

# NORTH SHORE



**North Shore Swimming Club Newsletter, January 2012**

## Message from the Head Coach

2012 – Is once more an Olympic year. Records will be broken and new dreams will be born out of the London Olympic Games, the greatest show on earth.

2012 is going to be a year of inspirations and commitments. Our teams have produced great results at the end of 2011. That fact is cause of quiet confidence among the coaching team that we'll play a big role in the national competitions of 2012.

NZ Juniors, NAGS and NZ Olympic trials are all up within a few weeks of hard work and everyone of us is excited to see 'Team NSS' racing.

For the big meets of 2012 and our continued strive for excellence in this very important year of 2012 I'd like to wish every one of the NSS community a very successful and productive year, lots of fun and enjoyment and energy in abundance.

## The Big Build Up

It is a known fact that the secret of success lies in the preparation. There is obviously no short cut to success or someone would have found it by now. Success in swimming is based on hard work, clinical execution of race plans and the commitment to do what it takes to succeed. That places swimmers among the hardest working athletes in the world of Olympic sports. Their knowledge develops with every session and coaches take a lead role in the development of specific knowledge that can be recalled under stress or fatigue.

All of these components have been worked on since we have started the new season in April 2011. Now is the time to fine tune our swimmers and getting them ready for the meets ahead of us.

The build up towards these meets is going to be focused and ground breaking. Our coaches are already designing plans for the last big push and our swimmers have now a real connection to the coming training phase. Auckland champs were a last reality check and with these results in the 'Bank' they are excited for what's to come.

For our athletes who target the Olympic trials this cycle is most exciting. Whatever they have done in the past is only a memory. What will be in the future is determined by what they are about to do in the next 11 weeks. There is a definite date to their race. Success or failure is only split seconds apart. Every session counts, every stroke, turn and start will make a difference. For them the Big Build Up is the culmination of a very long and hard preparation.

Our younger swimmers have their big meets also and they will feel all sorts of emotions, from fear to excitement and from joy to tears, we'll see everything. But nothing compares to the tension an athlete experiences when stepping on the block to race for Olympic glory. I'd like to encourage all of you to get together as a team, encourage and support each other through the final phase of the season and so we will sweep through these meets like a hurricane.

## Motivation Evening

When the busy time of the year caught up to us late in 2011 we chose to postpone our wine and cheese evening and special session on motivation. This session is now scheduled for the 18<sup>th</sup> of January, just in time before the major meets of the season. Please pencil this date into your new diary and show your support for this event. It is designed for a better understanding of the different forces that determine our swimmers motivation and de-motivation. This is

for parents to help understand what young swimmers experience on a day to day basis.

Because....

## Not every day is the same

What determines our moods and events day by day also determines our success in training. It is our brain that motivates us sometimes more and sometimes less. In reality all days are the same. It is us who make days mean anything. You guessed it; it is us who put a value on our training and results also. It is us who perceive a day as good or bad; or a swim as good or bad.

There are days when you feel the water and there are days when you cannot accomplish anything. Physiologically seen we are in a constant process of construction and repair. Whatever we do to our bodies, it needs to be fixed up and this process is called recovery. It is an art to pinpoint moments where we are in tune with our own bodies and they respond to us the way we like them to respond. Usually race preparation or taper is the period of extended rest and downloading so that we are ready to fire. We take no chances here and the added rest makes us feel stronger, excited and more confident. We are ready to perform.

Back to the day to day process; however our motivation is on the day, whatever bothers us we are still able to put purpose and focus into our work outs because if we interrupt our training whenever we have a bad day we will never achieve the next step.

So, every day really is the same! It is our brain that distinguishes in Sundays and Mondays; in good or bad days. Ask our hands or feet, or liver or heart if there is a holiday or workday – no for our entire body every day is the same, for the entire life. And so our bodies will cope with our training day in and day out; so long our brain desires this.

**Thomas Ansorg  
Head Coach NSS**

## January/February Calendar

4 <sup>th</sup>	NSS Office reopens
18 <sup>th</sup> Wed night	NSS Parent Information Evening
26 <sup>th</sup> – 29 <sup>th</sup>	Anthony Mosse Classic, 50m (LC) (Thursday to Sunday) (entries close 6 <sup>th</sup> Jan)
4 <sup>th</sup> Feb	Matamata meet (entries close 18 <sup>th</sup> Jan)
11 <sup>th</sup> Feb	Stanmore Bay
18-19 <sup>th</sup> Feb	NZ Juniors (entries close 31 <sup>st</sup> Jan)
17 <sup>th</sup> March	NSS L2

## ASA Record Breaker – AWESOME EFFORT!

**25 November – Auckland Junior Champs –**  
Bernadette Doyle 10 yr Old 100 Fly 1.15.29

## Club Record Breaker – AWESOME EFFORT!

**9 December - Auckland Age Group Champs**  
Mitchell Donaldson 18 yr old 200IM 2.02.86  
(Broker his previous own record of 2.04.24)

## Youth (Gary)

Happy New Year everyone!  
2011 finished on some great highs!

Firstly the results from the Auckland Age Group Championships showed that NSS is still moving in the right direction, and leading from the front. **(see our medal count below).**

The Open Water event at Orewa was a fantastic day, and the fact that 44 swimmers signed up for the Senior race made it a memorable event to watch too. Well done to all the swimmers who took part.

The New Year is, in swimming terms, the most important yet for the members of Youth A. Many of you will have qualifying times for the Open Nationals which means you are beginning to step into uncharted waters. I still see that as a bonus for you at the moment, and NAGs has to be the number 1 priority for the group.

The January camp is designed to add some strength and power to your growing bodies as well as develop your race speed. You will determine how much benefit you get out of the camp, simply by what you put in to it!! Remember from the October camp that rest and nutrition will make the biggest differences in terms of how well you can keep performing throughout the camp. Extra water bottles will be needed, just look at the length of the morning sessions!

**Coach Gary**

At Auckland Age Group we had some outstanding performances and a HUGE collection of medals.

Bronze: 60

Silver: 83

Gold: 103

Total: 246

Out of **73 swimmers** who attended the meet – **32 obtained GOLD** medals and of course, we were the **Top Club** at the meet!



**Scott Fairbairn** of Age Group concentrating before his race at Auckland Age Group Champs in December.

### Youth B Squad (Cameron)

Welcome back to training! I hope everyone had a great holiday and that you are all coming back to training refreshed and ready to go for the new season. We have plenty of exciting stuff coming up with camp in less than two weeks and not long until the main competitions of the year: NAGS and Div 2. I would like to encourage you all to attend as many sessions as possible during the holidays. This will ensure you get the most out of camp and go into these competitions fit and well prepared.

At the end of last year we had Auckland Age Group Champs. Youth B had plenty of great results, with 19 medals coming from the group (see break down below). Congratulations to everyone who achieved their goals and swam PBs. Special congratulations to Danielle, Taine, Oliver and Tristan who all added NAGS events.

The end of last year also saw the club open water day. Congratulations to everyone who competed, particularly those who swam in the 14/0 event and had to swim the full 2Km. It was great to see so many of you getting out there and challenging yourselves.

### Congratulations to the medallists from Youth B below:

Oliver Wu

Gold: 400 IM, 100 breast, 200 breast, 100 back, 400 free, 200 back, 200 IM

Silver: 200 free, 100 free, 50 breast, 50 free

Taine Johnston

Silver: 50 back, 200 back

Bronze: 100 back

Danielle Donaldson

Bronze: 100 fly, 200 fly

Youth Bronze: 200 fly

Ryan Lockwood

Silver: 200 breast

Eloise Baker

Bronze: 400 free

**Coach Cameron**

### Age Group Squad (Jenn & Jim)

I will start my part of this newsletter by thanking everyone who helped celebrate my birthday on November 30<sup>th</sup>. The cards, gifts and cakes were fabulous and all the best wishes I received were very touching. Having my dear friend Jan Cameron visit and give an inspirational talk to our swimmers was also very special. As the year draws to a close it is with pride and pleasure that I look back at what has happened to, and been achieved by, our Age Group Team during 2011.

It took a massive amount of arm twisting by Gary to convince me to come out of retirement (just kidding...I'd dropped several hints!!!) and I was extremely fortunate to inherit an Age Group Team that had had the benefit of coaches with the talent and commitment of Cameron and Jenn. Thank you Cameron, you made my job a whole lot easier.

Jenn, my coaching partner, has been of more help than I can possibly list here. She led me through the labyrinth of names, guided me as to who did what best (or worst) and continues to bring a very committed and dedicated coaching professionalism to our team. It is with great relief that she is progressing well with her recovery from what was a very nasty accident. However, she can be a very impatient patient so I make a public appeal to her not to overdo it....we don't want you away again! Thank you Jenn. Knowing that you are part of the Age Group coaching team is a comforting thought.

Age group has changed team managers recently. Trish was lured into 'the office' (those responsible will not be forgiven) where we are sure she will do her job with the same élan and efficiency she brought to Age Group as team manager. Trish is a sad loss but she has recruited Caroline Gilmore to take her place and with suitable guidance from Trish the handover has been seamless. Caroline and Trish deserve a huge vote of thanks, the amount of work done by team managers is not always fully realised by other team members.

A special thank you to all parents who make the commitment and take time from busy lives to shuttle swimmers to and from training. The encouragement, without pressure, that you give is a very positive driving force and Jenn and I get great pleasure chatting, and discussing all things swimming, with those who visit before, during and at the end of training. Parents form the backbone of our team, the skeleton around which Age Group (and NSS) assembles all the components that go to make a successful swimmer, team and club.

The PB's, meet results, medals won and records broken speak volumes for what our Age Group swimmers have achieved this year. **You are the best Age Group Team NSS has ever had** and I am proud to have played a small part in your success. Next year will bring new challenges and demand new commitment and dedication. It is inevitable that some team members will leave to explore other activities but for those who remain remember what Jan Cameron said to you: 'dream big, believe in yourself, never give up and train hard. You are capable of far more than you can imagine, give yourself the chance to prove it'. Thank you, I take pride in being one of your coaches.

Thanks are also due to Toni, Sandy (who recently left) and Trish for all the help provided at the office level....where those who REALLY run the club work! Also to Gary, thanks friend, your efforts on behalf of NSS and all the squads are outstanding. Thomas, thank you for listening, for your support and your commitment to the team ethic. Hope you have had a Merry Christmas and Happy New Year.....see you poolside in 2012!

**Coach Jim.**

Holiday time!! The Age Group made it strongly through December with our New Zealand Age Group qualifiers swimming very well after working towards this meet the whole year. Along with the club's Open Water swim, which turned out to be a very nice day, everyone has earned a well deserved break. Congratulations to Michael Worsfold and Jacey Cropp who both won their age group at the open water swim.

Along with the end of the year comes a few goodbyes as we have a couple of swimmer's leaving us to pursue other options. **Good luck to Grover, Lynn and Qijun** in wherever the future takes them. Hope you have had a great Christmas and we look forward to seeing you in the New Year :)

**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**



**Daniel Whooley, Hunter Pethers-Boak and Michael Slessor-White** ready to race but awaiting briefing before the 1km ocean swim on Tuesday nights at Takapuna - part of the State Beach Series.

Welcome back! We hope everyone had a wonderful Christmas/New Year, and a great holiday break! Thank you so much parents and swimmers, for all the fantastic cards and gifts we (the Junior coaches) received! You are all so kind! We are all so lucky to have such great squads of children to coach at NSS!

What a wonderful afternoon was had by all at the Club Open Water Champs! The weather was certainly a lot nicer than last year, although we did have a couple of wee little showers, but certainly on the whole the weather was a lot warmer and drier.

It was just awesome watching all our swimmers racing out into the water in their groups and of course that final run down the beach trying to outspurt each other to the finish line! So many of our young swimmers were running around with great big smiles on their faces.

Thank you so much to our Santa (Daniel Bell) for taking on the role of a very round Santa! And a big thank you to Swimmerbro for donating the race prizes. Congratulations to all the swimmers that competed. As you discovered Open Water swimming is very different than pool swimming, and for some of you it was your very first ocean swim! Well done!

What a way to finish the racing, with the parents taking to the water (not to mention our Head & Assistant Coaches – Thomas & Gary!) It was amazing watching some of the taller parents still wading out while half the swimmers had started swimming! It definitely helps to have those big long legs!

Many thanks to all of the parent helpers and also to the Senior swimmers that, once they themselves had finished racing, headed back out into the water to help with the safety of our younger swimmers! Orewa Surf Club again did a wonderful job of hosting our Open Water champs. Thank you so much to them for the use of their inflatable rescue boat, and all their Junior and Senior lifeguards that helped to keep us all safe in and out of the water!

## **OPEN WATER SWIM RACE WINNERS**

### **Seniors race (14 years and over)**

BOYS: Roy Pearce

GIRLS: Nicole Jopson

### **Youth/Age**

BOYS: Oliver Wu

GIRLS : Jacey Cropp

### **Age Under 12**

Michael Worsfold

### **Orcas**

BOYS: Michael Slessor-White

GIRLS: Gabrielle Lee-Tetter

### **Kingfish**

Sydney Clough

### **Dolphins**

BOYS: Patrick Makgill

GIRLS: Ha Eun Kim

### **Sharks**

BOYS: Cameron Holloway

GIRLS: Millie Simpson

### **Tadpoles**

BOYS: Blake Platt

GIRLS: Cayleen Bester

### **Winning Parents**

Ian Jones

Lynne Makepeace

Thank you again to everyone that was involved with our club open water day. We are all so proud to be a part of the NSS SWIM CLUB! Best wishes to you all for 2012 - from all of our Junior coaches!

**Coach Belinda**

**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.**