



STREAMLINE

North Shore Swimming Club Newsletter, February 2008

Board Report

HAPPY NEW YEAR EVERYONE AND, YES, FINALLY WE CAN ANNOUNCE THAT WE HAVE APPOINTED OUR NEW DIRECTOR OF OPERATIONS

The Board is delighted to be able to advise members that world-renowned swim coach and experienced administrator Ian Turner will be our new Director of Operations. This is the culmination of a long and exhaustive process, but NSS has achieved close to the impossible in luring someone of Ian's pedigree to our club from the other side of the world.

Prior to accepting the role with us, Ian has been the Head Coach for British Swimming as well as running the highly successful British High Performance Centre in Loughborough, having previously had extensive swim club management experience. To put Ian's skills in context, his swimmers won 25 medals at the last Commonwealth Games and he has coached various British Olympians, including individual medal winners. He is currently driving the British Olympic bid so a fair question might be "why would Ian want to come to New Zealand and especially why now?". Ian's answer to that question was straight to the point. His passion is for club swimming and opportunities with clubs with reputations like ours don't come along very often.

Ian's credentials are such that the Board is convinced that NSS will continue to be the cornerstone of New Zealand swimming, and continue the legacy created by Jan and then Thomas.

We have had to manage Ian's departure from the UK sensitively, given that he is currently overseeing final preparations for the British Olympic trials and we will be seeing him firmly ensconced in Auckland from April 14 at the latest, and hopefully a little earlier.

You will have received a Press Release about Ian's appointment earlier in the week. That was a rather rushed and impersonal way of making that announcement to members and was not how the Board would have wished it to happen. However, we were let down by British Swimming making its own media release before we had a chance to inform all of you, despite them previously agreeing to make our respective announcements simultaneously.

Anyway, let that unfortunate hiccup not detract one iota from what can only be described as fantastic news!!

Also on the good news front, the Board congratulates club legend Alison Fitch on her becoming a Member of the New Zealand Order of Merit, as announced in the New Year's Honours list. Whilst no doubt timed to recognise Alison's retirement following a stellar career, it is also worth reflecting on the fact that Alison has for a number of years been the "big sister" to countless young NSS swimmers and that generosity of spirit and commitment to the wider sport would have played a significant part in her receiving her honour. I recall Alison turning up to Auckland Juniors (or perhaps it was New Zealand Juniors) and when I asked "what are you doing here?", the reply was "these young kids all come and support me when I race so doing the same for them is the least I can do." That pretty much sums it up. Congratulations Alison.

Speaking of club legends, it is with real sadness that we learned of Dan Feisst's decision to take an extended leave from his coaching position with NSS, after having worked tirelessly for the club all his working life. Dan has decided he would like to broaden his horizons, and while we recognise that, we are very sorry to see him go. We wish Dan all the very best for the future and hope to see him back again one day. Thanks Dan from everyone at NSS.



Finally, we are in once again in the lead-up to various major swim meets. Good luck to all the swimmers and thanks to all the behind the scenes helpers.

PHIL MITCHELL
PRESIDENT

February Calendar

6th Waitangi Day
6th New Zealand Open Water Championships
9th Junior National Champ Camp
12th Club Night
16th - 17th New Zealand Junior Championships
13th - 24th Auckland Open Championships

Level Qualifiers

Hunter Amende (Level 1)
Joshua Miller (Level 2)
Callum Payne (Level 2)
Leon Wang (Level 2)

Squad of the Month

February brought the first club night of the year with the highest PB %'s of the season. Orcas had a whopping 98% PB rate with Marlins still having 80% PB's. With 5 new records and 3 very near misses, the calibre of the swimming was also high. Keep up the great work swimmers and coaches.

	Attendance	PB %	Total
	Points	Points	Points
ORC	9	9	18
TDP	7	8	15
TKF	6	7	13
MKF	8	3	11
TSK	3	6	9
TAD	4	4	8
MSK	5	2	7
MDP	2	4	6
MAR	1	1	2

Club Record Breakers

Congratulations to Chloe Francis who also broke the 100m Fly Auckland Record.

Last Chance Meet

Joshua Brown 8yo 100 Free
Joshua Brown 8yo 200 Free

Joshua Brown 8yo 200 IM

Northland Championships SC

Charlotte O'Hara	10yo	100 Breast
Charlotte O'Hara	10yo	200 Breast
Charlotte O'Hara	10yo	200 Fly
Charlotte O'Hara	10yo	100 IM
Charlotte O'Hara	10yo	400 IM

NZ Tri Series Competition SC

Elliot Crene	13yo	50 Fly
Elliot Crene	13yo	100 Fly
Chloe Francis	14yo	100 Fly
Chloe Francis	14yo	200 IM

February Club Night

Joshua Brown	8yo	133 IM
Charlotte O'Hara	10yo	66 Breast
Charlotte O'Hara	10yo	33 Fly
Stacey Hughes	12yo	33 Back
Stacey Hughes	12yo	66 Breast

Performance Programme

Elite (Scott)

January, the month of holiday festivities, long weekends, and time off for stat holidays for the every day kiwi, but NOT for the elite athlete, this month signifies sun, brown bodies and looking good, camps, tough training and good, fast, swimming making for an enjoyable month for the coach and the swimmer!

We are looking forward now to our camp, which is in sunny Sydney, which means out door 50 meter pools, coach Talbot coaching in speedos and again..... fast swimming which will culminate in the NSW state open champs in mid February where we will test ourselves against some of the biggest names in Australia! See you all when we get back.

GO SENIORS and GO NSS

Youth (Gary)

Well the Holiday period is long behind us now and its back to hard graft for the Youth Squad. Just over four weeks to go before NAGs, and the whole squad is really beginning to develop a determined approach. The squad target is 100% attendance up to NAGs, and 100% commitment to every training session. By my calculations 100% x 100% = achievement. It's been a long hard road this year with plenty of potholes but the squad is now starting to produce some results of real merit.

Chloe Francis was the winner of NZ Swimming's Xcelerate 14yrs Girls award for November and January, amassing almost 4000 points in that period, more than any other swimmer in that age group nationally. She backed up those performances with another 10 swims at the Hawkes Bay/Poverty Bay Championships, including 6 PB's and all 10 swims within the squad target of 3% of PB.

All of the squad who went to Hawkes Bay swam excellently, with over 30% PB's and nearly 70% within 3% of PB. Considering the harsh conditions towards the end of the week this was a very good overall showing. The cold wind and torrential rain didn't make for fast swimming but all of the swimmers demonstrated good preparation and management skills which enabled them to still swim fast.

Finally, three Youth squad swimmers flew straight from Hawkes Bay down to Palmerston North to compete in the New Zealand Tri-Series competition. Again this involved Chloe, along with Sam Robinson and Taryn Mackintosh. They all performed really well, as members of (Poppa) Dan Feisst's Smurf Team. Sam broke the Auckland Age Group record for the 800m free, and Chloe the 100m Butterfly. Taryn dominated the 100 backstroke event and won the 50 back skins competition. Well done, guys.

Age Group (Jana & Chris)

Well it's hard to believe we are already one month into 2008, only five weeks away from our first national meets and swimmers are heading back to school!

In January the bulk of the Age Group squad spent a week training down at Mount Manganui. Swimming doesn't get much better, with outdoor training in the sun everyday and the beach minutes away. The locals knew we were in town as we made the paper with one of our training swims in the sea. I was impressed during our rafting trip on the Kawerau River to see some swimmers taking the chance to get in some extra training as they went over the seven metre waterfall! The week was an important time to get away from outside distractions and the swimmers responded excellently, swimming faster as the week went on.

Congratulations to Elliot Crene who was selected for the inaugural Swimming New Zealand Tri Series team that toured the North Island in the week following camp. This experience was a great honour and I'm sure a lot of fun and we look forward to hearing some of the stories Elliot brings back.

With the holidays over, the teams and details are now finalised for Age Groups and Division two - your task is to keep up the focus and hard work we all put in on camp as we add school and social distractions into the mix. Be prepared to make some small sacrifices over the upcoming weeks if you want to perform at your best come nationals.

Development Programme

Development Squad & Marlins (Tom)

Happy New Year to everyone.

Our squad is back in full swing and training is going really well. Our pool is taking nice changes with new flags in place and a new cage which I like to thank David Dubber for. Also a new clock is coming soon.

Michael away in Germany is the reason why marlin squad is training with us till he is back.

I like to welcome Eric and Nicole as new swimmers in development squad. Hope you are going to have lots of fun and challenge.

Our squad's are getting ready for 2 main events NAGS and QLD games in Australia. This is big challenge for the swimmers but everyone is exited and working towards their goals.

Just around the corner is one of the events which our swimmers will be targeting as there is allays room for improvement.

See you all at the pool deck

Junior Programme

Head Junior Coach (Anthony)

Wow!!!! Just when you think it's the quiet part of the season (Christmas Break), everything hits you in one fell swoop.

January has been a tough time for the Junior Programme with a number of key staff members being away. I would like to thank all members for being so patient during these times and for supporting those coaches who are taking your squads. Louise Haira has handed in her resignation due to personal reasons and we wish her all the best. We will miss having her around on a daily basis as she has been a true asset to this programme for a number of years. We are currently interviewing a replacement who is very experienced and hopefully we will have more information on this in the near future.

We have a great team for New Zealand Junior Championships. The principle aim of every swimmer should be to do personal bests. Medals are rankings are the icing on the cake, but if every swimmer aims for and achieves their best ever times in those events then we have really succeeded as a junior club.

All of the Junior Tracking and Homepage has had a massive overhaul and is now up to date. Please access this page often as you aim to enter races more strategically to maximise positive experiences and long term success.

The Junior Target Squad system also had a minor update. This is a fantastic opportunity for our young talented all round swimmers to gain access to higher groups on the club progression, one or two times a week. We would like to see more of those qualified swimmers taking advantage of these sessions.

The new season for the Junior Programme will commence on Monday the 31st of March. Squad movement letters will be sent out late February or early March. A majority of the Junior programme squads are now full to capacity and we have started a waiting list for the new season.

There will be an Orca Season 2008/2009 Information Session on Friday the 22nd of February at 8pm at the Millennium Conference Centre. It is highly important **that all current Kingfish Swimmers and Parents** attend this event in order to understand the requirements of the group and to find out what they can expect. I look forward to seeing you all there.

I look forward to a great New Zealand Juniors and a fantastic 2008/2009 season.

Best Regards
Anthony Kattan
Head Junior Coach

January Results

Auckland Junior Championship New Qualifiers

Callum Payne	(TAKA Sharks)
Tessa White-Parsons	(TAKA Dolphins)

New Zealand Junior Championship New Qualifiers

Korban Brooksbank	(MISH Sharks)
Soo Yeon Choi	(TAKA Dolphins)
Tessa McNair	(TAKA Dolphins)

Division II New Qualifiers

Claudia Brick	(TAKA Kingfish)
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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)

The Orcas and a few of our target Squad swimmers had a fantastic time in Whangarei and the Bay of Islands for the last week of January. Termed as "Orca Boot Camp" the Orcas completed massive sessions and enjoyed many fun activities including "Orca Idol" where we were visited by the Spice Girls (Spice Boys) and a great day out on the boat to watch the Dolphins and yes some Hammerhead Sharks. We survived a cyclone at the beginning of the week with blue swimmers to finish with a heat wave and bronzed swimmers at the end of the week. This week culminated in the Northland Champs with many medals and many new qualifying times. Congratulations to Lucy Blundell on her first National Age Groups time, Hunter Amende on his first Level 1 time, Eden Corbett and Alice Howes on their first Division II times and Ben McKenzie on his first New Zealand Juniors time. There were many fantastic swims and we are proud of you all for completing the week.

Last week the squad attended a sprint and relays meet to do some further team bonding. The relays were great fun with 5 teams coming away with medals and some fantastic swimming. The squad has worked very hard towards New Zealand Juniors and has come together well. Both Stacey and I look forward to some exciting races at New Zealand Juniors this weekend and after this week's Club Night Results there are bound to be many. Remember this is the New Zealand Junior Championships. The fact that almost all of you qualified is a testament to the calibre of the group and your work ethic. Those of

you that missed out were so close. I know this is frustrating but you need to realise that you too are excellent swimmers, keep working, those times will come.

So to New Zealand Juniors we go with one goal in mind. To achieve our personal individual goals and targets and to swim the best we can. If every swimmer can improve just one aspect of their swimming and achieve personal bests then they will have succeeded. Good luck to you all. Go Shore!!!!!!!!!!!!!!!!!!!!!!

Glen Innes (Kim)

Welcome back everyone. Hope you all had a good holiday break. The year has started busy with the Last Chance Meet resulting in some great PB's and New qualifiers for NZ Junior Champs. Well done to Leon Wang (10yr) who found himself swimming the last event of the Men's 200m Backstroke in lane 4 with 13-20 year olds. Great courage shown Leon. I encourage all our NZJ qualifiers to attend the Champ Camp coming up and to train hard over the next couple of weeks for the TEAM.

"Let us be great in 2008".

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

Hey team!!! Well firstly welcome back to everyone from holidays, we hope you all had an awesome break and are looking forward to getting back into training. It was wicked to see nearly half the squads back in the first few weeks of January so lets keep that enthusiasm up through-out the year.

We've just come through the Last Chance Meet where every single swimmer performed amazingly. A great weekend of competition was had by all and the behaviour of the swimmers was superb. Across the whole meet, the Sharks, Dolphins and Kingfish enjoyed 48 PB's!!!!, 8 Level 2 times, 12 Auckland Junior Times, 1 Auckland Winter time and 3 New Zealand Junior Times. Guys to be able to swim this way from only three weeks training it makes us very proud as coach's and now we must refocus and try to better this result at the next meet. Special mention must go to Ellie Williams and Ruth Palmer who came first and second overall in the 9 year old age group Well Done Girls!!!

Also we wanted to remind parents that once your child's squad has started, the coach's must be able to focus fully on the swimmers and this cant be done when parents are trying to have conversations with the coach's or following their swimmers up and down the pool. Please ensure that once training has started parents remain on the bleachers or upstairs until the conclusion of the sessions.

The goal now guys is for those qualified to focus, on New Zealand Juniors and gaining PB's and top results and for others to focus on the Level 2 and 3 Meets coming in early March.

You guys never make it easy to choose swimmers of the month but this month they are, Kingfish: Joseph Beadell and Laura Jane Salthouse, Dolphins: Joshua Miller and Charlotte O' Hara and Sharks: Inez Beadell and Cameron Blackwood. Well done guys keep up the good work.

Awesome month of training guys!! Let's keep it up, See you on Poolside!!...

Takapuna Kingfish (Nick & Tiana)

Hey troops hope you and had a fantastic holiday, i know i did. What great weather we had too...well now its time to get back into training fulltime! **No more** missing sessions, turning up late or forgetting gear! You must be at all trainings especially the ones going to NZJ's, so you get all the training in you can. NZJs are only two weeks away. Don't forget a drink bottle as well. So far the people coming to sessions have been training really well an trying hard, that's great to see. At the last chance meet there were loads of PBs and new qualified races for NZJs from everyone, that's so good to see. Keep up the awesome work!! Swim hard swim fast!

Takapuna Dolphins (Tiana & Candice)

HELLO EVERYONE! Candice and i have been practically overwhelmed with the change of attitude and how well things have settled since the beginning of this year. Thank you to our keen little

swimmers for making our job so much more easy and relaxed. We still, however, would love to see the full squad turn up!! Club night is not too far and it would be a perfect start to the year to see as many dolphins compete before the transition change in April. Also, programmes are getting more challenging; this is when we start to gear up our dolphins that will soon turn into Kingfish. So don't give up just yet guys! Continue to wow us with your tough mental and physical skills!

We would love to congratulate the newest members of this years Kingfish target squad who have shown great determination over the last month at trainings and at meets: Sarah Doyle and Soo-Yeon Choi. Target Squads are for those swimmers who have achieved all rounded success and are ready to train with a higher group on the Club Progression in order to challenge them and further develop their swimming. KEEP UP THE GOOD WORK WE LOVE TO SEE!

Takapuna Sharks (Tiana & Candice)

Everybody is back from their holidays and training well welcome to our new members Peta, Sarah and Jessica. Its great to see sharks is almost full now!! We've got the level 3 meet coming up in March and it would be great to see everybody entered and trying new things. Keep up the good work guys.

Tadpoles (Jenn)

Happy new year everyone and welcome back. It's been great to see so many of you at training already. I hope you all had a good break and are ready to train hard! I'd like to welcome some new swimmers into our B group, Sophie and Ben. It's great to have you on board; you've both been trying really hard. Keep up the good work :)