

NORTH SHORE



North Shore Swimming Club Newsletter, February 2012

Message from the Head Coach

A team is only as strong as its weakest link. That of course is ancient wisdom.

Today we are sitting in the starting blocks of the most exciting and producing phase of the entire training year. It is the season of big Championship meets. That includes major competitions for all age groups and NSS is sure to make an impact on all these meets.

First up are our Juniors, competing at the NZ Junior Championships in Hamilton. Next up are all Age group and Youth swimmers racing at the National Age and Division 2 Championships. And finally our Senior squads competing for National Titles and spots on the NZ Olympic team, the Junior Pan Pacific Championships, Oceania Championships and US Opens.

The path to these events takes us along a string of build up competitions starting with the fun, outdoor meet at Matamata. The NSS Bus is booked to capacity along with a caravan of individual cars making their way to Matamata. The team of 68 swimmers is made up of swimmers of all age groups. Using the strength of our team and supporting each other is critical during this stage, so close to the big action.

One week later NSS has strategically inserted a club championship meet at Stanmore Bay Leisure Centre. Again the whole NSS racing team gathers and prepares together, using this meet as a hit out, and for some it is the last opportunity to sharpen up before the NZ Junior Championships.

It will be a big event for **Stanmore Bay Leisure Centre** when our entire club arrives and to make the spectacle perfect we, the coaches have organized a **Free Swim Clinic for interested swimmers from the Hibiscus Coast area**. It will be a good opportunity for them to meet some of our swimmers and learn from our coaches.

That all happens 1 hour before we start our club champs meet at 1pm. This clinic really is a great opportunity for any interested swimmer to watch you guys in action and for you to show your skills and speed.

As part of the NAGS and Senior preparation the build up meets continue. Auckland Open Champs and Australian Olympic Trials are all included into our strategic plan to achieve maximum results from every level championship. Once this is all over a small, but potent team of young Senior swimmers will depart to Brisbane to race in the **Australian Age Group Championships**.

By that time we will have selected our training squads going forward into the 2012/13 season. Right now we are in the process to develop a structure of our squad system that allows every swimmer to progress. The next step is to fill these squads with names, determine the pool space for every squad and select the coaching staff. That and more will all be communicated to all members in time to plan for the next seasons swimming.

But for now it is time for action. I'd like to encourage every swimmer in our club to contribute to our teams. Train together and encourage

each other. A team that has its core values in order is a strong team and every member of that team will be lifted by the collective energy of that team. That team is 'Team NSS'.

Good luck to all swimmers and coaches for the big meets coming.

Thomas Ansorg
Head Coach

February/March Calendar

February

4 th	Matamata Outdoor Meet, 25m
10-12 th	LC Champs, Hamilton
11 th	Club Champs at Stanmore Bay Leisure Centre
18-19 th	NZ Juniors (entries close 31 st Jan)
23 rd -26 th	Auckland Opens (entries close 6 Feb)

6 th -10 th March	NZ Age Groups (entries close 13 th Feb)
25 th -30 th	NZ Opens (entries close 2 March)
18 th	Coast Level 3 (entries close 3 March)
17 th	NSS Level 2 (entries close 12 th March)

New Level Breakers – Congratulations!

Level 1

Sarah Hamilton

Level 2

Finn Olney

Isobel Hillman

NEW New Zealand Junior qualifier – Congratulations!

Arushni Naicker

Youth (Gary)

Assistant Head Coach Gary – was busy organising Matamata & the bus!

Youth B Squad (Cameron)

January has been a busy month for Youth B. Training started back on the 4th and it wasn't long before we were all off to camp in Taupo. We arrived on Monday afternoon and after settling in went straight to the pool to train. It wasn't long though before everyone was making good use of the facilities at the place where we stayed; whether it be jumping on the bouncing pillow, playing tennis, or having fun on the playground or in the pool.

On Wednesday we climbed Mt Urchin in the Kaimanawa ranges. This was a gruelling (for some more than others!) 3 hour walk which was almost entirely uphill for the first half. Following this everyone went for a swim at the Waikato falls on the Waipakahi River. I must say how surprised I am that everyone swam as the water was only about 12 degrees and left you with your whole body feeling numb! To finish off a busy day we stopped on the way home to jump off the rocks into the lake.

After such a hectic day before, Thursday was quieter with two swimming sessions and some well earned rest and free time in between. On Friday though it was back to walking as we headed down to the Huka falls. On the way back we stopped off where a hot stream ran into the Waikato River and we all had great fun soaking in the hot pools, and trying to swim against the river and then drifting back down. In the afternoon everyone had free time, but a few swimmers were keen enough to climb another mountain with me: Tauhara. Oliver, Iulia and Hayden raced up the walk in record time leaving me struggling to keep up!

Saturday saw us return to the river for a couple of hours (and a water bomb ambush by Blair and myself) before heading home to Auckland. I had a great time at camp, and it was particularly pleasing to see so many people do things that they never thought they would or could. **A huge thanks goes to Chiara and Blair Gauld** who were fantastic managers and saw that everything ran smoothly and that there was always enough food for 17 hungry swimmers!

Following camp we had the Anthony Moss Classic meet where everyone showed the benefits of the fitness gained with some great PBs. Remember to keep up the hard work and attendance over the next few weeks and you will continue to build on what you did at camp. I am really looking forward to seeing the results of all this hard work at NAGS in March and Div 2 in April.

Coach Cameron



Cameron's Youth Squad enjoying a well earned sit down at Huka Falls

Age Group Squad (Jenn & Jim)

Happy new year everyone! And what a great start to the year it has been. We had a very successful special training one Saturday morning where a personal trainer (thanks to Jim) met our team at Browns Bay and took everyone through a land session that was followed by a swim in the sea and we finished up with hot cakes, bacon and fruit for breakfast. Although the weather wasn't looking to great, we went through with it anyway and it turned out to be a perfect morning for it.



Jim coxes his squad into the water.

Danyon Loader also joined us at the pool for a session to help out and pass on his knowledge and expertise. It was great to hear what he had to say and try out some new things. I'm sure everyone learnt something new from him....I know I did!

With January also came the Anthony Mosse Meet. A four day meet can be a lot more tiring as it is spread out but there were some fantastic swims still as more people qualified for NZ Juniors and even level 1! Others swam plenty of PB's which was very pleasing to see especially as some swimmers had only been back training a week or two.

It will be great for everyone to get back into routine now with school starting again and we can really focus on training with NZ Juniors just around the corner. Good luck to all qualifiers for this big meet, **I'm sure all the hard work you put in will pay off.**

Coach Jenn and Jim

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/MATT THOMAS**

Welcome back to all parents and swimmers that have just returned from their summer holidays, also to the brand new swimmers that

have recently started with us in the NSS junior program. Hopefully everyone has had a wonderful break, and is feeling nice and refreshed! **We say farewell to Jan Jopson our junior coach who was doing a wonderful job coaching the young swimmers up at Stanmore Bay**. Jan is still very much a part of our NSS club, as she has a daughter Nicole that swims in Thomas's senior squad, (who incidentally is a very talented swimmer!) Jan is replaced by Matt Thomas, a lot of the swimmers are already familiar with Matt, as he was coaching at Northcote on a Saturday, and also he has been running our recent NSS camps in the January holidays. Matt has been a NZ representative swimmer himself and has swum for NSS for many years.

We would like to say well done to all the swimmers that have already started back training in the last few weeks, wow, you guys have really started off 2012 with a hiss and a roar! Keep up the great training! Also a special well done to all those dedicated and driven swimmers **that kept themselves fit while** they were away on their family holiday. So many of you asked your coaches for some programs, or even made up your own programs, some kept themselves fit by swimming around buoys in the sea. Good on you all!

On behalf of the Junior Program, swimmers and coaches, we would like to say a big welcome to our NZ swimming legend, the 1 and only, Danyon Loader! Danyon of course is a double Olympic gold medallist. **Danyon has now joined our NSS coaching staff, it is an absolute honour to have him on our team!** He has already coached at several sessions with our junior swimmers and we are all loving it! Thanks Danyon, we look forward to having you on our coaching staff for a very long time!

Thank you so much to all the parents and managers that managed or officiated at the recent Anthony Mosse Meet at Westwave. The managers sure had their work cut out with the trial of self marshalling, running around making sure the junior swimmers made it to the right heats and lanes on time! Thanks so much for your patience ladies!

Congratulations to **Michael Slessor-White** on his recent performances at the Wellington Swim Champs! Michael won 4 silver medals and 3 bronzes, and also went on to gain a couple more NZ Junior times!

We also had some superb performances swum at the Anthony Mosse meet at Westwave, 26th-29th of January! Well done to everyone who made a pb and CONGRATULATIONS to these brand new NZ Junior qualifiers!

Matthew Edwards, 11yrs 50 and 100 backstroke
Astaria TeAukura, 9yrs (competing in the 10 and under age group) 200 backstroke

We also had many swimmers who added to their qualified events, well done to you all!

CONGRATULATIONS to these Anthony Mosse Medallists!

Jason Wang, 10yrs, silver in 100 breaststroke
Jack Armstrong-Williams 10yrs, silver 100 fly
Astaria TeAukura 9yrs gold 200 backstroke and 200 free, 4 silvers in 200in, 100free, 100 and 50 back.
Matthew Edwards 11yrs, silver 100 back, bronze in 50back.
Hunter Pethers-Boak 11yrs, bronze 100 back. (hopefully this time I haven't missed anyone out!)

ALSO CONGRATULATIONS to our brand new LEVEL 2 Qualifiers!
Isobel Hillman 10yrs in 200 breaststroke and **Finn Olney** in 200 breaststroke and 100 backstroke! Well done you guys!

On behalf of the junior program, swimmers, coaches and parents, would like to wish all the swimmers going to the 2012 NZ Swimming Nationals, all the very best of luck! Whether it be Junior Nationals in Hamilton, or Age Group Nationals in Wellington, or NZ Open Nationals, and a special best wishes to all those NSS swimmers trying to Qualify for the 2012 Olympic Games in London! You go guys!

Coach Belinda

Office Corner (Toni and Trish)

Hi Parents

Please be aware that we have drilling and alterations going on around us at MISH - it is very hard to hear if people ring up. Please

email us or you can contact Trish on her mobile 021402857 if anything is desperately urgent.

Please, please, please parents – read ALL the information available to you on Websites and Fliers regarding meets

Only send entries to entries@nss.org.nz and state the session you wish to work.

Thank you for your patience – this is a very busy time of the year for our swimming family!

Check out our Swimming Camps for this month being held at MISH on our Website – under Members, Meet and Event Information. There is a variety to chose from. Stroke Clinics, Half Days, Full Days. For Swimmers 8 and above.

These were hugely successful and very full! Thanks to everyone who attended and the wonderful work (and patience!) by all the Coaches. Some great efforts were made by the swimmers. Some even chose to do clinics and then there normal training session! We can't wait to see those pbs in the next few months.