



STREAMLINE

North Shore Swimming Club Newsletter, November 2008

CEO Report

October has been a very quiet month with swimmers focussing on the hard work and speed that will see them swim well through November and December.

The final round of the Grand Prix takes place on Saturday the 29th November from 1pm. Once again, if there is anyone that would like to sponsor a raffle prize, it would be greatly appreciated. Please contact Toni Bayliffe or Ian Turner. Age Group winners will be presented with their prizes following the last event.

Even before the final round of the Grand Prix has been swum, the coaches have decided that the 2009 Grand Prix will be swum over 4 rounds. Each meet will hopefully be a little shorter, although it is envisaged that the number of swimmers taking part will increase. I appreciate that a small number of swimmers have found the longer events challenging, but the idea of the Grand Prix has been to give swimmers the opportunity to try different events. Who knows which event is best suited to a particular swimmer, before they give them a go? Many top freestylers in the world started their life as backstrokers such as Popov and Thorpe.



By the time the next newsletter is circulated, the 95 North Shore Swimmers who have qualified for the Auckland Junior Championships will have swum their hearts out. As will the distance swimmers at the Auckland Distance Championships. I wish you all the best of luck.

Christmas Club Night takes place on December 9th and will include a sausage sizzle, a raffle, fun relays and even Santa has promised me that he will attend. I look forward to seeing you there.

Please note that the club will break for summer on December the 18th and will reopen on January the 5th. There will be no training for most groups during this time.

Ian Turner

Ian Turner

With Thanks



Thank you to the Albany Community Board for \$1,000 towards our Grand Prix. This brings the total grants from the North Shore City Council Community Boards of Albany, East Coast Bays and Takapuna to \$3,000.

Level Qualifiers

Chloe Findlay	(Level 2)
Angelo Lin	(Level 2)
Kayla McKenzie	(Level 2)
Andrew Ranford	(Level 2)
Andy Yang	(Level 2)

November/December Calendar

November

1 st	Champ Camp 5
8 th	Level 2
11 th	Club Night
15 th	Level 1
16 th	Level 3
16 th	400's Meet
22 nd – 23 rd	Auckland Junior Championships
29 th	Grand Prix Round 3

December

6 th	Auckland Distance Championships
9 th	Christmas Club Night
18 th	Club Finishes Training
19 th – 21 st	Auckland Senior Championships

January

5 th	Club Resumes Training
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Club Record Breakers

Level 3 SC

Bernadette Doyle	7yo	25 Free
Bernadette Doyle	7yo	200 IM
Benjamin McMurtrie	7yo	25 Free

Hot 50's

Bernadette Doyle	7yo	50 Free
Bernadette Doyle	7yo	50 Back
Bernadette Doyle	7yo	50 Breast
Kieran Pangalila	7yo	50 Back
Benjamin McMurtrie	7yo	50 Breast
Kieran Pangalila		
Spencer McDowall	8yo	50 Breast
Claudia Brick	11yo	50 Back

Counties Junior Championships SC

Bernadette Doyle	7yo	100 Free
Bernadette Doyle	7yo	50 Fly
Imogen Pangalila	9yo	200 Fly
Joshua Brown	9yo	100 Fly
Ellie Williams	10yo	200 Fly
Charlotte O'Hara	11yo	200 Breast
Benjamin Parker	11yo	100 Fly
Benjamin Parker	11yo	200 Fly
Benjamin Parker	11yo	400 IM
Jackson Cropp	12yo	400 Free
Jackson Cropp	12yo	200 Back

Level 2 SC

Joshua Brown	9yo	400 IM
Ruth Palmer	10yo	800 Free
Ruth Palmer	10yo	1500 Free

Squad of the Month

Due to the Takapuna Pool Closure, November Squad of the Month will be featured in the December Streamline.

Performance Programme

Senior (Scott)

The senior squad is now fully into the swing of resumed training following the NZ Spring Competition, where we had some good results for our club and for the country. November and October are notorious for being tough months for being mentally and physically draining and tend to take their toll on young athletes. This particularly shows up in their attitudes and their health. I would encourage all the swimmers and parents of the swimmers to know that this is coming and to ensure that they are doing as much as they can in prevention of these tough months.

The successful swimmer ensures that some basic things are attended to so as to not get too low mentally or physically, so as they cannot train at optimum – remember, it is a matter of making sure you out perform the competition during this time so as to have that extra gain on them when it counts in December and April.

Eat well – balanced diet lots of veggies, fruit and making sure to limit junk because it is easier. Swimmers should be eating straight away after training to ensure that they are topping up any lost energy during a session and that they are able to study and train properly

Sleeping well – is key, at this busy time, swimmers should sacrifice socializing on the weekend for an early bedtime and make sure that they are maximizing study time

Setting up good habits – as they are under a lot of pressure at this time (just as in a race) they have to have good habits to fall back onto when things start to mount up and are unable to be kept on top of so easily. Good habits ensure that you are able to manage these stressors whilst staying ahead in your work/study/swimming.

Remember champion swimmers are champion people – end of story
And champions don't whine about why they cannot, they find ways to make sure they can!

Youth (Gary)

Good luck to Hayley Edmond and Elliot Crene who are representing NZ at the Pacific Schools Games in Canberra at the end of the month. Both swimmers have worked really hard and thoroughly deserve their selections.

The rest of the squad have the Reverse Distance Championships to think about early next month as well as the Auckland Champs and the Summer Nationals for some swimmers.

Every meet represents an opportunity to qualify for Aussie Age. Do you know what time you need?

On more mundane matters, lots of you are losing kit and equipment. Make sure your kit is labelled, and remember you all need bands and snorkels as well as pull buoys and fins.

Gary

Youth Target (Ian)

The October Level 1 meet saw the group swim really fast, with many life time best times recorded. The long course meet threw up one significant situation. Many of the times the swimmers were entered with were converted from a Short Course competition. These conversions are not completely accurate and are done for administration purposes only. Unfortunately many swimmers become disappointed with their swims, when in reality they have never swum that fast before in a Long Course pool. Please do not compare short course times with long course times. Many swimmers are better suited to one pool over the other. Try not to mix and match, it only leads to unnecessary disappointment.

Age Group (Ant & Stacey)

October is always a busy month with meets galore as swimmers aim to give themselves the very best platform to launch their championship campaign.

Counties Champs proved to be very valuable and provided our swimmers with the opportunity to perform some fast swims. The swimmers struggled with cramped seating, long sessions, very short warm-ups and a very shallow pool. They rose to the challenge and swam well. Jackson Cropp in particular excelled at the meet, smashing the Club's long standing 200 Back Short Course Record and achieving his first NAGs time. Many swimmers stepped up to the plate and won medals, some for the first time, and this was pleasing to see.

The Level 1 and 50's meets also provided some exciting swims with milestones by a number of swimmers. Whether this is a new qualification or the first PB in over 6 month's, the hard work you have put in has allowed you to achieve these worthwhile goals. You will be stronger as a result.

I would like to welcome Pascale Howell who has just arrived from the UK after a long anticipated wait. I'm sure you will enjoy swimming with this squad and I hope that you find it both challenging and rewarding. We would also like to extend a farewell to Richard Miller who has been in the club for a large number of years. All the best Richard!!!

With Auckland Champs for both the seniors and juniors approaching fast, there is still a large amount of work to be done. Those swimmers with good attendance, **averaging 7-8 sessions a week**, and a high work ethic can expect to do well. I must say at this point – YOU HAVE EARNED IT. There are always unforeseen circumstances that affect you in your build up to a major meet, the true testament of your character is how well you take the knocks, work hard and focus on the future.

Ask yourself, are you creating the best possible scenario for success at the upcoming championships? If you are leaving anything to chance, then you are chancing failure. We have constantly reinforced that results come to those who have a high training ethic and come to training every day ready to do the work. Are you one of those swimmers? Good luck everyone ☺

Development Programme

Development Squad (Sean & Candice)

Well done to the Development Squad on an all round improvement! I feel that the squad is starting to work well together, attendance is better and attitudes are positive.

Sean was away for a week in Korea this month so I was responsible for the morning sessions, nice to see some of you taking advantage of this training.

Congratulations to Andrew Ranford who has qualified for Level 2. I must also mention Nelson Bennett and Bruce Li for some huge personal best times at the last Level 3 meet.

Anthony Greer achieved PB;s in all of his races and Christina Coulam showed huge determination at the Level 1 meet.

With only a few weeks left before Auckland Junior Champs and Auckland Age Group Champs, I would like to encourage you all to keep training hard and coming to swimming as often as possible. Personal best times will not be achieved if you do not attend training! Let us concentrate on starts, turns and finishes before the upcoming meets.

Remember practice does not make perfect.....only perfect practice makes PERFECT!

Junior Programme

Head Junior Coach (Anthony)

October was a great month for meets with many new swimmers qualifying for Auckland Champs for the first time. Along with this came new National Qualifiers, Target Squad Qualifiers and new Squad Hoppers.

With 95 Swimmers qualified for Auckland Junior Championships we have almost half the Junior Programme ready to swim their hearts out. I look forward to the competition and wish everyone racing the very best. You will certainly see me cheering pool side and I look forward to more chanting. Go Shore!!!!!!

The current XLR8 points are available on the NSS Junior Homepage. Many swimmers are only missing the 200 IM or another 200 event to become registered for XLR8. Make sure you are using the tracking to do new races each meet in order for swimmers to become part of this system. The swimmers I see improving fastest are those who are continually rotating all of the races. Keep using the tracking to your advantage.

During December we will be breaking for the holiday season. The last training sessions for the Junior Programme is on the 18th of December and the first training back is on the 5th of January.

Christmas Club Night is coming up and always a great evening for everyone involved with raffles, sausage sizzles and relays.

Looking forward to seeing you all at the various meets.

Best Regards
Anthony Kattan
Head Junior Coach

October Results

Squad Hoppers New Qualifiers

Bernadette Doyle	Tadpole Hop
Joshua Brown	Dolphin Hop
Thomas Edwards	Kingfish Hop

Target Squad New Qualifiers

Callum Payne	(TAKA Dolphins)	Kingfish Target
Leon Wang	(GI Kingfish)	Orca Target
Oliver Wu	(MISH Kingfish)	Orca Target
Joseph Beadell	(Orcas)	Age Group Target

Auckland Junior Championship New Qualifiers

Bernadette Doyle	(Tadpoles)
Amber Brickhill	(MISH Sharks)
Grace Platt	(TAKA Sharks)
Anthony Koh	(MISH Dolphins)
Mitchell Siddins	(MISH Dolphins)
Andy Yang	(MISH Dolphins)
Chloe Findlay	(TAKA Dolphins)
Annabel Smith	(TAKA Dolphins)
Rosemary Deiath	(GI Kingfish)
Connor Beamish	(MISH Kingfish)
Joshua Miller	(MISH Kingfish)
Hsieh Wai Lim	(Orcas)

Auckland Winter Championships New Qualifiers

Korban Brooksbank	(MISH Kingfish)
Liam Padley	(MISH Kingfish)
Benjamin Walkington	(MISH Kingfish)
Oliver Wu	(MISH Kingfish)
Soo Yeon Choi	(TAKA Kingfish)
Sarah Doyle	(TAKA Kingfish)

New Zealand Junior Championship New Qualifiers

Liam Hay	(GI Dolphins)
Stacey Landry	(MISH Dolphins)
Melissa Wang	(MISH Dolphins)
Sam Sorenson	(MISH Kingfish)
Benjamin Walkington	(MISH Kingfish)
Oliver Wu	(MISH Kingfish)
Caitlin Blackwell	(Orcas)
Megan Butler	(Orcas)
Hsieh Wai Lim	(Orcas)

National Age Groups New Qualifiers

Jackson Cropp	(AGS)
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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 (Stacey & Anthony)

With Auckland Champs now just around the corner this month proved that we're on the right track for some awesome results. Congrats to Hsieh Wai Lim who qualified for his first Auckland Champs races and Nationals race, Joseph Beadell for qualifying for age group target and both Megan Butler and Caitlin Blackwell for making their first New Zealand Junior's times.

Also congratulations to Clowance who qualified for level one and now trains with the Age Group squad. So many of you are so close to getting those level one times so keep training hard and I'm sure we'll see some of you knock them off at Auckland Champs. Welcome to Thomas Edwards who squad hopped to Orcas this month as well.

Our two trainers of the month this month are Eloise Baker and Megan Butler. Megz has really stepped up the training this month with it bound to pay off next weekend. Eloise has not long returned after a long holiday but has trained exceptionally hard since returning and is now right back on track. Well done girls, keep up the hard work!

Make sure for the next two weeks leading up to Auckland champs you are all attending as many sessions as possible...aim for 100% attendance in order to achieve the best results possible!!

See you later
Stace and Ant

Glen Innes (Kim)

It seems only a few weeks since our last newsletter and already we have had some good results.

Congratulations to Rosie Deiath at the HOT' 50s for qualifying for AKJ and Liam Hay for adding another qualification to his tally. There were also some great PB's by Daniel Staka and Nicolas Blenkinsopp at the Level 3 Meet where Angelo Lin also qualified for Level 2.

The Counties Meet certainly gave us all something to think about! I would recommend all our swimmers that have qualified to attend the Champ Camp on Saturday as the learning opportunity will be a most valuable experience.

Good Luck to everyone at the Auckland Junior Championships.

Cheers Kim

Millennium Kingfish, Dolphins & Sharks (George & Sarah)

Well what a month it's been for the millennium squads with some up and down performances and some awesome training sessions.

As a whole training is going very well with all the swimmers 'switching on' when they get into the pool, listening to me and Sarah and therefore the improvements can clearly be seen. However, like everything we do, we have our off days where the swimmers (and the coach's) are both tired and concentration is low. It is these days that we have to limit because when we were at the 50's meet those swimmers who concentrated and trained hard got the rewards and those swimmers who had mucked around and paid no attention, struggled and weren't happy at the end of the day.

One area that needs lots of improvement, however, is that all swimmers need to have a drink bottle on the side of the pool. Hydration is a key element to any training session (no matter how old the swimmers are) and so drink bottles need to be filled up and put on poolside for the start of every session. If anyone wants some more information on hydration and any other nutrition stuff give your squad manager an email and we can sort you out with some information.

Swimmers of the month this month are:

Sharks:

Boy: *Christian Dimick* - for constantly providing endless entertainment in training and some solid swims.

Girls: *Grace Shaw* - For concentrating all the time and always giving her best and listening to instructions.

Dolphins:

Boy: *Anthony Koh* - For some amazing swims over the course of the last month and for always training as hard as he can.

Girl: *Louise Wilkie*- For never saying a word but always giving her best and racing amazingly.

Kingfish:

Boy: *Ben Walkington*- For some of the most amazing backstroke races we have seen over the past month.

Girl: *Imogen Pangalila*- For being brand new to the squad but managing to make new friends, settle in well and keep training hard.

That's it for now...keep up the good work...see you poolside

George and Sarah

Takapuna Kingfish (Lean & Cam)

Another month has flown by as we approach the business end of the year.

Congratulations to everyone who competed at meets this month - we had some great swims with more to come I'm sure. We now have several swimmers closing in on level 2 and several others on New Zealand Juniors, remember to stay focused on your goals and you will achieve them.

This month saw another new swimmer arrive in our squad: Thomas Trengrove. We would like to extend a warm welcome to Thomas and we all hope you enjoy being a part of Takapuna Kingfish.

November has now arrived. This means Auckland champ's is less than three weeks away. Having said this, a lot can still be achieved in three weeks with good focused training. We understand training is a good chance to socialize with friends, but when we are explaining something and when you are swimming you should be completely focused. Swimming up and down thinking about what you are going to have for dinner, or what you are going to say to your friend when you get to the end, will not improve your swimming. Instead, you should constantly be thinking about: your technique; how you are going to turn; how fast you should be going etc. This will mean you get the most out of every session. Think about what you want to achieve at Auckland Champs - are you doing everything you can to get this? A little effort now will pay off later!

Finally just a quick word about attendance at meets. Competing is why you swim in a club, and is a great way to measure progress and have fun racing. Everyone in this group should be competing, with club night being the absolute minimum. Attendance at meets this month has been low. Flyers are emailed out well in advance and Leah and I email out entries usually around a week before closing so there should be no reason for missing entries. If you cannot enter an upcoming meet, please let us know.

Bring on November!!!

P.S. lets try and get everyone at club night this month so we can win the pizza night.

Cam and Leah

Takapuna Dolphins (Candice & Nick)

One month until Auckland Champs and we have new qualifiers! Congratulations to Chloe Findlay and Annabel Smith who both qualified at the Counties champs. Chloe in breaststroke and Annabel in Butterfly. Well done girls.

Welcome to Nicolo Oporto our newest dolphin. Swimmers of the Month: **Detlef Hadfield** - Detlef is also one of our newest dolphins, he always pays full attention to the coaches and corrects his stroke when asked. **Celine Human** - Celine has been training exceptionally hard and is now able to tumble turn! Yay! Well done. Her strokes are looking great. Keep up the hard training dolphins and keep focusing on the details.

Candy and Nick

Takapuna Sharks (Candice & Candice)

This month we said goodbye to Tiana and welcome to Candice!! We now have two sharks coaches called Candice which will be easy for our little sharks to remember. Candice is also working with the

Development squad and the tadpoles. She has a lot of experience with swimming and it will be great to have her with the sharks.

Huge congratulations to Grace Platt who is our newest qualifier for Auckland Champs well done Grace. I'd like to welcome Angus and Sarah, our two newest sharks. Attendance has been great lately with most of our sharks coming to every training session, keep it up!!

Swimmer of the month: **Tamarau McGahan** - Tamarau has been putting a lot of effort into his swimming and has been competing for the leader position with our girls which is great to see - make sure you put this into use at the upcoming meets! Keep up the great work sharks and it will be awesome to see how the November level 3 goes.

Candy and Candice

Tadpoles (Jenn)

First of all a big welcome to all the new tadpoles who joined recently. You have all set off to a great start with your enthusiasm and effort with many of you even giving the club night a go. Keep it up guys! I'd also like to welcome Candice on board as another coach. With two coaches now we can pay better attention to everyone in the group, at this, the busiest time of the year.

The October clubnight had a much better result with attendance and there were so many PB's which was awesome to see. This fantastic effort managed to get you into 3rd place. I'd like to see everyone give the November clubnight a go as it is good fun and a great way for the children to learn how a meet is run. A few of you are going to give the 66 Fly a go to get your daredevil so good luck with that.

Big congratulations to Bernadette Doyle who qualified for Auckland Juniors. This is a fantastic achievement. I'd also like to mention Alexander McGregor-Riley who gave the 100 Fly a go. This is a hard event to do but he managed to finish it so well done.

Swimmers of the month go to Bernadette Doyle and Hunter Pethers-Boak.

Not long to go now until the break over summer but keep up the good effort :)