

NORTHSPORT STREAMLINE

North Shore Swimming Club Newsletter, April 2006

From the Board

In acknowledging the wonderful success of NSS swimmers at the Melbourne Commonwealth Games (as detailed elsewhere in the newsletter) special mention must be made of the immense contribution made to that success by "super coaches" Jan Cameron and Thomas Ansorg.

In addition to acknowledging the outstanding achievements by the swimmers "in the pool", I am very pleased to inform members that the Board has elected Jan Cameron a "Life Member" of the club for her outstanding leadership and commitment over some 15 years. Although Jan is an Aussie (bad luck that), her name is synonymous with North Shore and New Zealand swimming and she, more than anyone, has put NSS on the map as New Zealand's premier swim club. Jan joins Norma Williams, another doyen, as our only Life Members.

I'm sure you will join the Board in congratulating Jan for her immense and on-going contribution to our club.

We are planning to hold a function in May to present Jan's award and to celebrate the stunning success in Melbourne (we can't do it earlier because the team is away in Shanghai). Details will follow in due course.

At the "Zoo Function" just prior to the departure of the Commonwealth Games team, North Shore's Head Coach, Thomas Ansorg, was presented with his Olympic Ring, in recognition of his role in coaching the New Zealand swim team at Athens. Congratulations Thomas!!!

The Zoo Function was a thoroughly enjoyable night, even though the weather turned somewhat inclement. A real highlight was that so many of the club's senior swimmers were able to attend on the eve of their departure for Melbourne. Thanks guys,

especially for your willingness to spend so long signing autographs!!!! Thanks also to Anthony Kattan for planning the function.

Our Officials' Policy is now formalised and members will be receiving information about this in the mail when they receive their annual subscription invoices. It would be appreciated if you could return the completed form indicating your preferences for officiating as soon as possible and no later than 20 April please. Information about the various officiating roles has been included in the information mailed out, while some more detailed information will be on the website – www.nss.org.nz

Finally, I would like to express the Club's thanks and gratitude to the staff, who did, and will do again this month, such a great job of keeping the club moving during the period when international competitions are being held. The bottom line is that without staff, coaches and volunteer parent helpers, nothing happens, so thanks to everyone for their contributions.

See you poolside,

PHIL MITCHELL
PRESIDENT

Commonwealth Games



What an amazing games – something we as New Zealand and North Shore Swimming are incredibly proud of. I am sure you

will all have been glued to your screens every night and as I have heard, sneaking a look at the races on broadband at work. Our team went out with energy and enthusiasm and the games provided numerous triumphs and tribulations. With so many medals we must also remember the fact that those that didn't medal came so close with all NSS swimmers represented in at least one final, many finished tantalisingly close to a medal. Every Kiwi swimmer was an absolute star and this will have been invaluable experience to a number of the rising stars of the future.

Every medal was an absolute highlight, Moss's Gold in the 200 Fly showing that New Zealand is

dominant in this event at the Commonwealth level, having won 5 out of 13 Commonwealth medals, then his Bronze in the 100 Fly – an amazing job. Then Dean's agonizingly close 400IM and his turn around to take out silver the next day in the 200IM – a truly edge of your seat race and fantastic performance. Hannah went from strength to strength as the meet went on and on her most event filled night pulled out the Bronze in the 200 Back that she truly deserved. Cameron Gibson who had been plagued with the Kiwi swim team flu bravely raced in the 200m Back to come out with a Bronze also. Are we seeing a trend here? All of our medals, bar one, were swum over 200m Distances.

Providing some of the most exciting races were the relay swims, particularly the women's 4X200m freestyle relay with Melissa Ingram holding on for Bronze. Also the women's medley relay where Hannah McLean swam a scorching 1:00.83, opening leg in the 100m Back, a time that places her as the fastest women going into the FINA world championships this year, and a time that would have given her gold at Melbourne. A simply outstanding swim!

So it has come to an end and I for one will not know what to do with myself for the next week with no swimming to watch in the evenings, perhaps we can all remind our selves of that activity called sleep. For the swimmers, however, it will be on to Shanghai for the World Short Course Championships where Robert Voss will also get his chance to compete on the International Arena.

Congratulations everyone and good luck for the Worlds!!!!

Again to send the team well wishes and encouragement simply email your wishes to akattan@institutesporthealth and these will be forwarded on.

Notices

Balcony Fixed at MISH

Now that the balcony has been fixed we must remind you all of the 'No Parents on Pool-deck Policy'. This will be rigorously enforced from the new season so please aid your coaches and watch the swimming from the balcony. This must also be said for all squads at Takapuna.

Squad Managers

With the new season comes a new batch of enthusiastic and talented squad managers. They

will be around pool deck some nights and contacting you by email to make your life at NSS even more enjoyable. Please get to know your manager and if you have any concerns they are your first port of call.

The following managers are confirmed for the new season.

Tadpoles:	Teresa Stanley
Taka Sharks:	David Dubber
Taka Dolphins:	Yvonne Masson
Taka Kingfish:	Kay Miller
Mish Sharks:	Karen Mills
Mish Dolphins:	Stephen de Cerff
Mish Kingfish:	Tina Kinney
Orcas:	Lisa Crene
Youth 3:	Bonnie Williams
Youth 2:	Andy Brown
Youth 1:	Julia McPhee
Glenn Innes:	Ali Jackson

Officials Policy

This can currently be found on the NSS website, members section/meets & forms. A new Parent Participation Page will be coming soon.

Yearly Fees

Invoices are currently being sent out for our Annual Fees. This includes the Administration Fee, Swimming New Zealand Registration and for our Junior Squads – Club Night Fee.

Club Night

Our new Club Night co-ordinator is Tara Knights. Thanks Tara, it's great to have your enthusiasm on board.

Please note that flyers for the following months Club Night will be up 1 month early and as such there will be no late entries accepted.

Club Night is only open to our Junior Squads and Youth 3. Should Club Squad, Teen Fitness or any of the Performance Squads wish to enter, the annual Club Night Fee must be paid.

National Age Groups

Recently held in Wellington, the National Age Group Championships, were a show case of the mighty talents of the clubs 13 - 15 year old swimmers. We club went from 7th place last year to a very strong 2nd and this continues to show the gains we are making within our Youth Programme.

From a team of 30 swimmers, the largest to ever compete at this event, North Shore had 83 swims making the top 8 including 4 Gold, 11 Silver and 9 Bronze medals.

Head Coach for the swim team Tom Fronek said he was extremely happy with the pool of talent bursting though in such large numbers and believes that the program at North Shore is world class and will produce many more swimmers like Moss Burmester who won Gold in the 200 Butterfly at eh Commonwealth Games.

He stated that "some swimmers really stepped up to the plate and handled the pressure well, highlighted by some fantastic races". He also commented that it was great to see many new swimmers qualifying for the Championships and this was a positive sign for the future of the clubs performance.

Assistant Coach, Dan Feisst said that the teams performance was outstanding, having so many swimmers stand up and deliver results. Taryn Mackintosh, who broke her arm falling of a horse, was only able to swim with out her cast for 1 week before the National age group champs started, but worked steadily on her programme and delivered two gold and one bronze medal.

Jessie Blundell, Malcolm Richardson continued to make progress along side up and comers Grace Mariner Duncan, Eric Abba, Rachel Hare, and Sam Robinson. "There is so much talent it is extremely exciting and this is only the start of great things to come for these swimmers and so many more developing through the North Shore Program, I cant wait to see how they all progress and take up the challenge".

Full Medal Results

Gold - Grace Mariner Duncan (50 Fly), Malcolm Richardson (50 Breast), Taryn Mackintosh (50 Back, 100 Back). Silver - Rachel Hare (50 Breast), Jessie Blundell (50 Breast, 100 Breast & 200 Back), Sam Robinson (200 Fly, 1500 Free), Malcolm Richardson (50 Fly), Grace Mariner Duncan (50 Free), NSS Girls Medley Relay Team (Jessie Blundell, Rachel Hare, Grace Mariner-Duncan, Jessica Ah Koy), NSS Boys Freestyle A Relay Team (Jordan Stanley, Malcolm Richardson, Shaun Burnett, Tom Elton). Bronze - Taryn MacKintosh (200 Back), Sam Robinson (400 Free), Kurt Davies (50 Breast, 100 Breast), Grace Mariner Duncan (50 Back, 100 Fly), Eric Abba (100 Breast), Malcolm Richardson (100 Breast), Shaun Burnett (100 Fly).

Division 2

Wow, as always the Div 2 Champs give us a fantastic opportunity for our age group swimmers to develop. This was a fantastic meet where all swimmers took the opportunity to learn and to take on the rest on NZ at this level.

3 swimmers qualified for the 2007 Youth and Opens Champs, 3 swimmers qualified for the National Age Champs 2006 and one swimmer making National age group champs for 2007 with many others very close.



We won the meet by over 110 points where over 100 clubs from all over NZ competed. We had 45 swims making finals from 13 swimmers over the 4 day meet.

We took home 24 medals including 14 Gold, 6 Silver and 4 Bronze. One of the most encouraging points to our team was that we had 70% PB rate over all, with a 90% PB rate produced in the finals. This was an amazing result and all members from the team played an important role to our success.

Special thanks must go to Anna Brown who looked after the team while we were away and Jill Curd who kept us fed and helped out with many little jobs that needed to be done. With out you we would not have been able to function as we did. Thank you!

Youth and Open Champs 2007

Zane Orsmond 50 and 100 Fly
Ben Christin Webb 200 Back
Sam Curd 200 Fly and 50 Fly

National Age Groups 2007

Emma Taylor

National Age Group Champs 2006

Cathy Porter
Oscar Cornfield

Gold Medals – Oscar Cornfield (200 Back), Ben Christian-Webb (200 Back), Zane Orsmond (50 Fly, 100 Fly, 100 IM), Sophie Dennan (400 Free), NSS Girls 4 X 50 Free Relay Team (Emma Taylor, Catherine Porter, Teresa George, Sophie Dennan), NSS Boys 4 X 50 Free Relay Team (Zane Orsmond, Fraser Gardner, Ben Christian-Webb,

Nick Sandford), Catherine Porter (200 IM, 400 IM, 100 Free, 200 Free) Samantha Curd (200 Fly), NSS Boys 4 X 50 Medley Relay Team (Ben Christian Webb, Fraser Gardner, Zane Orsmond, Nick Sandford),

Dan Feisst

Head Coach Report

Dear swimmers and parents

We have turned the page. A new season has begun and as in the past we will continue to fine tune and develop our training systems as the year progresses.

So far I hope that every swimmer has settled into the new squads and got used to the new coaching teams.

I believe that the coaching teams for the season 2006/7 are well balanced and will work well together.

We will see after a few weeks where our next tasks lie and where we will engage our target squad system. At present there are no criteria set and I ask everyone to be patient. We have to wait until all competitions of the old season are finished. We still have two more meets to go; the World Short Course Champs in Shanghai/ China and the NZ Youth & Open Champs in Christchurch. These are very important meets because they seal the old season and they will determine the tasks of the new season. SNZ will select teams from the Open champs for all age groups (that is 13 years & over).

Although the support of the NSS Senior team made us feel very proud of our club and of all of our swimmers (supporters), it seems that you (swimmers and parents) of the junior squads do not really feel the connection to the Senior and Youth programme. Especially now when the main competitions are on and you have just started a new season I could imagine that there are two different training programmes running in our club. That is not really true!

Every season, every competition and almost every race gives as more clues and ideas of improvement. Unless there are gold medals (and there was one – Moss), we can find something to do better in every race. With this (new) knowledge we come back and we start implementing these ideas into the training of all swimmers. Coaches will be briefed and programmes altered to suit the new requirements. The Target squad system will be fine

tuned according to the pressing issues and away we are to another great season.

It is all about application! Our coaches have to apply the best training and every swimmer has to apply themselves in every session to be the best he/she can be.

This never changes!

I wish every swimmer and coach a great season 2006/7

Thomas Ansorg
Head Coach NSS

Seniors & High Performance

Wow what a fantastic meet. The results were fantastic and they highlight the commitment of our swimmers. But now is not the time to become complacent but to see this as the stepping stone to going forwards with Beijing particularly in our sights.

It is important to note how each and every swimmer in the high performance with the seniors coming up behind them are pushing each other to great successes. Moss Burmester for example, who comes to us from Otumoetai has seen great gains working here at the institute and by swimming with his peers has seen him achieve great times. Let's hope for more fantastic performances in the future.

Now we are off to Shanghai for the World Short Course Championships and Robert Voss will be joining us. The team spirit has been fantastic and let's hope that this wave carries us home.

We are developing a great team here at NSS – climb on board the train and let's go together.

Jan

Youth 1 (Tom)

The squad has just come back from their week off after NAGS which was very successful. There are 9 swimmers going to Youth & Open Champs which are held in Christchurch 12th-16th April.

Our Squad together with Youth 2 squad finished 2nd at NAGS and come home with lots of personal best and medals. Well done Swimmers.

9 have now officially been selected to join the Youth 1 squad. Congratulations Taryn, Greg.S,

Greg,A, Sarah, Alannah, Gergie, Rachel, Jordon, and Eric. Welcome to the squad and good luck!!!

Also we welcome Chad Konik who has joined us recently.

We wish lots of luck to Rachel Ah Koy who is leaving for World Cup in China. Good luck Rachel!!!

Our squad will be working towards Auckland Winters now and will spend lots of time on technique in the build up.

Youth 2 (Dan)

Hey Gang

Finally our season has come to an end. We as a team did a fantastic job and I am extremely proud of each and every one of you. Now is the time to take a step back and look forward to where you want to go.

I welcome Mr V and Scotty as they will be coming on board as your new coaches and I hope you all listen to them both as they both have a massive amount of experience in different areas. Remember to catch the next wave!!! This means that you need to now look forward at you new goals that you and your coaches will be looking at over the next 4 weeks.

I will be guiding your new coaches and in the goals which I know you could achieve as I have a good feel of what you can do and what you could do IF YOU APPLY YOURSELF and listen to your new coaches.

Use your log books and your new coaches as tools to help you carve out your pathway; this will be vital in your success. I look forward to watching you in your development and I can ensure you that I will not be far away.

Your old Coach

Dan

Youth 3 (Vladimir & Chris)

Unfortunately no article was received for this squad this month.

Glenn Innes (Judy, Rebecca & Pedro)

Well the commonwealth games are going well for our swimmers but we should not forget about the

gold medal that one of our swimmers won at the National Age Group Championships.

Grace won the 50 Fly, doing a PB. To go with this she also won 2 Silver and 2 Bronze medals. I looked forward to each of her texts as she competed at the meet. It was a huge thrill for me to see her do well. Will we see her at the next Commonwealth Games?

Congratulations to Isabelle who did a huge PB in the 50 back placing fourth. AWESOME!!!!

Welcome to Pedro who has joined our team of coaches. Pedro has brought his experience from Brazil. I hope that you will all enjoy his coaching.

Orcas (Stefan & Hilary)

Hey guys, it has been a great year working with you all, and I am very proud of every one of you for the



work you have put in. I would like to wish you all the best of luck for the future in your new squads.

For those of you staying in the orcas should still keep working hard. You have a great team of coaches that are going to be working with you. As for those of you that will be moving into the youth 3 squad I am looking forward to seeing you there.

Hilary and I will still be watching you guys at meets, so don't be shy if you see us around come up and talk to us.

Keep it up!!!!

Kingfish Korner Millennium (Chris & Scott)

Congratulations and welcome to all swimmers and parents who have moved up from the Dolphins squad into Kingfish. I am really excited to begin working with this new group and help you all become better swimmers and achieve your goals in the pool this year. On the first day of practice the swimmers will be getting a sheet with some special tips from elite swimmers.

My first and most important aim as a coach is to instill a love for swimming in the swimmers. Swimming is a great sport and enjoying what you do is very important. 13 years after taking up swimming I am still enjoying it and I strongly believe that enjoyment is a big part of getting any success.

Secondly, I want the swimmers to compete for the club; you do all this training, racing is the fun part! Not only is this the fun part of swimming but it's also the best way to see how much you are improving or what you need to work on. My advice is to start racing as early as possible. Every year there are swimmers in October and November struggling to reach qualifying times, in many cases if the swimmers had been racing for longer, they could have got the times earlier.



The goals of the Kingfish are to qualify for Level Two, the Auckland and New Zealand Championships and then to perform well at these meets. When you enter a meet, don't just enter your favourite races all the time, mix it up – you may surprise yourself. If you have any questions about what to enter don't hesitate to ask me.

Kingfish swimmers should make it their aim to attend at least four of the five scheduled practices per week. Coming to training is the best way to get better and as coaches we can always see a bigger improvement in the swimmers attending four or five practices rather than those coming to one or two. The swimmers coming to one or two sessions will still get better, it just might take longer.

Parents could you please make sure the swimmers also know about the newsletter, it's important that they know what's going on in their squad and also with the rest of the club. I am looking forward to getting to know everyone, having some fun at the pool and seeing some fast swimming. See you at the pool!

Kingfish Takapuna (Vladimir & Chris)

Unfortunately no article was received for this squad this month.

Sharks & Dolphins Millennium (Ant & Louise)

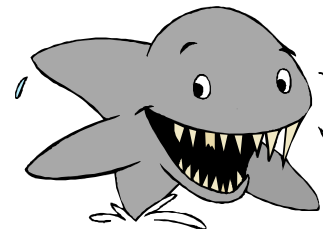
Hi Guys

Well I'll be writing this for you for the last time and what an awesome two seasons I've had with many of you. You guys are all shaping up great technically and I know that the season 2006/2007 will be the best for you all yet – I expect to see you all at competitions and I trust that many more of

you will make the awesome NSS Auckland Champs and New Zealand Champs teams this year as we go for gold as a club. Good luck. You will have a great time with Louise and your new coach Calvin. They will coach you well ☺

So how was March? Pretty great! With training stepped up quite significantly, training the level up, there were some tough programmes that were handled very well.

The Level 2 Meet was an exciting event with all of our swimmers competing in the 50 Br, 50 Bk, 50 Fl, 100 Fl, 100 IM and 200 IM. There were some awesome efforts and Logan's qualification for the 50 Bk for Auckland Champs added to his current qualifiers, well done!!!! You're so close on the 50 Fly – keep going!!! Renee swam a fantastic 100 Fl PBing by almost 20 seconds and being a mere 1 second off the qualification time. Awesome Job!!! Sam had an awesome 2nd length of his 50 Fly and I believe that you certainly learnt how to step it up to the next level. This race also proved to be a club record. Keep it up and you'll make Level 1 in no time. Henry finally qualified in his 50 Free adding to his 3 other entries. Awesome job!!! Melody, Josh, Nathan, Anjuli and Monique all had some great



PB's namely in the 50 Back, 100 Fly and IM's. Great Job!!!!!!!!!!!!!!

Congratulations to Jackson Cropp for beating the club record for 9 year old boys 33m

Freestyle. Well done!!! You set the goal and achieved it and a few days before your birthday, great timing Jackson ☺

We hope you all enjoyed the under water hockey, Calvin and I are still showing our battle scars. It was great fun swimming with you all and the Breaststroke race was certainly exciting.

For those of you moving on to Kingfish, good luck, you have a great coach and make sure that you all come and say hi to us at swimming meets. To those of you staying in Dolphins and Sharks, Good Luck, and I will see you at the competitions, qualifying for Level 2, Auckland Champs and New Zealand Champs. Set your goals high and you can achieve anything.

Also I would like to thank you all for the kind gifts and cards; they were unnecessary but greatly appreciated. For me it's onto Orca's so have fun guys and see you in a couple of years.

Anthony ☺

Dolphins Takapuna (Christine & Nick)

Well guys your time in Dolphins is drawing to a close and most of you will be moving onto Kingfish. I will be sad to see you go but don't think that I will stop looking out for you, make sure you come and say hi. Nick will be coaching many of you in Kingfish and I am sure he will keep me posted.

I will be at swim meets to check up on your times and making sure the turns and stroke development is still improving. Those of you who have regularly attended training sessions have made noticeable improvements, particularly in the butterfly stroke. This shows in your training and in the times you do at the swim meets.



Keep up the good work for your new coaches. See you all poolside with our new coach Hilary.

Sharks Takapuna (Vladimir & Chris)

Unfortunately no article was received for this squad this month.

April Calendar

3 rd	2006/2007 Season Begins
4 th	Club Night
5 th – 9 th	World S/C Championships
12 ^h – 16 ^h	Youth & Open Championships
29 th	Level 3



Do you know someone selling a house?

If you refer a home to me, which I successfully list and sell, I will donate \$500 cash to your chosen squad coaches to use for squad outings like BBQ's or pizza nights.

All the best
Andrew Dorreen
Sponsor NSS Streamline

Youth and Open Championships Team

Youth 1

Rachel Ah Koy
Ben Allen
Chris Anderson
Scott Andrews
Kate Ashcroft – Glenn Innes
Hayley Bayliffe
Jessie Blundell
Candice Cull
Mana Taumanua
Alice Waters

Seniors

Emma Banks
William Benson
Michael Buck
Ayla Dunlop Barrett
Calle Durham
Sarah Gempton
Christopher Hotchin
Emma Hotchin
Rebecca Linton
Cameron Stanley
Te Rina Taite
John Zulch

High Performance

Moss Burmester
Nichola Chellingworth
Elizabeth Coster
Alison Fitch
Cameron Gibson
Melissa Ingram
Dean Kent
Hannah McLean
Helen Norfolk
Glenn Snyders
Corney Swanepoel
Scott Talbot-Cameron
Robert Voss