



OCTOBER 2016 NEWSLETTER - Welcome to Term 4

Since our last newsletter a lot has happened...

Paralympics: A fantastic result for Mary Fisher, winning Gold in the 100m Backstroke with a new World Record time, and adding to her medal haul from the 2012 London Paralympics! There was so much swimming to watch from our para swimmers in Rio, it was great viewing. Welcome back to Wellington Mary 😊

NZ Short Course Champs: Congratulations to our 12 swimmers who competed at NZ Short Course Championships 2-6 October in Auckland, and especially to Joel Crampton on his Bronze medal for 200Fly. Great job Joel! Our swimmers were Joel, Elisia Wong, Shavendra Somaweera, Louis Regnault, Danika Viskovic, Chelsea Parker, Lachlan Mudie, Katie Helm, Katie Trott, Sarah Downs, Cerys Lewis and Justin Roberts. Thank you to Pub Charity Limited, which provided funding for vehicle hire, accommodation and meet entry fees.



Time Trials: The next Club time trials evening will be **Thursday 3 November**. Time trials is a great way for new/less experienced swimmers to develop understanding and confidence about competitive swimming processes (starts/finishes etc) in a non threatening environment. Its not an official meet, is only open to Tawa swimmers and only squad swimmers can be disqualified. Children achieve ribbons for personal best times. Time trials is suitable for entry level swimmers right through to junior squads. Check the [Meet Information page](#), where you will be able to enter soon (entries close 2 days prior to the event).

Thank you to all the volunteers who helped to run the 800m event at Tawa Pool on 16 September. It was heartening to see so many people willing to put themselves out on a Friday evening to help a handful of teenagers. Special thanks to all the people who came in especially to do this, to the parents of youngsters who stayed after training to help, and to the senior swimmers who stayed after their training session offering to help poolside.

Coaches: In late Term 3, we welcomed Simone Gordon, a former Tawa Swimming Club member, to the coaching team. Simone is coaching the Future Stars squad, Tuesdays/Wednesdays and Fridays. Welcome Simone!

Volunteer coaches: Thanks to our fantastic team of Club Captain Mel Jones and her volunteer coaches who keep the wheels turning on our Club swimming programme. This term, among our volunteers, we have 4 teen swimmers in regular coaching slots (Jaimie, Hannah, Sarah and Tyler). Its great to see an increasing number of teens taking an interest in volunteering. And, of course, thank you to our adult coaches! Tawa coaches attended the September Sunday Dive Clinics, seeking to improve their own teaching of diving through tips from Todd Morton of Easyswim. Thanks again to Todd for taking these clinics.

Thank you to the Comeskey family who found us a second hand fridge for the Club Rooms.

Morning session swimmer parents: Please ask your kids to start cleaning up after themselves in the Club Rooms.

Technical Officials – Hugh is always looking for volunteers to train as Inspector of Turns (IOTs). Please contact Hugh officials@swimtawa.org.nz for more information.

IT Project Coordinator – The Committee is still looking for someone keen to oversee upgrading the website and establishing a social media presence. Please contact secretary@swimtawa.org.nz if interested.

Code of Conduct – As the new term commences, please ask your swimmers to take the time to refresh themselves with the Swimming NZ Code of Conduct, a hard copy of which is on the Club Noticeboard at the pool.

Uniform, July order – The order that closed in late July is due to arrive by the end of October.



Tumble turn practise

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 Vicky Gibbs (racesec@swimtawa.org.nz). Do not contact Swimming New Zealand. Vicky will do that if she needs to.
- 3) If you have an account issue, Vicky 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.

Committee contacts

Ashley Downs
Alex Craven
Sandra Bednarek
Vicky Gibbs
Hugh Allan
Melinda Jones-Rawstone
Maggie Cooper

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Billie Mudie and Lisa Wong 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.