



STREAMLINE

North Shore Swimming Club Newsletter, August 2007

Board Report

The club's AGM was held on 10 July at the Millennium Institute. Although the weather on the night was appalling and hence an impediment to venturing out, attendance was extremely disappointing – to the point that a Quorum was not achieved. In accordance with the provisions of the Constitution, the Board and those few members in attendance voted unanimously to proceed with the meeting. My report to the AGM is reproduced at posted on the website.

I would like to welcome Robert Rudd to the Board this year and to thank Frank Walkington who decided to step aside this year because of heavy work commitments.

Applications for our Director of Operations have closed and a sub-committee of the Board is in the midst of interviewing short-listed candidates. We have received some excellent applications from New Zealand as well as attracting significant international interest. We hope to be able to announce an appointment in next month's newsletter.

With best regards

PHIL MITCHELL
PRESIDENT

August Calendar

7 th	Club Night
11 th	Auckland Junior Champ Camp 3
18 th	NSS Level 3
19 th	Level 2
25 th – 26 th	Auckland Winter Championships

Club Record Breakers

July Club Night

Joshua Brown	7yo	33 Fly
Katerina Kovalenko	8yo	33 Fly
Ellie Williams		
Katerina Kovalenko	8yo	133 IM
Ethan Thomas	8yo	66 Fly
Carl Zhao	9yo	133 IM
Renee Rudd	11yo	33 Fly

Level 2

Katerina Kovalenko	8yo	100 Free
Katerina Kovalenko	8yo	100 Breast
Katerina Kovalenko	8yo	100 IM
Charlotte O'Hara	10yo	200 Breast
Monique King	11yo	1500 Free

Level 3

Joshua Brown	7yo	100 Back
Joshua Brown	7yo	25 Fly

Level 1

Renee Rudd	11yo	400IM
Nathan Kinney	11yo	200 Fly
Nathan Kinney	11yo	400 IM
Mere Rewi-Leauga	12yo	100 Fly
Chloe Francis	14yo	1500 Free
Chloe Francis	14yo	100 IM
Alannah Jury	16yo	1500 Free
Grace Francis	17yo	400 IM
Helen Norfolk	Open	100 IM

Squad of the Month

Another exciting club night with Orcas taking out Squad of the Month with 97% PB rate and 94% attendance. They are certainly laying down the challenge, so make sure you attend, enter races you know you can PB and aim to dethrone the Orca Squad. Remember all Club Night times count towards prizes at prize giving for swimmers 12 and under. Are you in to win?

	Attendance	PB %	Total
	Points	Points	Points
ORC	9	9	18
MSK	7	7	14
TDP	5	8	13
MDP	8	5	13

Level Qualifiers

Lucy Blundell	(Level 1)
Liam Padley	(Level 2)
Jonathan Houzet	(Level 2)

Performance Programme

Elite (Scott)

The AIS meet was a success for us in the elite squad; with some great swims and learning providing a good launching pad for the rest of the season to be built upon. We are currently in a block of quality work where we are having more of a range in intensity of our swimming. Lots of swimming at slower speeds coupled with training at very high quality near race speed and intensity. This training will give us a great launching pad towards the spring meet in September where we look forward to some fast swimming.

All the best for the Auckland winter champs to our junior's, age groupers and youth swimmers – GO SHORE!!!!

Youth (Dan & Gary)

Hey Gang. Well we have gotten over the really big work and it is all down hill from hear, or so to speak. You will find the distance getting a bit shorter but know the intensity will step up and so will you need to step up. Jumping to the next step will take a lot of work. Think of it as an imaginary pain barrier and on certain sets you will need to push through into a new zone. This just doesn't have to be hard slog. This can also be Holding the skills and being smart, pacing, holding Technique under stress.

If you keep on doing the same work, or keep doing the same action you will keep getting the same result. Sounds a bit like Homer off the Simpson's when he keeps getting electrocuted by a donut that has been rigged up to the power mains by Bart. He just keeps grabbing the donut, and he keeps getting electrocuted every time. DOH!!!!.....DOH!!!!.....DOH!!!!.....DOH!!!!.....

This will work both ways for you. If you keep doing slow sprints and sloppy push offs what will you have as your outcome? You know you will have sloppy turns and details in a race and you will be sluggish over the sprints. If you keep work on the BEST details, Turns etc you will one day have great details. A little time after that you might be the best in you Squad, then Club, maybe your age in NZ and after a while,

if you keep working on improving, you will be the best in Australia and so on until you reach world class.

Congratulations to Shaun and Chad for representing NZ at the Tri Series against Aussie. Shaun went Personal bests SC in all events and Chad grabbed a couple of placing in the Breast which also include all SC PB's and a couple of converted PB's which was great to see. We learn a lot and travelled with the Aussie teams in buses to each venue - Sydney, Woy woy and Canberra. We also had a couple of class sessions with the Aussies on Travelling and how to recover whilst in big competitions which is the bases of this meet. Last we ended up in Canberra at the AIS witch was amazing! But very cold. We definitely came back better from this experience and hope more of you can share this experience next year. I know there are a large number of us that will be in contention so make sure you are working your CANI! (Constant and Never Ending Improvement)

Well done to all the swimmers in the Level 1 Swim meet. We had some very good swims with over 6 swimmers making 100% SC PBs and just about every swimmer got at least 1. It might not seem like much but now you are getting older it gets tougher every time you race so at this stage in the season it is really good. Congratulations to Chloe Frances for breaking 2 Auckland Records for the 14yr girls in the 1500 and 100IM. Great Job team, Keep it up!!!!!!!!!!!!

Age Group (Jana & Chris)

In July the bulk of the Age Group squad went out on tour for the first time this season and put in a very productive weeks training in Rotorua. As well as working hard we managed to fit in a bit of leisure and to the coaches' relief we don't need to worry about any of our swimmers being poached into golf or luging. Following the camp we spent the day at Hamilton Winters where the squad stood up after what was a very challenging week of long course training and produced some excellent swims, many of which were best times or right on them. Thanks again on behalf of the swimmers to our camp managers Caroline and Betty for all their help with our trip and to the other parents who formed the support crew and helped out once we got to Hamilton.

We are looking really strong and as a team we are now beginning to consistently turn out great swim sessions. Confidence should be high amongst the swimmers as we get closer to Winters at the end of the month, but don't rest on the hard work yet. In the next four weeks there is still a lot of hard work to be done and gains to be made in all areas. We believe in you and are going to be right behind you all the way as we look forward to a great first championship meet of the season!

Development Programme

Development Squad (Tom)



A Development Squad WHITE WASH! Now that's what I'm talking about!

A world champion in the squad? Great bring it on. Daniel Holt came back from the blind Youth world championships in Colorado Springs with 4 World titles.

He improved all his events and set 2 New Zealand records. Daniel QLF for ASA Winters on the way in 100m Free. Great swimming Daniel!

Rebecca swam along with Alana at the Hamilton winter champs. Alana worked on her 400m Free and swam a slight PB which is great indication early in the season. Rebecca could not watch all the great swimming around her without wanting a slice of the action. She swam 200m Free (6sec PB) and 200m back where she Qualified for Level 2. Great work Rebecca and Alana. Then all the level 2 swimmers had their turn at Level 2 meet. 14 swimmers ready to take any challenge. There was PB after PB and the team was getting more exited. Then Nina hit the water with 50m Fly; one swim, 4 QLF times. Winters, Championships, Level 1 and Div 2. Great swim NINA. More and more swimmers QLF for Winters and Auckland Champs.

Gilby, Christine M, Christina C, John and Elise are just finger tip away. I think you guys are doing great job and this is not the end of it. More is to come.

Our Development Auckland Winter Championships Team: MANA, ALANA, ANDRE, CANDICE, NINA, ANNA, CHRISTINE, CHRISTINA, GILBY, CATHERINE, SARAH, EMMA M, EMMA T, JARED, ZANE, MICHAEL, NICK, MEIHANA, ALEXIS, DANIEL and VASA. This is strong Team; Great Job Team. This is the time to do some fast swimming.

I would like to welcome new swimmers to our squad Chris and Hayley. Great to have you in our squad. Also congratulations to Rosalee from the marlins squad who QLF for Target Squad. She will be swimming with us once each week. Have a great month and see you at the pool deck.

Marlins (Calvin)

Hello to all Marlin swimmers and Parents. July has been a fantastic month and i would just like to congratulate all the swimmers on the amazing effort that has been put in at training. Everybody has been training very hard and i am so proud of what the swimmers are achieving. We are regularly seeing large PB's at meets and this is a direct result of the seeing the motivation these kids have. As you know, I am no longer going to be the coach of the Marlins squad. This is a very sad moment for me as I have so much love for coaching and for this club. I have been involved with this club since i was 9 and the fact that i have to leave is very hard. I am leaving due to university timetable restrictions. If there was a way for me to keep this job, I definitely would, but i feel that it is fairer on the swimmers to have a more consistent coach.

Thank you to all the swimmers for being an absolute dream to coach. You guys are fantastic and I am going to miss you. Keep chasing your goals and striving to be the best you can be. Thanks as well to the parents for your support of me, and to the club for providing me with this fantastic opportunity.

Although I will no longer be a regular coach i plan to stay closely affiliated with the club and the swimmers, so make sure you guys work hard... I will be checking up on you.

Junior Programme

Head Junior Coach (Anthony)

It is evident that the Junior Community is making use of the tools available as I see more targeted entries being undertaken in order to make it to the next level, whether it be championship qualifications, daredevil status or XLR8 points. I would like to congratulate our many new Target Squad Qualifiers this month – enjoy your advanced training and make use of the opportunity to get even better!

This month saw many more swimmers qualifying for NSS Bronze and Silver XLR8 status. This is a fantastic achievement. Remember you can check your points at any time on the take your marks feature available on our own NSS website. Simply go to members section, click results and select the 'XLR8 swim faster, faster' option.. Select more under your age group and scroll down until you find your name. If you click detail you can see what combination four events make up your four race total. If you do not appear under you age group you haven't yet completed your combination four races since you turned that age. Points do not carry over from one age group to another. If you don't appear in any age group you have not yet swum any appropriate age swim combinations. Please become familiar with these by reading the article – "North Shore Junior Club Moving Forwards" available on the Junior Homepage.

For those of you aiming to achieve XLR8 status in order to win a medal at November's Prize Giving, click detail and see which event out of the combination four is weakest. For example, you may have 700 points for your form event, IM event and 200 event giving you 2100 points but only have 399 points for your long distance freestyle meaning you are 1 point of NSS XLR8 bronze status. It would therefore be wise to swim a long distance freestyle race for your applicable age group at the next meet.

Your coaches are working hard to track your status in each of these areas, so when you are given entries by your coach you should see

them as **required entries** for maximising your success. You may think the entries are hard, but your coach knows your swimming best and has your long-term success in mind. So be courageous and listen to your coach – they are on your side!

Remember that the last meet that counts for personal best improvements in relation to our Junior Prize Giving is the Level 3 in September. No October meets count for this year's prize giving and will be included in prize giving 2008. Please also be aware that no points awarded at meets or club night count for our prizes at prize giving.

Many swimmers are only one or two races off achieving their Daredevil medals. Please find out what these are and ensure your swimmers are entered. It would be a great shame for them to miss out. Remember entering all club night races will achieve a bronze medal, all meet races for the appropriate age group will achieve a silver medal and completing both will achieve a gold medal. The appropriate races can be seen on the tracking page on the NSS homepage. White races are the required races for your child according to the squad they swim in, in order to achieve Daredevil status.

Please also remember that Squad of the Month at Club night is awarded to the squad with the highest number of points for attendance and personal bests. The highest attending squad for attendance receives 9 points, the lowest receives 1 point. The same applies for personal best. The two scores are combined and the squads ranked – the highest score you can achieve is 18 points. The squad with the highest total wins a pizza shout to be enjoyed during the month.

As we move into next month I would like to wish all of the Auckland Winter Championship Junior Team the best of luck as they attend their first major meet of the season. Swim fast and really go after the goals you are setting. Enjoy the tough competition and use it to become even faster than you already are!!!!

July Results

Auckland Junior Championships – New Qualifiers

Grover Brick	(TAKA Sharks)
Liam Padley	(MISH Dolphins)
Jemima Wasson	(MISH Dolphins)

Auckland Winter Championships – New Qualifiers

Charlotte O'Hara	(TAKA Dolphins)
Claudia Brick	(TAKA Kingfish)
Leah Hall	(MISH Kingfish)
Rebecca Hull	(MISH Kingfish)
Hannah Ekbatani	(Orcas)
Daniel Short	(Orcas)

New Zealand Juniors – New Qualifiers

Katerina Kovelenco	(MISH Sharks)
Shannon Payne	(TAKA Kingfish)
Monique King	(Orcas)
Hugh Wilkie	(Orcas)

Division II – New Qualifiers

Lucy Blundell	(Orcas)
Renee Rudd	(Orcas)

Target Squad - New Qualifiers

Katerina Kovelenco	(Dolphin Target)
Karl McMurtrie	(Kingfish Target)
Stephanie Masson	(Orca Target)
Shannon Payne	(Orca Target)
Yannick Wetzell	(Orca Target)

For a full list of Daredevil and Championship Meet Qualifiers and Redliners please check the Junior Homepage found under the Members Section of our website www.nss.org.nz

You should access this page often!

Orcas (Ant & Stacey)

Wow! So much has happened this month that I can't believe some of the results were only a few weeks ago.

The Hamilton Winter Championship was a great stepping-stone for our swimmers with many qualifying for new championships and further events. Particular mention must go to Renee for her Gold in the 200 Free and 100 Breast, Silver in the 100 and 50 Free, 50 Breast and 200 IM and a Bronze in the 200 Breast. Fantastic work Renee!!! Nathan Kinney achieved a bronze medal in the 200 Breast. Well Done! Lucy Blundell also swam a fantastic 200 Back having worked very hard to recover from her broken arm and qualifying for both Level 1 and Division II in one fell swoop.

We had further good swims at the recent Level 2 and 1 meet and then we all headed south again for the Manurewa Winter Carnival. Renee qualified for Division II with a fantastic 400 IM taking her XLR8 points to just under Gold Status and breaking the club record in the process. Great Job! Stacey Hughes also swam a very impressive first 400 IM just missing the National Age Group Qualifying team and showing her improved training ethic. Keep up the Hard Work!!!! Nathan Kinney also broke the 200 Fly and 400 IM club records and Sam Blake swam a great 100 Fly in a time of 1:13 and taking almost 7 seconds of his PB qualifying for a further Division II race. I must pay special mention to Monique King's fantastic 1500 Free breaking a 7-year-old club record by almost a minute and missing Level 1 by less than a second. Keep up the hard work Monique, that Level 1 time will come.

So many more of our swimmers are now qualified for XLR8 Bronze or higher and at each meet swimmers are pushing their points even higher. About half the group has now also achieved Daredevil Gold and following the August Level 2 most swimmers will have achieved this status. This is fantastic as you are all listening and beginning to understand the need to be all-rounded, well skilled swimmers.

Following the month's many competitions we finished with 180 qualified swims for Auckland Winter Championships and with every swimmer qualified and one more meet to go, I can't wait to see how much further the squad can push themselves as they prepare for their first major meet of the season.

Keep up the hard work everyone – we're so proud of you all! ☺

Glen Innes (Kim)

Unfortunately no article was received for this squad this month.

Millennium Kingfish, Dolphins & Sharks (Louise, John & Rebecca)

We would like to extend a big welcome this month to Katerina Kovelenco, Ashleigh Turner, Jessica Clarke and Jake Lockwood to the Sharks squad. In Dolphins we welcome Iwan Thomas and in Kingfish we welcome Hannah Waldren and Jack Coogan. Welcome aboard guys, glad to have you on our squads.

This month during training we have been working extremely hard on our starts and turns. We still have a long way to go and we know you are ALL capable of doing great turns so make sure you do them every time you swim so we can stop nagging!! ☺

Congratulations to all swimmers who attended the July level 2 and 3 meets. Looking at the results, we can see some fantastic swims, keep up the great work!! A special mention to Liam Padley (dolphins) who qualified for Auckland's and level 2 in 50, 100, 200m back and to Jemima Wasson for qualifying for 50 Fly. Awesome effort guys, you deserve it!!!

Attendance during the school holidays was great considering most of you were away on holiday, it was good to see you all there. It was an excellent chance to work on drills and starts. Please keep up attendance through the school term it will be to your benefit.

Each month Rebecca, Jon-Jon and I spend a great deal of time putting together the meet entries. Due to entries being changed after we have chosen them, some swimmers are missing out on various opportunities that we are targeting. These entries should be viewed as required in order to get the maximum benefit from your training. These events have been chosen based on events that haven't been swum yet or events that swimmers are closest to qualifying in. If you have any concerns about entries please feel free to talk to any of us so that we

can explain our reasons for the entering the swimmers in the particular events.

Now to swimmers of the month. There was awesome effort from so many you this month which made it so hard to choose! Congratulations to Rebecca Hull & Logan MacKintosh (kingfish) Rebecca Blackwell and Ji Chang Hwang (dolphins) and Jake Lockwood and Jessica Clarke (sharks) Well done guys, keep up the great work!!!

Please remember to wrap up warm BEFORE you leave the pool complex, this is a MUST!!!!!!

Thank you all for your patience while I have been away, it is much appreciated.

See you all on poolside.

Takapuna Kingfish (Nick & Tiana)

Hey Troops! Congratulations to Shannon, Stephanie and Yanni for making target squad!!! Everyone had a fantastic Level 2 Meet and I heard the level 3 meet was the same with many great PB's!! There was an awesome turnout at Thursday night training; we must keep that excellent attendance going. I would particularly like to see more swimmers making use of the fantastic long course sessions at Millennium on Saturday Mornings. Make sure you come see me before/after training to get your entries for next months meets which are designed to help you qualify for new levels and status. Good luck to those of you going to AKL Winters!! Swim Hard Swim Fast!!!!

Takapuna Dolphins (Christine, Tiana & Matt)

Congratulations to Karl who has made target squad after swimming so well at the Hamilton meet in the holidays. Other great swims were from Maddie who came close to qualifying for Auckland Juniors. Keep up the hard work and you will get there Maddie.

Unfortunately there were only a couple of swimmers at the Coast Level 3 meet, but Maddie and Catherine who went, blitzed their previous times and swam really well. It will be really good to see lots of you at the next Level 3 meet in August at Millennium.

Good luck and keep swimming!!!!!!!

Takapuna Sharks (Tiana & Candice)

Wow! What a great start to the third term. It's been awesome getting to know the kids, being new to the swimming club as well as our newest coach, Candice. Let's make her feel just as welcome!

Congratulations to those that competed at club night and the level three meet held at Coast. It was for me a mind boggling first experience seeing HUGE efforts and determination from all that participated. Awesome job from Ashleigh Terry for making Daredevils at club night, also for coming third in her 50m freestyle at the level 3 meet! Well done! Candice and i are really looking forward to what this term brings, and we wish to help achieve everyone's goals for all upcoming club nights and meets. Good luck!

Tadpoles (Jenn & Matt)

Hi Guys. Welcome to our new coach Matt who comes from a competitive swimming background. Matt is currently studying at Massey University.

I hope you all had a good holiday and are ready to train hard again. Well done to those who swam at the Level 3 meet. There were some great swims. Let's aim to have more of you in the August Level 3 meet, so start getting your entries in. It's so much fun!!!! Keep up the good work ☺