development and Performance are all training on their regular timetable throughout the school holidays. There is no Club Night/Afternoon swimming through the holidays.

New timetable: The new timetable for Club Night/Afternoon swimming and Squad swimming commences with Term 3, on Monday 25 July. The [full timetable](#) is available on the web.

Club Prizegiving: Prizegiving is booked for 3pm at Amesbury School on **Sunday 31 July**. Please bring a plate and celebrate our swimmers' achievements and attitudes, and our volunteers. Many different swimmers will receive certificates for placing in the top 3 in their age group events at Club Champs, and further swimmers will be recognised for their attitude through Merit Awards.

Wellington Winter Championships: The next big meet for us is Wellington Winter Champs, held over 2 weekends in August. To see if you have met qualifying times, you can check the eligibility report on the Meet Information page.

Club AGM: The AGM is booked for Thursday evening, 7pm, Club Rooms, on 25 August.

Uniform orders: Menique is planning to place a new order for uniforms around end of July. Stand by for more information via email soon. If you have second-hand uniform wanted to buy or sell, there's a place for this on the Club Noticeboard.



RACING INFORMATION

Here are a few tips on who to contact, when and how, for problems entering races, 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. If you experience any trouble with race entries, contact Ruth as soon as possible.
- 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) On race day, **text** the **TEAM MANAGER phone 0204 070 3032** if you are withdrawing or are arriving late. Note, there is no credit on the phone so don't expect a response. Programme this number into your phone.
- 5) **Black Swimming Wellington passes** are issued for getting into Regional Meets and Signature Meets. If you don't take one, you are likely to be charged a pool entry fee (even though you already paid meet entry fees). Contact Alex (secretary@swimtawa.org.nz) if you don't have a black card and you are entered in one of these meets.
- 6) Entry for swimmers to WRAC for Signature Meets/SW events is supposed to be through the **side door** on Kilbirnie Crescent, prior to warmup.
- 7) The [Meet Information page](#) has been updated with meets throughout 2016.

Take Your Marks

If you are relatively new to competitive swimming and haven't heard of it, **Take Your Marks** is a handy tool for tracking progress. The current cost is \$30 per family per annum and you can:

- record all your **meet results**
- store and maintain your **best times**
- set **goal times**
- **graph** your results and splits
- **convert times** from one course to another

It's a really easy way to see what your current best times are. If you don't have this, you can find a list of all [Tawa Swimming Club members' best times](#) on our website. <http://www.swimtawa.org.nz/pbcharts.php>

Parents Handbook – Swimming NZ

Swimming NZ has produced a useful resource for parents, with information from experts covering a wide range of topics parents need to know about to best support a swimmer at all ages/stages. Have a read.

"The recipe for healthy swimming is simple: get a good night's sleep, eat healthy foods, drink plenty of fluids and stay happy." Dr Lynne Coleman

http://www.swimmingnz.org.nz/uploads/files/Parent_Handbook.pdf

WCC - Youth Night

Teens, there is another Youth Night being held at the WRAC on Friday 22 July, 7-8.30pm. These look like a lot of fun – grab some friends and have a night out.

Committee contacts

Ashley Downs
Alex Craven
Sandra Bednarek
Ruth Humble
Hugh Allan
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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.

