

NORTH SHORE

STREAMLINE

North Shore Swimming Club Newsletter, January 2007

Director of Coaching Report

Dear swimmers and parents

I would like to take this opportunity to wish every swimmer and their families, every coach and all our wonderful volunteers, the best of success and enjoyment in the New Year.

While many of you were busy planning your Christmas holidays, a large contingent of NSS competed in the Swimming New Zealand World Championship Trials. This meet was an important mile stone for the current season because SNZ selected teams to the FINA World Championships (Melbourne), the Junior Pan Pacific Championships (Maui, Hawaii) and the Australian Youth Olympic Festival (Sydney).

This is the list of NSS swimmers who were selected to compete in these prestigious events:

World Championships

Hannah Mc Lean
Dean Kent
Helen Norfolk
Moss Burmester
Liz Coster
Glenn Snyders
Melissa Ingram
Cameron Gibson
Alison Fitch
Corney Swanepoel
Robert Voss

Junior Pan Pacific Championships

Penelope Marshall
Tim Dawson

Australian Youth Olympic Festival

Jessie Blundell
Shaun Burnett
Chad Konik
Eric Walkington

I'd like to congratulate all these swimmers on their selection and wish them the best of success.

So now: The start of a new year – but not a new season!

As the year 2006 comes to an end and everybody seems to take a breath we have to remind ourselves that the season 2006/7 is still in full swing. In fact the main competitions of the season New Zealand Juniors, Division 2, National Age Groups and Youth and Opens are still ahead of us.



This means that we have to pick up the training as soon as possible, focus on the goals (which are still the same) and go for it. It is important to understand that all the valuable ground work, which was done in the early season (May to September), must pay off at some stage.

Therefore we will continue the Junior Target Squad programme towards the important NZ Junior Champs in February.

For the Youth Programme Squads the critical phase of their training arises with their namesake Meets; the National Age Group Championships and the Youth and Open Championships. These meets are the highlight of the season and will be the basis of selection for the new youth programme squads for the season 2007/8.

2007 promises to be a real exciting year for everyone. NSS team functions are being organised to further develop our superb team spirit (thanks to Dan and Anthony) and the NSS target squad programme will be fine tuned as we continue to move through the season. I have no doubt that we will find new ways to develop our champions (the present and the future stars of NSS).

Thank you every one for a super year 2006.

Go Shore '2007'

Thomas Ansorg
Director of Coaching NSS

Club Record Breakers

Congratulations to Chloe Francis on a fantastic 200m Breast at the Auckland Senior Championships which also smashed the long standing Auckland Record.

Auckland Senior Championships

Chloe Francis	13yo	200 Breast
Chloe Francis	13yo	100 Fly
Chloe Francis	13yo	400 IM

Jessica Ah Koy	13yo	50 Fly
Rachel Ah Koy	17yo	50 Breast
Chris Anderson	17yo	200 Fly

World Championship Trials

Alice Adams	16yo	800 Free
Chris Anderson	17yo	200 Fly
Robert Voss	Open	400 Free
Glen Snyders	Open	100 Breast

Youth

Our main competitions for the calendar year ended. The Youth squad had 2 meets in a period of 3 weeks. The first meet was Auckland Senior Championships where all the swimmers competed. Coming out of hard work everyone felt a bit out of race practice but soon overcame that. There were some low key swims but lots of great swims as well.

It was hard for lots of swimmers 16yrs and over as they had no much competition in the age group finals. This did not stop Chris Anderson (17) achieving a large PB in 200m Fly event (2.06) and qualifying that way for the Elite Squad in the NSS Senior Programme. Congratulations Chris. Shaun performed another outstanding swim in the 200m Fly (2.09), dominating his age group.

There were lots of wins and tri factors. The Youth Squad, Age Group Squad and Club Squad combined won the meet.

The Week after that the squad come back to training and started getting ready for the NZ Summer Championships, otherwise known as the World Championship Trials.

18 swimmers competed at this Championship to try and make the Australian Youth Olympic Festival Team or the Junior Pan Pac Team. Our squad made 11 Finales and 4 swimmers qualified for the AYOF Team.

Unfortunately Grace and Eric do not have NZ passports and therefore they are not able to join the team. Shaun and Chad are on the way to Australia to compete for NZ at the Olympic festival.

Congratulation to all the swimmers and keep up the great work.

I hope you all had a fantastic Christmas.

Tom

Age Group (Chris & Jana)

Firstly Jana and I hope that all NSS swimmers and their families had a Merry Christmas and a Happy New Year. Hopefully you have all had (or are still having) a great break and are looking forward to making 2007 even better than last year. Great to see you enjoying summer, we are seeing a lot of pink bodies at the pool!

The highlight of last month was easily the amazing results achieved by everyone at Auckland Champs. Across the whole squad all swimmers made big improvements on some aspect in their swimming which shows we are on the right track as we turn our focus to the national scene.

It would be unfair to single out any swimmers as Jana and I were so proud of the number of Auckland Champions medallists, national qualifiers and PB's we saw over the meet. However in saying this, congratulations have to go to Chloe and Cathy who both made the Youth One target squad. Following Auckland Champs, Chloe and Jess continued training for the World Champs Trials while everyone else took a break. At this National open meet, both girls swam well above their ages with Chloe making the final in the 100 Breast and Jess just missing the semi of the 50 Free.

Finally this month is going to see us quickly back in to hard training especially as we hit camp in the middle of the month. Be prepared to have some great fun but also to work very, very hard at camp. Preparations are almost complete so stay tuned for the final details. Remember some of you are still trying to make times at the last chance meet; you won't be able to do these without training!

That's all for now, see you at the pool.

Chris

Club Squad

Hey Gang

Well I will be away for a couple of weeks and we have Hilary to help you guys out. Soon I will be back and we can get ready for the season ahead. Div 2 is around the corner and Youth and Opens are not far away. We have swimmers qualified for both. Check out the Auckland Open Champs times on the AK Website and see if you made it or how close you are.

Looking further ahead we still need to look towards Auckland Winters in August and Auckland Champs next December. Start setting your goals now and target them today!!!!

See you soon!

Mark

Glen Innes

I hope you had a fantastic holiday and that you come back ready to train hard towards New Zealand Juniors. This is the point in the season where you really need to lift your efforts.

Happy New Year Everyone!!!!!!!!!!!!!!

Marlins

This month saw the farewell of Chris Ashley as he moves onto different horizons. We wish him the very best with all of his ventures. So Marlins will see a new coach for a new year. Calvin, who was previously on Sharks and Dolphins Millennium, will be taking over the reigns and we are sure you will not only learn from him but enjoy his support as you endeavour to achieve your goals.

Happy New Year and go hard in 2007!!!!!!!!!!!!

Orcas

Happy New Year Guys!!!!!!!!!!!!!!!!!!!!!! I hope you all had a fantastic break and it is great to see over half of you back already. This is brilliant and shows your dedication to your goals for the remainder of the season. I know the rest of you are all enjoying Family Holidays and I look forward to seeing you soon.

We have two weeks until Orca Camp. This will be an experience you will remember for the rest of your life. There will be extremely fun moments with your friends and there will be moments where you will have to push yourself harder than ever before. There will be times when you will question why you are working so hard. It is these times that you have to look to the future and remember how good you want to be and then become that person!!!!!!

In this respect I must congratulate Hayley Edmond who is currently competing at the Victoria Championships in Melbourne. Having PB'd all of her races at Auckland Championships in November; Hayley took only a few days off and got back into the pool with some very challenging programs. Her hard work has paid off and Hayley has seen huge PB's at this meet and was first reserve for the 100 Back Final which is a fantastic accomplishment. Good luck to you on your final races, I'm sure you will do yourself and your squad proud.

Lets go for it Orcas, you have three months left in this awesome squad. Prove to yourself and everyone how good you really are! Go after your goals and leave them for dust!!!!!!

Anthony

Kingfish, Dolphins & Sharks Millennium

Hi everyone & welcome to the last newsletter article of 2006 probably the first of 2007 when you read it.

Xmas club night was a total blast! It was great to see all the squads blending together for the relays & so many smiling faces. I hope you all had a fantastic time; I know I did handing out the lollies nice and dry!!!

It was great to hear that many of you made the effort to head out to the World Trials & supported the senior programme swimmers (including John John!) There were some amazing swims & I only wish I could have

gone out a few more times myself. Remember you too could be competing at this competition in a few years!!!

It is also time to wave goodbye to Calvin from Sharks and Dolphins as he moves onto the Marlins in the New Year. It's been fantastic having you coach with us this year and we wish you and your new squad the best for 2007. This means that we can welcome Hillary on board as our new coach. Great to have you with us Hil's!!

As for Kingfish, we farewell Hannah Smith and Nick Harris and their families as they move back to Australia to live. It's been great having you both on our squad and we wish you both the very best for the future & look forward to seeing you at NZJ!

I hope you had a fantastic holiday and all the best for 2007!

Louise

Kingfish Takapuna (Nick & Helen)

Well December was a great time to work on those details and we used this time to our advantage. Hopefully you are all fresh from your holidays and ready to work towards your end of season goals.

See you at the pool!!!!!!

Sharks & Dolphins Takapuna

Wow, hasn't the year flown by! And hasn't it been fantastic. We have seen a huge amount of improvement from every single squad member. This improvement is owed not only to the fantastic work ethic and dedication of the swimmers but the parents who are the unpaid taxi drivers. Furthermore I want to thank the kids for allowing Chris, Christine and I to have fun while coaching, the squad are always coming up with funny stories and their enjoyment in their swimming achievements makes for very enjoyable coaching.

I hope you have all enjoyed this year of swimming as much as we have!

Unfortunately, the end of the year also means we say goodbye to Chris who has been a fantastic coach and will be sorely missed.

Finally, have a safe and happy holiday. Make sure you go for a swim at the beach and I will see you back in the pool in 2007.

Hilary

Tadpoles

Hey everyone. I hope you had a fantastic Christmas and New Years and I'm really looking forward to seeing you all back at training for a brand new year. See you soon!

January Calendar

3 rd	Club Re-Opens
15 th	NZJ Entries Due
27 th – 28 th	Last Chance Meet

Coaching Position

A Swim Coach position has become available.

North Shore Swimming has a massive history with over 100 years experience and is the leading competitive swimming program in New Zealand.

Enthusiasm, commitment, experience with young children and willingness to be a team player are more important than qualifications, but all applicants should be able to demonstrate a strong background in teaching and have an understanding of swimming.

This part time position would ideally suit a young university sports graduate, a swim teacher, a retired swimmer, or any person with willing to commit to a young squad and wanting a new challenge.

If you are interested in this role please contact Dan Feisst, our Head Junior Coach;
dfeisst@institutesporth.org.nz

World Championship Trials Medal Table

Swimmer	🏅	🥈	🥉
Hannah McLean	1	3	
Alison Fitch	1	1	
Helen Norfolk	2	1	
Calle Durham			1
Melissa Ingram	1	1	1
Elizabeth Coster	2		
Katie Bone		1	1
Samantha Richter	1		
Emma Banks	1		1
Megan Allan	1		
Ayla Dunlop-Barrett		1	
William Benson			2
Moss Burmester	2		2
Robert Voss	1		
John Zulch		2	1
Cameron Gibson	1		
Cameron Stanley			1
Glenn Snyders	3		
Oliver Young		1	1
Dean Kent	2	1	
Corney Swanepoel	1	1	
Total Individual Medals	20	13	11

Auckland Senior Championship Medal Table

Swimmer	🏅	🥈	🥉
Jessica Ah Koy	2		
Chloe Francis	4	3	
Catherine Porter	2	1	2
Alexandra Blake			1
Sarah Mathieson		4	1
Emma Taylor			2
Teresa George	1		
Grace Bell	2	1	
Alannah Jury	2		1
Rachel Hare		4	
Taryn MacKinotsh	1	2	
Georgia Crosson			3
Samantha Curd			1
Jessie Blundell	6	1	
Alana Smith	1	1	2
Grace Francis	5	1	
Alice Adams		5	1
Rachel Ah Koy	5	2	
Emma Hotchin	1		
Hayley Bayliffe	3	1	
Jaeyoon Lee	3	1	1
Oscar Cornfield		2	1
Meihana Taumaunu			1
Dylan Brown		1	1
Sam Robinson	1	1	
Kurt Davies	1		
Greg Allen			2
Greg Sumner	1		
Fraser Gardner		1	
Jordan Stanley		2	
Eric Abba			3
Chad Konik	1	1	2
Eric Walkington		2	1
Jake McPhee		1	2
Andre Zareian	1	2	1
Jared Jamison		1	2
Malcolm Richardson		2	1
Shaun Burnett	1	1	
Mana Taumaunu	1	2	1
Chris Anderson	2		2
Total Individual Medals	47	46	35