



## NOVEMBER 2016 NEWSLETTER

**Welcome to our new members.** This newsletter contains information for a range of members. Please pick it over for what is relevant to you.

### Key upcoming events

<b>Gold Coast Zone, Sunday 13 Nov, Tawa</b> Big team of 60+ Tawa swimmers!	<b>Capital Classic, Saturday 26 Nov, WRAC</b>
<b>SW Open Meet, Saturday 10 Dec, WRAC</b>	

### Recent events

**Metroleague:** Well done to the young swimmers (12 & Under) who represented us at 4 rounds of Metroleague competition over recent months. Metroleague is a Swimming Wellington initiative, aimed at giving young swimmers a chance to gain official times in individual races and for clubs to race against each other in relay events. Tawa entered one team this year, the entry fee funded by the Club.

### General news

**Junior Camp:** 13-15 January 2017 we are running a day camp for up to 27 swimmers (by invitation - Junior Development, Rising Stars and some Future Stars). Day camp is based at Tawa Pool and Clubrooms, with trips out to play bubble soccer, to Kilbirnie for a 50m swim and to Thorndon Outdoor Pool (TBC). The primary reason behind the change from last year's format (3 night camp in Wainui) is that the accommodation was unavailable. Given the ages of kids span about 10-16 years, it is hard to suit everyone, and we do appreciate that for older kids, the overnight experience was a big part of the fun. Hopefully, 2017 will also be fun, and a plus-side of day camp is that it is expected to be less demanding on parent help and younger swimmers.

Junior Development and Rising Stars have received their invitation to camp, and there are places remaining for some other swimmers. Next week, invitations will go out to some Future Stars (by coach selection). There aren't enough places left to invite all of the Future Stars, sorry. Those Rising Stars and Junior Development swimmers who haven't confirmed places yet, please note that unconfirmed places are going to be offered to as many other swimmers as possible. Thanks, Alex Craven, coordinating Junior Camp, email [secretary@swimtawa.org.nz](mailto:secretary@swimtawa.org.nz).

**Senior Camp:** 9-15 January 2017 we are running our annual swim camp for Seniors (Performance and Development squads) in Marton. Thank you to the organising sub-committee for your work on logistics, and to parent help offers for both camps.

**Photographer:** This week we have facilitated a local photographer, Andrew Tierney, to take action shots of swimmers in Jason's squads for their private purchase. Some images will be made available for Club use, so I hope to have some on the website soon, and/or in an upcoming newsletter, subject to the agreement of swimmers.

## General news

The pricing for Gold Coast Zone meets in 2017 is changing to \$8 entry fee, payable at the door, no spectator fee. The upcoming meet this Sunday is still \$6 at the door, \$1 spectators and officials. CASH only.

## Club information

You will have noticed that our new Race Secretary Vicky Gibbs has got all her systems up and running now, including direct email. Given the diversity of people across the Club who may be interested in Club communications, it is often easiest for us (Alex, Secretary and Vicky, Race Secretary) to email the entire membership. If you aren't interested, please just delete.

Club newsletters generally come out monthly, after Committee meetings, and are circulated via email, uploaded to our [Home Page](#) and a hard copy posted on the Club Noticeboard. Vicky will be sending out a monthly email with upcoming race events. Race and Time Trials information is also available on the [Meet Information](#) page of our website.

## Reiteration of Race Secretary email regarding common problems, for reference

When you start entering and competing at swimming competitions it can be confusing and overwhelming for both children and families. Below are some points to consider that will hopefully assist in making this easy for all concerned:

### Logging onto the My Page portal to Enter Meets

- All meets are entered online via the SNZ (Swimming New Zealand) website. The link is noted on the Meet Information page, but is <https://mypage.swimming.org.nz/>. In order to enter meets online you must have a user ID and password set up. If your child has never raced before, this is unlikely to have been activated. In this instance, you need to email me ([racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz)) to request that the user ID and password be activated. If you have forgotten your user name and/or password, I can reset this for you. If you need these functions, please ensure you email me **well ahead** of the meet closing date.

### Reading Meet Flyers

- Meet flyers are available on the Meet Information page. They contain all the obvious details about the meet, but they also note entry restrictions around the meets/events. For example, for Signature Meets, in order to enter a 50m event you must have an official time for that event already (i.e. have already raced that event at an official meet). You cannot have an NT (which stands for "No Time" and indicates that you haven't raced that event). For Signature Meets you are also only allowed one NT for 100m/200m/400m events. There are different restrictions in place for Gold Coast meets.
- As well as being noted on the Flyer, when you enter online there is a disclaimer noting the restrictions. Can you please ensure you read the Flyer and note any restrictions to entry. If you are unsure about the restrictions, or anything else to do with the meet, please contact me on [racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz). Alternatively, please discuss meet entry with your Coach.

### How do I Know my Child's Qualifying Times?

- If you wish to see what official times your child has, you can go to the Swim Wellington Results Database: <https://wellington.swimming.org.nz/page.php?id=26>. You simply enter the name of the swimmer, and click on FIND. You can also filter as necessary.

### Recommendations as to What Meets/Events to Enter

- Noted on our website Meet Information page, and included on my monthly Meet Summary emails, there is a *Recommendation for Entry* for each meet, identifying which squads/club levels should attend each meet. This is fairly general, and is only a recommendation. Larger meets can be long, confusing and overwhelming for younger, inexperienced swimmers. We want these meets to be a positive experience for our newer swimmers and their families. If you are unsure what meets/events you should be entering, please discuss with your Coach.

- You will see that some meets are noted as LC and some are SC. LC stands for Long Course and is held in a 50m pool. SC stands for Short Course and is held in a 25m pool. Looking at the current Meet Flyers, you will see that most of the meets are currently LC meets as we are in Long Course season, culminating in the Swim Wellington Long Course Summer Champs (to be held in January). After that we move to Short Course season, culminating in the Swim Wellington Short Course Winter Champs (to be held August/September). LC meets can be tough on younger swimmers, so again, please think about which events you enter into. For younger, new swimmers we would recommend Club Time Trials (not official times, but a great introduction to competitive racing) and the Gold Coast (GC) meets.

### **Withdrawing from a Meet (or "Scratching")**

- If your child is unwell, or you are unable to attend an event that you have entered into, you can withdraw (or "scratch") from a meet (or even from an event at a meet). Please email the race secretary ([racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz)) if it is prior to the date of the race. If it is near the start of the meet, you should still email the Race Secretary, but please also text the Team Manager on 020 4070 3032. The Team Manager is unable to respond to your text. If you are at a meet and want to scratch from one or more events, you need to let your Team Manager know prior to warm-up and they will complete the paperwork. Please be aware that some meets have different rules around scratching; if there are financial penalties for scratching (normally at more senior level meets) then they will be noted in the Flyer.

### **Assisting with a Meet**

- When you enter a swimmer into a meet, it is expected that a parent/caregiver is available to assist. This may be for time-keeping, refreshments, on the door, or in other roles. Please do not enter your child(ren) in a swim meet where you are not prepared to be rostered to help. Many helpers share the load and ensures the same parents are not rostered regularly. All the roles that you see around the pool are undertaken by volunteers (and not necessarily parents of swimmers, but parents of ex-swimmers who still help out). Without people to fulfil these roles, our children can't compete.

### **Out of Region Meets**

- From time to time you will see meets noted on the Meet Information page for out of Wellington events. Whilst these meets are open to Tawa swimmers (as the Wellington meets are), these are not meets where the Club would actively support the swimmers, i.e. sending a coach, team manager, etc. Typically these meets are for older, experienced competitors who may be looking to get specific times in certain events. If a meet is going to be supported by the Club, with an attending coach, team managers, etc, this will be communicated.

There is a useful link on our website ([http://www.swimtawa.org.nz/images/pdfs/new\\_to\\_competitive\\_swimming\\_handout.pdf](http://www.swimtawa.org.nz/images/pdfs/new_to_competitive_swimming_handout.pdf)) which provides further detail on the above, along with other points that are useful for those new to competitive swimming.

If you have anything you would like to discuss in respect of the above, or any queries regarding swim meets in general, please contact me on the [racesec@swimtawa.org.nz](mailto:racesec@swimtawa.org.nz) email address, or feel free to discuss any queries or concerns with your child's coach.

Finally, please bear in mind, I am not always able to pick up or action emails immediately due to work and other commitments. If you require assistance with meet entry or similar, please don't leave it until the last minute. Thanks, Vicky Gibbs

### **Committee**

Ashley Downs  
 Alex Craven  
 Sandra Bednarek  
 Vicky Gibbs  
 Hugh Allan  
 Melinda Jones-Rawstorne  
 Maggie Cooper  
 Billie Mudie and Lisa Wong are also Committee members.

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