

many Pb's they got, can be very proud of their efforts and what they achieved. **A great Birthday Present for Jim!**

Auckland Junior Medals for Age Group were as follows:

| | |
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| Josh Brown 12 yr old boys, 200 Back | Silver |
| Scott Fairburn 12 yr old boys, 50,100 & 200 Breast, 200 and 400 IM 50, 100 & 200 Fly, 100 Back 400 Free | 5 Gold 4 Silver Bronze |
| Flynn Jones 12 yr old boys, 50, 100 & 200 Back | 3 Gold |
| Ella Cripps 12 yr old girls, 200 & 400 Free | 2 Bronze |
| Yeonsu Lee 12 yr old girls, 100, 200 & 400 Free, 50, 100 & 200 Fly, 200 IM & 400 IM 50, 100 & 200 Breast, and 50 Free | 8 Gold 4 Silver |
| Bernadette Doyle 11 yr old girls, 200 IM and 100 Fly 50 Fly, 50 & 100 Free, 100 & 200 Back | 2 Gold 5 Silver |
| Conor Tarrant 11 yr old girls, 50, 100 & 200 Breast, 100 Free & 200 IM 50 & 200 Free | 5 Gold 2 Bronze |

Not only did we have excellent results in the pool this month but also out in the athletic field. Many swimmers had their school athletic days of which Jim and I were told many of you placed first second or third in many events. As a coach it is always fantastic to hear of our swimmers achieving well in areas outside the pool as well. These results also go to show how important swimming can be for a base level of fitness. These athletic days were also the culprit of some first sunburns coming in to summer. There have been a few very pink arms, legs and necks swimming down the pool at times...even some blue!

This has been my first article I have written for the newsletter since my accident and I would just like to say a big thank you to everyone in the club for their support. It has been a fairly long, tough recovery that still has a very long way to go yet but without the care and understanding I have received I don't think it would have been quite as easy to get through. Thomas and Gary have been wonderful at letting me come back poolside at my own pace and especially Jim who ran the Age Group Team on his own and still did an amazing job. So thank you once again.

Coach Jenn

**JUNIOR PROGRAM POOLS -
TAKAPUNA, MILLENNIUM, STANMORE BAY AND NORTHCOTE**

**COACHES -
MISH - KIRSTINE AND VINCE
TAKAPUNA - BELINDA, JAN AND GABBY
NORTHCOTE SATURDAY - MATT, BELINDA AND GABBY
STANMORE BAY - JAN**

A very warm welcome to our many new swimmers to our NSS junior programme. Parents please feel free to speak with your coaches or squad managers about any questions you may have. There is always plenty of information about meets, etc on the notice boards (upstairs at Takapuna), Millennium and Stanmore Bay. Please parents - always check your emails regularly, as this is the club's main way of communicating. There is also information on the website and www.akswim website. Let us know if your computer is down so we can make sure you receive a "hard copy" of any important information we may need you to know.

This time of the year is hectic, with Auckland Juniors, squad outings, school productions and prize givings. And of course we have our own **NSS Club Open Water Champs on Saturday the 17th** of December at Orewa! This will be a great day out for all our swimmers, their siblings, Grandma and Grandpa, and anyone else you would like to bring along for a fun day at the beach. The weather will be great this year I'm sure! We had a great day at Orewa Beach last year even though the weather was less than kind to us!

Now to all the recent meets. Our last Level 3 meet at Northern Arena produced some outstanding swims from all that competed! Our junior coaches are so proud that we didn't get 1 DQ for non-simultaneous touch of 2 hands in breast or fly. Now considering last time at Northern Arena, we got heaps of DQs for this, it is a major breakthrough! Remember we have that tricky end to the pool where there is no wall. Well all the swimmers, listened extremely well to instructions, and this time no DQs for that rule! Well done to you all!

The Level 2 and 50s meets at Westwave also produced some outstanding results! All of our meets including the Level 3 meet produced some fantastic personal best times as well as some brand new Auckland Junior Qualifiers, and even a couple of New Zealand Junior Qualifiers! Many swimmers at these meets also added to their list of qualifying times. Fantastic guys, keep up the great swimming!

A very big thank you to all our parents that have been helping at Club Nights, and officiating or managing at meets. It's very much appreciated and very much a part of club life. We cannot run the meets without you! All new parents please talk to your coaches or squad managers, about what jobs you may be able to help with when your child starts competing. I would like to say a special thank you to Holm Miehlbradt (Katrina from Orcas dad), for reprinting and laminating my stretch charts for our Takapuna swimmers. It is most appreciated!

Now on to our special CONGRATULATIONS to all our Takapuna and Millennium Swimmers that have recently made new qualifying times.

NEW LEVEL 2 SWIMMERS:

| | | |
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| From the Dolphins squad: | | |
| Irene Wu | 9yrs (in the 11 and under age group) | 200 backstroke |
| Lillie Cripps | 10yrs | 200 backstroke |

| | | |
|---------------------------|-------|------------------|
| From the Kingfish squad : | | |
| Tiger Li | 13yrs | 100 breaststroke |

NEW AUCKLAND JUNIOR SWIMMERS

| | | |
|-----------------------------------|------|--------------------|
| From the Millennium sharks squad: | | |
| Rachel Dean | 9yrs | 100 breaststroke |
| Callum De Moor | 9yrs | 100 breaststroke |
| Cameron Holloway | 9yrs | 50 & 100 freestyle |

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| From the Dolphins squad: | | |
| Eloise Turley-Baker | 9yrs | 50 fly |
| Lillie Cripps | 10yrs | 100 backstroke |

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| From the Orca squad: | | |
| Matt Edwards | 11yrs | 50 backstroke |
| Lauren Harrower | 11yrs | 50 backstroke |
| Manasa Nariva | 11yrs | 100 breaststroke |
| Katrina Miehlbradt | 10yrs | 50 & 100 breaststroke |
| Rachel Palmer | 11yrs | 100 & 200 backstroke |

NEW, NEW ZEALAND JUNIOR SWIMMERS

| | | |
|----------------------|--------|--------------------|
| From the Orca squad: | | |
| Yeonji Lee | 10yrs | 50 fly and 50 free |
| Isobel Payne | 10 yrs | 50 fly and 50 free |
| Rachel Palmer | 11yrs | 200 backstroke |

Congratulations to all the swimmers that competed at Auckland Junior Invitational Champs at the weekend! Every swimmer put in their best effort and produced outstanding results, all our coaches are so proud of you all!

Well done to **Dayna Clark** from Dolpnins, who made a Level 2 time for 11 and under in the 100 breaststroke!

Here are our Auckland Junior Medallists!

| | | |
|---|-------------|--------|
| 9yrs Boys 50m Backstroke: (Orcas) | | |
| | Sungju Kim | Gold |
| | Blair Helms | Bronze |
| 10yrs boys 50 Backstroke: Bailey Wang (Orca) Gold | | |
| 9yrs boys 50 fly: Blair Helms, Bronze | | |
| 9yrs boys 200 breaststroke: Sungju Kim Gold | | |
| 10yrs boys 200 breaststroke: Bailey Wang Gold | | |
| 9yrs boys 100 backstroke: Sungju Kim Gold | | |

Stanmore Bay (Jan)

Hi everyone, we've had some great swimming and support from the parents this month with a number of you working on becoming officials for the club. Thanks to Belinda who is always pushing the point and if we get enough of you we will be able to hold our own meet. Exciting times for the club.

Level 3

Another good turnout for the club and some very good performances. The 200 free saw some very good Pb's. Well done everyone. All that hard work in training is starting to show in your races.

Congratulations to Alex Dooley who qualified for **Level 2** in the 100 free.

Sprints

Fast and Furious with Pb's tumbling all over the place. Making for an exciting NZ Juniors, with all the children striving to improve their Pb's or qualify for NZ Juniors. Another great meet.

Auckland Juniors

Last ditch effort to qualify for NZ Juniors and they did us proud. Very impressed with the starts, turns and finishes of all the swimmers. We've worked hard to improve these even if only fractionally and as my kids are told continuously: "You can win or lose a race on your starts and turns". It was an exciting meet with some swimmers pushing it all the way to the finish, exciting racing and the chants, very awesome in support of the swimmers coming in winning their heats. **Congratulations to Emily Lyndon** for qualifying for **NZ Juniors** in the 200 back. No mean feat! Great racing by one and all. Very, very exciting weekend and great to be a part of it.

Congratulations everyone for a great weekend of swimming and roll on NZ Juniors.

Coach Jan

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| 10yrs boys 100 backstroke: | Bailey Wang Michael Slessor-White | Gold Bronze |
| 9yrs boys 200IM: | Sungju Kim | Gold |
| 10yrs boys 200IM: | Bailey Wang | Silver |
| 10yrs boys 200 fly: (Leo is coached by Kim at our Glen Innes Program) | Leo Chow | Silver |
| 9yrs girls 100 free: (Dolphin) | Astaria TeAukura | Silver |
| 9yrs boys 200 backstroke: | Sungju Kim Blair Helms | Gold Silver |
| 10yrs boys 200 backstroke: | Bailey Wang | Gold |
| 9yrs boys 100 breaststroke: | Sungju Kim Blair Helms | Gold Bronze |
| 10yrs boys 100 breaststroke: | Bailey Wang Jason Wang | Gold Bronze |
| 9yrs girls 100 breaststroke: | Dayna Clark, | Bronze |
| 10yrs boys 100 fly: | Jason Wang, | Bronze |
| 9yrs girls 50 free: (MISH Shark) | Jaimie Eagle | Bronze |

Also, there were so many of our swimmers that made places in the top 5 and 10 in Auckland! **CONGRATULATIONS EVERYONE!**

Thanks so much to **Margaret Pethers-Boak** and **Jo Shotter** for all your help as managers! **Also to ALL the parents that worked as volunteers at the sessions.** And a special thank you to Annika Anderson from Youth A squad who joined us on her day off to help lead the chants and encouraged our Junior swimmers. It was a wonderful weekend of swimming, and the children did us all so proud!