



North Shore Swimming Club Newsletter, August 2005

From the Board

Dear Members

As I sit in my hotel room in Christchurch drafting this report for the newsletter, the TV news has just announced another stunning performance at the World Championships in Montreal by an NSS swimmer. That level of performance is what we have come to expect from our elite swimmers, given their skill and dedication and the skill and dedication of our team of coaches.

Having said this, NSS is far more than the club that all the Olympians belong to. It is also the club that acts as a nursery for aspiring Olympians of all ages and for those who just love swimming and want to be the best they can be.

The new Board of the club was elected at the recent AGM and comprises myself, Richard Lockhart (Treasurer), Faan Swanepoel, Frank Walkington, Jan Cameron, Nick Blundell and Adam Jackson. We have resolved to try to do two things during our tenure on the Board – firstly to ensure that NSS is as professional out of the pool as it is in it and secondly that we enhance communication with members and provide greater opportunities for members to provide feedback to the club.

Re our professionalism out of the pool, many of you will know that Anthony Kattan has recently been appointed to the new role of “Club Manager”. Anthony is completing his business degree and a sports science degree and will be well known to many already from his role as coach of the Millennium Sharks and Dolphins. His enthusiasm and ideas are already making a difference to the running of the club. Welcome Anthony and keep up the good work!!!!

Another important task we are currently undertaking is looking at opportunities for obtaining additional sponsorship moneys that can be invested in the club and its swimmers. This is a challenging exercise but one we hope will bear fruit.

Regarding communication with members, to date most of this has focussed on swim meets, upcoming training sessions and the like. That information is obviously critical and should continue to be provided. However, we as a Board want to ensure that members are also well informed about what goes on “behind the scenes” and have the opportunity to comment on key initiatives.

In this regard, a number of new things are happening - we are about to launch a new, modern website, our newsletter is being revamped and broadened in scope and we are hoping to introduce more opportunities for social events. In addition all feedback is welcomed. If you have any comments you can either contact Anthony at the office or contact any of the Board members

These are exciting times for NSS and we all look forward to us continuing to be “New Zealand’s Number 1 Swim Club”.

Finally, I want to acknowledge the efforts of parents who freely give of their time in supporting the swimmers at meets. Without the commitment of our volunteer meet officials there simply wouldn’t be any meets.

With best regard to all

PHIL MITCHELL
PRESIDENT

World Championships

WOW WOW WOW says NSS Coaching Mentor and World Championships Coach, Jan Cameron, as the most successful World Championship effort ever draws to a close.

The team consisted of 13 NSS Swimmers:

Moss Burmester
Liz Coster
Alison Fitch
Cameron Gibson
Melissa Ingram
Dean Kent
Hannah McLean
Helen Norfolk
Corney Swanepoel
Glenn Snyders
Scott Talbot-Cameron
Te Rina Taite
Nichola Chellingworth

The last time a New Zealander made a World Championship final was 7 years ago as Danyon Loader made a bid in 1998, and this year we had 4 individual finalists, in 5 events, and 3 relay teams.

Finalists

Elizabeth Coster	50 Fly	8 th
Dean Kent	200 IM	8 th
Hannah McLean	50 Back	7 th
	100 Back	5 th
Women’s	4 X 100 Free	8 th
	4 X 200 Free	6 th
Men’s	4 X 100 Medley	8 th

All of the above were from North Shore Swimming Club and were assisted by Lauren Boyle swimming in the 4 X 200 Freestyle relay and by Georgina Toomey swimming in the 4 X 100 Freestyle Relay. Annabelle Carey assisted a North Shore strong team swimming the Breast Stroke leg of the 4 X 100 Medley to set 1 of 12 New Zealand open records set or equalled by North Shore Swimmers at the meet.

Elizabeth Coster	50 Back	29.04
	50 Fly	27.01
Hannah McLean	100 Back	1.01.14
	50 Back	28.99
Scott Talbot-Cameron	50 Back	26.30 =
Helen Norfolk	200 Free	2:00.38
Women's	4 X 100 Free	3:45.36
	4 X 200 Free	8:05.12
	4 X 100 Medley	4:08.01
Men's	4 X 100 Medley	3:41.36

12 North Shore Swimmers made a Final or Semi Final.

This is a tremendous achievement. Nearly all of the swimmers gained a world ranking in the top 20 and all were ranked in the top 50. With many ranked top in the Commonwealth, the games in Melbourne next year is set to be an exciting competition for our Club and New Zealand Swimming.

New Zealand is now ranked 12th in the world!!!!

As a club we can only be incredibly proud of the performances of our best athletes. They lead by example and the dedication of all of those involved as well as their coaches, Jan Cameron and Thomas Ansorg, is a great example to all of our Junior and Youth Ranks.

From the Club to all those competed.

“CONGRATULATIONS – YOU DESERVE ALL OF YOUR GLORY”

July Results

AKJ Qualifiers - Now totalling 65!!!!

Logan MacKintosh	(MISH Sharks)
Henry Wiseman	(MISH Dolphins)
Hayley Edmond	(MISH Kingfish)
Hannah Smith	(MISH Kingfish)
Bradley Clifford	(TAKA Kingfish)
Aless Smith	(TAKA Kingfish)
Rachel Blackwell	(Orcas)

Level Qualifiers

Scott Andrews	(Level 1)
Dylan Brown	(Level 1)
Vanessa Chow	(Level 2)
Bradley Clifford	(Level 2)
Alita Maharaj	(Level 2)
Rosalie Ramdohr	(Level 2)
Aless Smith	(Level 2)
Victoria Szilagy	(Level 2)
Christie Marceau	(Level 2)
Sean Wallendorf	(Level 2)
Andrea Wu	(Level 2)

Target Squad Training Qualifiers

Jackson Cropp	(MISH Dolphins)
Jordyn Knights	(MISH Kingfish)
Ellen Mitchell	(MISH Kingfish)
Nicholas King	(MISH Kingfish)
Richard Miller	(TAKA Kingfish)
Martin Ristovski	(Orcas)
Kanae Mukaihara	(Glenn Innes)
Courtney Steel	(Glenn Innes)

Head Coach Report

Dear swimmers and parents

In this month's article I'd like to give you an idea of what happens at major swim meets. As you know we are at the World swimming championships in Montreal.

Tonight, in about 12 hours from now, Hannah McLean will be swimming her first ever final at a major international swimming championship and as you can imagine, we are all excited.

When you read this article you will have heard about the result, but no matter what happens tonight (I hope it will be a cracker of a race) we are really proud of Hannah and the team. It took many years and plenty of disappointing experiences before we can look forward to her first ever final at a world championship.

Well, Hannah is a 24 year young lady, who has been with NSS since she was 11. So, she must have been a Kingfish, Orca and Youth swimmer once before (or the equivalent of this). Needless to say – she trained for many years in the NSS senior squad at Northcote College – until the Millennium pool opened in 2002.

So, tonight is the night and everyone here is as excited and nervous as anyone of you, when you are swimming your first ever Auckland or New Zealand champs race. Nothing really changes – swimming is beautiful, isn't it?

We started our campaign in Knoxville, at the University of Tennessee with a training camp to facilitate all acclimatization's from New Zealand winter into America's (hot)-summer and to get over the 16 hour time difference.

At this camp the major team bonding activities took place and the last bit of training was done in the outdoor pool to get used to the sun. Part of the coaching staff here is Gary Hurring, an ex-Kiwi Commonwealth gold medallist and you guessed it – an ex- NSS swimmer. Garry is now coaching in Wellington but his experience as a swimmer is of great value and in many conversations he points out proudly that he was an NSS star in his time, as so many others are now.

Off to Montreal; after the quiet camp in Tennessee we arrived in the buzz of Montreal and immediately the World champs spirit engulfed us. The water polo was on and so were the diving and the syncro-swimming. We heard the crowds roar at the other venues and we were ready to go.

Once the competition started everything became business as usual. So far there have been some good swims and there have been disappointments. Some of the favourites did not get through, mostly as a result of nerves and the overwhelming competition. But some athletes lifted their own performances and improved significantly.

And then there have been the outstanding swims. So far we have had very good results in the form of finals and New Zealand records and I know that this team will keep pushing on. I also know that our team at home will keep pushing this team. There will be more great moments and some of you will be part of those, but for now I'd like to focus and enjoy the moments – the greatest day – of Hannah's Mc Leans world champs finals premiere.

The best wishes from the NZ team at the 2005 world swimming champs in Montreal.

Thomas

NSS Seniors & High Performance

'Give Yourself a Chance' – Dean Kent

There are many clichés that are associated with the long hard hours of training put in during the first two months of a cycle. These clichés basically all point to the fact that you won't get very far without putting the work in.

That's all well and good, but most focus on struggling through this phase of long mileage and hard work instead of emphasising the importance of it. Perhaps as a consequence it seems to me, consciously or not, most swimmers and indeed other athletes, who train as hard as us, have adopted a mindset of trying to survive the period. I know that I have been guilty of this myself in the past, and that it is hard to realise what you are doing and then rectify that.

Perhaps when you are truly motivated through this phase you make some of the biggest gains. I had a break out year in 98 and I can remember treating every session, no matter how hard it was and how tired I was, as an opportunity to improve and achieve goals. I might not have always succeeded, but as far as I can remember, I always had the positive mental approach and gave it my all.

I don't consider myself a great example or perhaps even a good one as I have slipped many times since. Use people who have truly succeeded, people like Rob Waddell, Sarah Ulmer, and Michael Phelps for example. Ask yourself if you think they merely tried to survive the hard work. And believe me, they have done a lot to achieve their goals and get where they are.



I was lucky enough to attend a talk given by Rob Waddell earlier this year. One thing, among many I took from what he said, was that every stroke he did was as perfect as he could make it, it didn't matter whether he was doing a max set or loosening down, how tired he was or how fresh – perfection or striving for it, every stroke.

That professionalism is what I wanted to put into my swimming, and so I've tried this whole year to make every stroke of every session as close to perfect as I could. I have also strived to go into every session with the best possible positive mental state. This is probably the hardest challenge of the two.

I admit that seeing an extremely hard set written on the board, when you are extremely fatigued, isn't exactly going to make me feel like jumping up and down with joy, in fact sometimes the initial reaction is quite the opposite. However, accepting each set and each session as an opportunity to take another positive step towards and perhaps past your goals is, I believe, vitally important.

I guess I'll find out how well all of this pays off in about 7 weeks. Even so, good habits can't hurt and I won't be stopping them.

The fact is you might as well be as positive and aggressive towards all of your training. Take ownership of, and therefore, responsibility for your training. Have the courage to accept that it's all up to you in the end. Blaming other people if and when you fail (as we all do at times) is the ultimate cop out. After all you don't really have to do the training – you have the choice to go home, no-one's forcing you.

In the end you are at training to reach your goals, so going through the motions and whining about the session in front of you will not help you or your team mates. Let's not forget your coaches who are writing these sessions and planning to help you achieve your goals – they must love it when their attempts are attacked.

I really hate to sound like I'm preaching, but if you're going to be there, then why not give yourself the best chance of success you can.

Club Squad (Derek)

Training has been hard lately, however, the majority of you are training very hard which is excellent. Keep it up.

Can the parents please make a better effort to enter their kids in the level meets? This is the only way that the kids can see improvement in their times and swimming ability. These meets also encourage the swimmer to train harder in training. Very few swimmers made it to the level meets this month and I would like everyone to participate in the meets coming up this month.

Youth 1 (Tom)

We welcome Alana Smith from youth 2, who is 15 and who has qualified for our squad at the Hamilton meet by swimming the National Age qualifying time for 50m Fly.

Our last meet on the 23rd of July was swum after lots of hard work and 90% of the squad handled it really well. Most were PB times and some of them smashing their old times. WELL DONE SWIMMERS!!!!

We don't have much time to go until Winter Champs. Looking at the times from last weekend, the rest of Auckland better look out!

Youth 2 (Dan)

Hey Gang

Well just under 3 weeks until Auckland Winters, I am stoked to see that every single swimmer from youth 2 has qualified to swim at Auckland Winters. I remember back about 3 years ago and only having 6 swimmers from this group able to compete at the Auckland Champs.

We had some great results from the last Level 1. Some swimmers hitting big PB's and the rest of us taking important lessons back to training so we can work on them. In my eyes there is no such thing as a bad race, no matter what other people think about what you have done. You can always take the positives out of every race. It was good

to see that happening and I hope more of you swimmers learn this in the future.

Remember it is impossible to do a personal best every single time you race, but it is not impossible to improve yourself every race you swim. You might be thinking this is the same thing but they are totally different. You can improve your race practice, your understanding of how you should race each quarter, your awareness of your details and technique and much more. This is why we race most months and is why as coaches we do not expect our swimmers to PB every race they swim.

I hope parents you can understand this also so you do not give your swimmers added pressure which is not needed.

It is really great for me to look back and see how far the squad has come and imagine where it can go now. It is great to see how far you have come in the last 2 years. Some who have just arrived in the last 6 months who are just learning how to step up their training and others who have been in this squad for the last 18 months and are starting to get ready for the Youth 1 Squad.

Congratulations to Alana Smith who has now joined the Youth 1 Squad. Well Done and Good Luck Alana!

Remember Auckland Winters – What are you doing to improve your swimming? Are you getting early nights, or are you managing your school work, Are you eating correctly?

Youth 3 (Derek)

I would like to congratulate Rebecca Dubber for swimming some excellent races on Sunday at the level 3 swim meet.

Secondly, I would like to mention that training has been hard lately, however, the majority of you are training very hard which is excellent. Keep it up. Can the parents please make a better effort to enter their kids in the level meets? This is the only way that the kids can see improvement in their times and swimming ability. These meets also encourage the swimmer to train harder in training. Very few swimmers made it to the level meets this month and I would like everyone to participate in the meets coming up this month.

Glenn Innes (Judy)



Ni Hau! (Hello!)

We must recognize the good results of Thomas, Rmaan, Kanae, Robert and Vanessa who qualified for the Auckland Junior Champs as well as the following; Jane, Kanae, Steven and Rmaan

who qualified for the L2. Congratulations!!!

Most GI swimmers did very well with many PB's at the last meets. This performance was even more special because many of the swimmers were suffering from bad colds and sore throats. It showed great club spirit that they completed all events.

Keep working hard and be consistent at training.

Orcas (Stefan & Valentin)

A big well done to all the Orcas for a fantastic two weeks of technique and hard work at the Millennium. There has been a great deal of improvement in all areas of training for the Orcas. The intensity has been lifted a notch and the improvement is really starting to show. Also we would like to welcome back all those Orcas who have been away on holiday. Keep up the great work guys.

Kingfish Korner Millennium (Chris & Scott)



July has been another busy month, not only for the Kingfish swimmers but for the coaches too! Scott and I have both been overseas competing, with Scott leaving me to run things alone for the last few weeks while he has been at World Champs. There has been a huge drop in attendance over the school holidays, it is good

to see numbers picking up again now. Scott and the rest of the New Zealand Team have been swimming really well and I know that the swimmers have been looking out for results. For most of August I will be competing at the World University Games in Turkey, and it will be Scott's turn to go it alone.

To the swimmers, although Scott and I may seem a lot older than you (we are not really!!), and I know it seems like a huge leap to get to the level we are both swimming at now. But all of you have the ability to one day be swimming at the same big meets as us. However, the path to getting there starts now! Believe it or not, Scott and I also swam in the Kingfish at North Shore many years ago. Now is the time you have to start looking at the New Zealand Juniors, Auckland Champs or Level Two qualifying times and go after them. Find out what the qualifying times are in your favourite races and see how close you can get at the next meet. Getting the small steps along the way will one day see you up there on a New Zealand team.

Our two swimmers of the month have both have been working consistently hard at practice and very importantly have great attendance. They are Donovan de Cerff and Lucy Blundell. Keep up the good work.

Kingfish Takapuna (Derek)

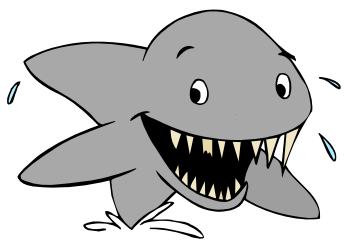
Hello everyone, and welcome back from the holidays, I hope you thoroughly enjoyed them.

Firstly I would like to say congratulations to Aless, Bradley, Andrea and Alita for qualifying for level 2 at the level 3 meet on Sunday. However I was disappointed that only several kingfish turned up. I would like to see a larger turnout at the next swim meet at the end of this month.

There are only 4 months left until Auckland Juniors and the more swim meets you enter, the more opportunities have at qualifying.

Anyway I will see you all in training.

Sharks & Dolphins Millennium (Ant & Louise)



You guys are FANTASTIC and only going from strength to strength. We are very proud of your progress.

When we started our time trial system 2 months ago only 8 of you were under 2 minutes for a 100 IM, now

that number is 20. To top it off nearly all of you are now under 2 minutes 30. Great Job!!!!!!!!!!!!!!!!!!!!!!

Again Renee and Nathan have taken out the fastest boy and girl times in the dolphins. Well done Renee on hitting the 1:30's for the first time. Keep working on that fly and those dives and you'll get to those 1:20's.

Special mention to the following dolphins who have improved by 10% or more since May: Jackson (14.88%), Oliver Z (11.20%), Georgina (13.13%) and Georgia (13.98%).

The Sharks competition is certainly heating up with Logan and Yanni now only 1 second apart and Anjuli and Dorothy leading the girls.

Special mention to the following sharks who have improved by 10% or more since May: Yanni (12.20%), Conor (10.69%), Jordan (13.46%), Caitlin (16.57%), Matthew (11.45%), Toby (15.91%), Chase (13.22%), Bianca (10.98%) and William (15.79%).

Congratulations to all of you who swam at your first Club Nights and Level 3 Meet. Keeping working on those times guys and swimming new races, those PB's are amazing when you get them.

We would like to welcome Melody, Oli P and Oli Z to our Dolphins squad. Welcome also to Tyler, Hayley and Lorens to our Sharks Squad.

Huge congratulations to Logan and Henry for Qualifying for Auckland Champs for the first time. We now have 7 qualified and another 7 within one second. Train hard guys, you can do it!!!! Well done to Jackson for qualifying for Target Squad Training.

Dolphins Takapuna (Christine & Nick)

We have been working hard on our streamlines, starts and turns and this attention to detail showed in the Level 3 meet. Being able to achieve the skills that we practise in training in a race, when there is pressure on, is the first step to becoming a good skilful swimmer.



One of the swimmers streamline from the dive start was so good that she surfaced with the lead swimmer who had already swum several strokes. Another swimmer, had only just mastered the backstroke turn in training Saturday morning performed them very well in his 100m backstroke.

Although numbers were light over the school holidays I was very pleased with the turn out of swimmers who continued with their training. This shows real dedication on both the children's and parents. Well done guys.

The swimmer of the month goes to Matthew O'Hara who has come from swimming at the end of the lane to leading the lane. His stroke has improved out of sight and he has just swum really well in his first Level 3 meet. Keep up the good work Matthew.

Sharks Takapuna (Derek)

Hey there little sharks, there were some great swims at the level 3 meet on Sunday afternoon. I would like you to swim a few 50 meter races though. I would like the boys to be able to make an effort at the swim meet, none of the boys were present at the meet.

Lastly can the parents please make a better effort to make it to training at least 5 to 10 min's before we start, thank you. Anyway I hope to see more of you at the next level 3 meet, see you all in training

Target Squad Selection Criteria

Qualify for the Auckland Junior Champs 25th – 26th of November in the following:

- | | |
|-----------|----------------------------|
| Dolphins: | 1) 100m |
| | 2) 2 x 50m |
| Kingfish: | 1) 200m |
| | 2) 100m (Different Stroke) |
| Orcas: | 1) 200IM or 400IM or 400Fr |
| | 2) 2 x 100m |

All swimmers who have achieved these criteria during the recent NZ Junior Champs for the correct age group are automatically selected.

August Calendar

- | | |
|-------------------------------------|------------------------|
| 2 nd | Club Night |
| 13 th | Target Camp |
| 20 th - 21 st | Auckland Winters |
| 13 th - 22 nd | World University Games |
| 27 th | Level 2 |
| 28 th | Level 3 (NSS) |



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