



Welcome back to Term 4

Welcome back to Term 4 swimming! Welcome to more than 20 new members across the Club and to Head Coach John Cornfoot, who commenced coaching for Tawa in September. We hope you all enjoy your experiences with Tawa Swimming Club.

Parent Information sessions: We will hold general information sessions about the Club and junior swimming on Monday 21 October and Thursday 24 October, 6.15pm-7.15pm, upstairs in the Clubrooms. Topics will include the structure of the Club, frameworks (including the SNZ Code of Conduct, Members Protection Policy), Club values, pathways through the Club, coaching, and swimming programme content. Please come and ask any questions.

Information will be made available to parents who can't come in person once we hear what your questions are and can include these as well.

Information sessions about starting racing will be held separately later in the term.



Swimming with Asthma - Asthma Education session

Asthma Foundation Nurse Educator Anne Couper will be holding an information session on managing asthma in swimming on Thursday 31 October, 6.15pm-7.45pm, upstairs in the Clubrooms, Tawa Pool. The first 60mins will be for parents mainly, last 30mins for children.

Anne's session is open to anyone interested. Parents/children from Porirua City Aquatics and local swim schools are invited. If members are aware of anyone else who may be interested, please extend the invitation.

While 10-12years is the demographic with the greatest number of children swimming at Tawa Swimming Club, we also have teens swimming with asthma - so please come along whatever age/stage - and ask your questions.

If your child swims Thursdays, he/she can come up at 7.15pm. Its also fine for children to attend the whole info session. If Thursday isn't your usual day, and your child wants to swim first, please see Club Captain Alex on the night (captain@swimtawa.org.nz).

Labour Weekend

There will be no swimming throughout Labour Weekend, Saturday 26 October to Monday 28 October inclusive.

Time Trials - Thursday

21 November, 6pm, Tawa Pool

Time Trials is a low key Club only introduction to race processes, generally held once per term. Swimmers receive ribbons for personal bests. Your coaches can advise you further on what to enter if this is your first time. All swimmers across the Club are encouraged to participate. Save the date.

Club Christmas event

Monday 16 December, 6.15pm

A whole Club Christmas event will be held at Tawa Pool.

Monday 16 December is the last day of swimming for all those who regularly swim at 3.30pm/6.15pm Monday/Thursdays (Tawa) or 6pm Weds (Keith Spry Pool).

(Squads will continue a bit longer)



Coaching

From 12-14 September, 3 Tawa coaches attended the NZ Swim Coaches and Teachers Association Annual Conference, held in Wellington. They were -

John Cornfoot, coach of senior competitive swimming squads and mentor for squad swimming coaches;

Cliff Roberts, who has long coached junior squads for Tawa; and

Andrew Evans, College Swimfit squad and long-time volunteer club coach.

The Club made 2 unsuccessful applications for external funding and decided to go ahead anyway. The local opportunity was too good to be missed. Thanks to coaches for giving their time, and taking leave from other work, to attend the conference.

Coach Mentor Donna Bouzaid, spent the day of 11 September with six of the eight college girls we have volunteer coaching. Students took a day off school to attend and Donna packed a full day of training in. Thanks to the members who made time to come in for the pool sessions so the coaches could try out the things they'd talked about.

Thanks to all Club members supporting Club fundraising efforts, which in the absence of a grant for the purpose, goes towards this kind of Club spending.

Quiz Night, 25 August

Huge thank you to everyone who supported the Club's Fundraising Quiz Night at 1841 Johnsonville on 25 August. Over \$2,500 was raised. A big thank you to **Cath Leilua**, who organised and ran the event, to all who contributed with donations for raffles and prizes and gave time to help. All prizes were kindly donated from club members and local businesses:

1841 Bar & Restaurant, Swim T3, Take Note Tawa, Charmaines Hair & Beauty, Hataitai Family Barbers, Urban Eatery Tawa, Easyswim, Bottle-O Tawa, ANZ, P&Z Decorating Centre Porirua, Clear Skin NZ

And to Kirsty Tikao, Stacey Magee, Amie Chartrand, Angie Graham, Sheryl Hyde, Maggie Cooper, Carmen Wright, Vicky Gibbs, Meghna Hall, Trish Comeskey, Alex Craven.

Thanks also to the swimming members who helped on the night - Mackenzie Chartrand, Ella Clarke, Caitlin Clarke, Sienna Leilua, Ollie Williams & Nathan Wong

Club communications

A reminder that we have a **Facebook** page. This is used for club announcements, meet reminders, etc. These items will still be advised by email, but hopefully the Facebook page will help facilitate ease of communications: **Tawa Swimming Club Inc.** It would be great if you could Like our page, thank you.

News is generally added to Facebook and the **website public "News"**, or as a popup on the website, as events occur, and a wrapup of events and news is published via a Club newsletter approximately twice per term.

Most information (not updates from race meets) is also emailed.

Race Secretary Vicky Gibbs emails details of upcoming racing events. These details are also accessible on the Members Area of the website, under the Meet Information page at (<https://www.swimtawa.org.nz/dash/events>). You need a log in to access this. Please contact Alex Craven (captain@swimtawa.org.nz) if you can't login.

A reminder also, that once results have been approved (usually the Monday or Tuesday after an event), once they have been processed by the Race Secretary they are uploaded to the relevant meet on the Events page under the Meets Info tab of our website.

Please talk to your coach should you have any questions regarding meets or contact Vicky (ratesec@swimtawa.org.nz).

Uniform

The Club is the process of confirming a new uniform. No uniforms orders have been taken since last October. Although there is no compulsory uniform at Tawa (apart from Club swim caps), at least a Club t-shirt is ideal for attending swim meets. [At any medal ceremony, Club shirts are compulsory. Members share shirts, if needed]

We are aiming to have a reasonably priced t-shirt available for juniors so that more children can wear Club uniform, in more contexts than just at swim meets. The Club expects to be able to take orders very soon.

Upcoming focus

Although swimming goes year round, it is broken into two seasons - Short Course (SC) in 25m lengths, and Long Course (LC), in 50m lengths. We are now moving into the Long Course season, in preparation for the seniors who will be entering Summer Champs (13&0), National Age Groups and Opens in early 2020. (All of Tawa Swimming Club's training is done in 25m pools; its just the swim meets that are run in 50m pools)

Long Course meets (all meets currently held at the Wellington Regional Aquatic Centre (WRAC) in Kilbirnie) are more challenging for swimmers, so if you have a younger or less-experienced swimmer, please discuss event entry with their Coach prior to entering. Best to start with minimum distances (ie 50m events) and work up.

There are also some Short Course swim meets available for junior and new competitors this term. The best one for juniors this term is the 24 November Gold Coast Zone meet at Coastlands (25m pool).

Junior competitive swimmers will be looking towards celebrating their year of swimming at regional Junior Championships (12&Under) on 14-15 December (Short Course meet).

Tawa in swimming events since last newsletter

Tawa had a great time at regional Short Course Championships weekend 30 August - 1 September. Congratulations to Amy Teekman, who received the highest points in the 13Y age group and to Charlotte Gibbs, who was third in that age group.

Our qualifying swimmers who competed were: Drew Bateson, Ryan Bateson, Matthew Biddington, Bianca Billlones, Zoe Brown, Emily Bunton, Kate Bushell, Nathan Butchard, Hannah Campbell, Mackenzie Chartrand, Ella Clarke, Caitlin Clarke, Anna Comeskey, Lucas Commerford, Matthew Cooper, Naomi Cooper, Lucas Dowdell, Joshua Dowdell, Zach Edwards, Sophie Ewens, Charlotte Gibbs, Meghan Gibbs, Ella Hanley, Miriam Kirby, Sienna Leilua, Justin Leung, Lana Magee, Jack McPhail, Ash Millward, Gavin Moon, Angus Mudie, Georgie Mudie, Ollie Robinson, Tara Swamy, Lily Tankersley, Amy Teekman, Briana Trewern, Nathan Webber, Ruben Wright, Annika Yeldon, Bianca Yeldon, and Eric Yuan.

Medal table, SW SC Champs



	Gold	Silver	Bronze	Total
Amy Teekman	13Y 50m Breast 13Y 50m Fly 13Y 100m Breast 13Y 50m Back 13Y 200m Back 13Y 200m IM	13Y 100m IM 13Y 50m Free 13Y 100m Back 13Y 100m Free		10
Charlotte Gibbs	13Y 100m Fly	13Y 200m Free	13Y 50m Free 13Y 50m Fly 13Y 100m Free 13Y 200m IM	6
Hannah Campbell	13Y 200m Fly	13Y 100m Fly		2
Gavin Moon	15Y 50m Fly	15Y 100m Fly		2
Justin Leung		17&O 200m Back 17&O 50m Back	17&O 100m Fly	3
Matthew Cooper		15Y 100m Breast 15Y 50m Breast		2
Meghan Gibbs		9&U 100m IM	9&U 50m Breast 9&U 100m Breast	3
Annika Yeldon		13Y 50m Back	13Y 100m Back	2
Ollie Robinson		12&U 400m Free		1
Bianca Yeldon		12Y 200m Back		1
Naomi Cooper			13Y 50m Breast 13Y 200m Breast	2
Angus Mudie			14Y 200m Back	1
Ruben Wright			15Y 100m Free	1
Sienna Leilua			12Y 100m Fly	1

School swimming

Many Tawa swimmers also competed for their schools in September.

Sophie Ewens, Ollie Robinson and Bianca Yeldon competed for their schools at AIMS Games, and Miriam Kirby and Annika Yeldon at NZ Secondary School Championships. These were both out-of-town meets.

Primary school Tawa Swimming Club members swam at the **Inter-Zone Primary School** swim meet on 12 September. Top 3 finishes by the following members: Meg Gibbs, Lana Magee, Sienna Leilua, Clare Geursen, Neve Dunlop, Harry Edwards, Oliver Florance, Eamonn Ward

And the following Tawa swimmers also swam: Millie Gately-Taylor, Ruby Conway, Maddison Adams, Kate Bushell, Jaymee McHugh, Joshua Dowdell, Liway Kisteria, Nathan Webber, Lucious Pinto, Tino Schlagowski, Carl Novilla, Bianca Billones, Madison Lynch, Ella Hanley, Viktoria Havenith, Shelby Crawford, Helen Brightwell, Xavier Gazzard-Steele

Well done and thanks to all members flying our flag in the community.

NZ Short Course Championships

14-year old Amy Teekman has just returned from Auckland, competing at the NZ Short Course Championships, and placing in the top 10 in six different events. Remarkable effort Amy - and thanks to the team behind her back in Wellington ☺





Committee/Parent Roles

Clive Kirby	President	president@swimtawa.org.nz
Kirsty Tikao	Secretary	secretary@swimtawa.org.nz
Louise Hearn	Treasurer	treasurer@swimtawa.org.nz
Vicky Gibbs	Race Secretary	racesec@swimtawa.org.nz
Hugh Allan	Officials Coordinator	officials@swimtawa.org.nz
Alex Craven	Club Captain	captain@swimtawa.org.nz
Sonya Wimmers	Uniform	uniform@swimtawa.org.nz

Darren Yeldon/Olivia (Grants Officers), Natasha Kenyon/Lisa McPhail (Time Trials), Trish Comeskey (Junior Squad Coordinator), Megan Reid (Senior Squad Coordinator) Susan Smart (H&S Officer), Maggie Cooper (Committee)