

NORTH SHORE

STREAMLINE

North Shore Swimming Club Newsletter, October 2007

Board Report

I have started the last several newsletter articles with statements that we were not able to announce the appointment of our new Director of Operations, but that the process well advanced and an announcement would be made shortly. Well that remains the case this month. However, the delay is the result of scheduling final interviews with people from the other side of the world, literally. These logistics have now been finalised, so watch this space for some very exciting news!!!!

In relation to this appointment, the Board has taken the stance that it is preferable to take the time needed to enable us to appoint a superior candidate as this will give us the best long term result.

With pool space at a premium, I'm pleased to advise that we have secured a long term contract for the use of the Milford School pool for six mornings and five afternoons per week, on a year round basis. This is a positive development and the partnership with Milford School will be beneficial to us and the school.

With best regards

PHIL MITCHELL
PRESIDENT

New Zealand Spring Meet

Hayley Palmer forced her way into the frame for next year's Beijing Olympics with a record-breaking start to the Swimming New Zealand Spring Championships in Wellington. Hayley, 18, broke the New Zealand open record for the 100m individual medley, which was only set by Helen Norfolk last month.

Hayley also set an age group record in winning the 100m freestyle on the second night of competition at the Wellington Aquatic Centre and then breaking the Auckland Age Group record in the 50m Free. Her strong performances will bring her into the frame to challenge for a place in the women's 4x100m freestyle relay which has already secured a spot in Beijing.

The club, like Hayley, excelled across all areas. Further Auckland records were broken by Katie Bone, Grace Francis and Chloe Francis with numerous Club Records been broken in the process. The team performed with distinction and showed North Shore's increasing depth and strength throughout its programme.

October Calendar

2 nd	Club Night
6 th	Auckland Junior Champ Camp 5
13 th	NSS Level 3
20 th	Level 1
21 st	Level 2
22 nd	Labour Day Holiday
27 th	Hot 50's
28 th	Auckland 1500m Championships 400 Meet

Club Record Breakers

Spring Meet

Chloe Francis	14yo	400 Free
Chloe Francis	14yo	800 Free
Chloe Francis	14yo	100 IM
Chloe Francis	14yo	200 IM
Greg Sumner	15yo	400 Free
Sam Robinson	15yo	1500 Free
Grace Francis	17yo	200 Breast
Grace Francis	17yo	100 IM
Grace Francis	17yo	200 IM
Grace Francis	17yo	400 IM
Shaun Burnett	17yo	200 Fly
Hayley Palmer	18yo	50 Free
Samantha Richter		
Hayley Palmer	18yo	100 Free
Penelope Marshall	18yo	200 Free
Hayley Palmer		
Penelope Marshall	18yo	400 Free
Hayley Palmer	18yo	100 IM
Hayley Palmer	Open	100 IM
Katie Bone	Open	200 Breast

September Club Night – Wow! One from each squad level!!!

Eden Amende	7yo	133 IM
Katerina Kovalenko	8yo	66 Back
Carl Zhao	9yo	66 Back
Claudia Brick	10yo	66 Back
Tirol Palmer	11yo	33 Fly

Level 2

Katerina Kovalenko	8yo	200 Breast
Katerina Kovalenko	8yo	100 Fly
Monique King	11yo	1500 Free

Level 3

Eden Amende	7yo	100 IM
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October Club Night

Joshua Brown	8yo	66 Free
Thomas Edwards	9yo	33 Back
Charlotte O'Hara	10yo	66 Free
Karl McMurtrie	10yo	66 Free
Hugh Wilkie	12yo	33 Breast

Level Qualifiers

Joseph Beadell	(Level 2)
Korban Brooksbank	(Level 2)
Soo Yeon Choi	(Level 2)
Claudia Gibson	(Level 2)
Samuel Klein	(Level 2)
Grace Tobin	(Level 2)

Squad of the Month

Club Night has been running extremely well with record attendance in September. Numbers were lower in the holidays and I must thank all those workers who stepped in to fill rostered positions. Please remember that if your squad is rostered, according to your commitment to officiate you have agreed to help. Your squad is only rostered twice a year, so please make sure you do your share.

With regard to Squad of the Month, there will be a slight amendment to the rules. Upon winning Squad of the Month the squad will receive their Pizza Shout. At the following Club Night that squad can only win the pizza shout with a straight 18 points. Failing to achieve 9 points in each category will mean that the pizza shout goes to the squad in 2nd place. The following month they too must win with a straight 18 points and so on.

As such, Orcas received their Pizza Shout for September and Tadpoles who have placed 2nd 3 months in a row will now receive their

first pizza shout of the year. Congratulations Tadpoles, you have done fantastic. Goodluck getting your 18 points next month.

September

	Attendance	PB %	Total
	Points	Points	Points
ORC	8	9	17
TAD	7	7	14
TSK	6	8	14
MSK	9	2	11
TKF	5	3	8
MDP	4	4	8
TDP	2	5	7
MAR	1	5	6
MKF	3	1	4

October

	Attendance	PB %	Total
	Points	Points	Points
ORC	9	6	15
TAD	6	8	14
MSK	8	3	11
MAR	4	7	11
TKF	1	9	10
MDP	7	1	8
TSK	3	4	7
MKF	5	2	7
TDP	2	4	6

Performance Programme

Elite (Scott)

Awesome job at spring nationals for the elite squad.

Records broken:

Hayley Palmer		
100 IM	National open record	1:02.72
100 free	National age group record	55.46
100 IM	National age group record	1:02.72
50 free	Auckland age group record	25.83
*All of these were also Auckland records		

Auckland Open Record – Men 4 x 100 freestyle relay “B team”
William Benson, Matt Thomas, Michael Buck, Tim Dawson

Great swimming all of you.

NZ spring had the potential to be a great meet for NSS, we had a large team made up of swimmers from the elite and youth groups in which they combined as one unit and swam great across the board.

The elite squad combined for a great performance of 12 gold, 10 silver and 8 bronze, a total of 30 medals. This is a fantastic performance, with the elite squad winning a medal in every event we had a swimmer in!!!! There is a total of 34 events and we had no swimmers in only the (400 IM, 200 fly, 1500 free, and 800 free)

The elite team swam well across all events, winning medals and swimming PB's.

Awesome swimming guys, the full results are available at www.swimmingnz.org.nz, please take a look and see how your team mates did at the recent national spring competition in Wellington

Youth (Dan & Gary)

Hey Gang!! Well after a 20 long week build up it all paid off last week. Our squad alone took 7 Auckland Records from 3 swimmers. 15 NSS Club Records from 5 swimmers including Grace, Chloe, Sam Greg and Shaun. This number of records has not been seen for a number of years and it is a great pleasure for Gary and myself to have helped you as a squad to achieve you goals.

Auckland Records
Grace Francis 400IM, 200IM, 100IM
Chloe Francis 100IM, 800 Free, 400 Free
Sam Robinson 1500 Free

Excellent - Well done!!

Many swimmers learnt a lot from this meet and we will be using this to build a firm foundation to help us over the next season. Other outstanding swims came from Greg's 400 Free, Taryn's 200 Back, Jake's 200 Back and 1500 Free, Shaun's 100 Fly, Dylan's 200 Fly, Kurt and Eric's 200 Breast and Cathy's 400 IM.

The next step is really the Age Group Championships in March next year. Part of this build will include AK Age Group Champs, NZ SC Champs and our Gisborne camp in January.

We will be outlining what we are doing at a meeting at the beginning of October. Also look out for our Paint ball game, Julia McPhee will be in touch soon with details. We start back fully on the 8th October.

Well done and have a great break.

Age Group (Jana & Jim)

After a short break we are back at training. We are starting the build up for Auckland Age Group Championships in December which will be one of the last chances to make qualifying times for NAGS.

We are still missing Chris but we have Jim as a replacement and his knowledge from Canada, which is good for a change. The Long course meets are coming up so good luck to achieve your NAGS dreams.

We are happy to welcome two new members to our squad. We have two more girls Michelle Lum-on, who moved from Waitakere City Swimming Club and Catherine Lee, who moved from England.

The number of AGE Squad swimmers is growing and making us as a biggest squad in North Shore Swimming Club. This is great for our depth and competitive edge.

Development Programme

Development Squad (Tom)

Our squad had a little bit of setback with lots of swimmers studying for exams. There is a part of the squad training regularly and preparing for the month of October's training and racing.

Sadly we had to say goodbye to two of our swimmers who decided to swim in a fitness squad. We gain another swimmer coming across from Age Group squad. Welcome Jared. We are preparing for October's meets which is our target month for racing. But that does not mean we stopped racing last month. Some swimmers swam at the level 1 meet at Millennium and swam well.

Our preparation is continuing with a week long Swim Camp (Stroke) which we are holding at the Millennium Centre. Joining us is the Marlin squad for that week of Stroke technique. Our first Pizza night was held at the end of the camp, which I think was great time for the swimmers to talk and make new friendships. We also hosted 4 swimmers from the Youth squad for 2 weeks. And we hope that they enjoyed themselves.

Marlins (Michael)

Hi all. Since my start as a coach for the Marlin team in mid August I have spent lots of time teaching and getting to learn all of my swimmers. Besides the work I am also enjoying it very much i.e. *coaching is just fantastic - in that every single day is challenging and different to the next.* Of what I see now and for the future of the team is

a 'great potential' for all and everyone. My first Level 3 short-distance meet at Coast was going well. Samuel Klein achieved his Level 2 time for the 100m breaststroke (1:38min) Respect Sam! Solomon Z Han missed Level 2 times for 100 free only by 0.5sec. Well, don't give up we will get there!!!

We have just been involved in a training camp with the development squad. This involved training both in the morning and afternoon. Afternoon sessions involved both an interactive video session, followed by a swimming session. Each day the kids learnt a different stroke i.e. first day free, second day fly, fourth back and third breaststroke. "Learning by watching" has basically been the idea of the video session prior to the swimming. In the water then my job was to make the children do the drills and techniques that we stressed in the video i.e. work on kick, other drills. The training finished by putting it all together to see the difference. The swimmers hugely improved in strokes and also found more time to practice, since I was not stressing of doing the exercise on speed, rather on doing it correctly and at moderate pace.

Over the last sessions my goals was as well to create a **'team feeling'**, which is very important to establish a competitive, enjoyable and attractive environment for each and everyone. Therefore I want that everyone, who can make the times, to come to the land training on Tuesdays and Thursdays. Basically the more kids that come - the better will be the training - the better the kids get to know their peers.

The next month is going to be a very busy month in terms of its competition. First up we have our CN (club night) on the 2nd October. During the training I already stressed out that each and everyone, unless told me prior of his/her non-attendance, has to be there and ready to swim. This is a **team effort** since we all want to win pizzaaaaaa night!!! Next competitions are going to be for the Level 3 swimmers on 13th October at the Millennium. The following weekend all swimmers for Level 1 are going to swim, followed by the level 3 meet. On the 27th and 28th we will have a 50m Sprint meet and 400s meet respectively.

Water bottles are a great issue - have them filled up prior (remember that sheet you got). See you at training!!

Junior Programme

Head Junior Coach (Anthony)

September was a relaxed month with a couple of meets that allowed a larger number of swimmers to qualify for Daredevil Status, improve their XLR8 points and also for a number of new swimmers to qualify for Auckland Championships and Target Squad. Congratulations to those swimmers.

With the conclusion of Spring Meet, the Prize Giving season has come to a close. As such, you will notice that the Daredevil Criteria on the tracking page will soon be that for the squad above. This is where your swimmers will be when they aim to achieve their Daredevils Status for next years prize giving.

October is a bumper month for meets. With the level meets, Hot 50's and the 400 meet, all swimmers will get the opportunity to update many of their times and be involved in a wide range of races. For our Level 3 swimmers make sure you get out there and participate at the Hot 50's. This is a fantastic meet where you get to swim in a 50m pool and where you will not be at the mercy of conversion times. So many swimmers have qualified for Auckland Champs at this meet in the past.

Junior Prize Giving is coming up on the 11th of November so make sure that you diarise this date. All junior swimmers will receive an award. Often in the past swimmers have won awards they never believed they would win, so come along, it's always a great occasion.

We would like to wish Coach Rebecca Rudolph a fond farewell as she focuses on her university education. Good luck with your studies Bex, it's been great having you as part of our Junior Team. We would like to welcome ex NSS swimmer George May to our team who will be replacing Rebecca on Sharks and Dolphins at Millennium. With boundless enthusiasm, I am certain that you will all make George feel welcome.

Each month I now have the privilege of rewarding a Junior Coach who is doing a sterling job with 'Junior Coach of the Month'. These coaches

will receive some vouchers to be used at Pickles on Apollo. This month I am very happy to announce that the winner is Candice Cull who works with Sharks at Takapuna. Candice is new to coaching, but her exceptional swimming background and outgoing personality have already begun to make a great impact on our Takapuna Sharks who are swimming very well. Great job Candice, we all appreciate your hard work. Keep it up!!!

Last month I also brought your attention to the potential changes to national meets. These changes have all been finalised and have come down to a few small changes to qualifying times and new age groups for the National Age Group Championships, now being swum 13 and over only. I have updated the Quick Qualifying Charts and these are available for your use from the Junior Home Page. A full competitions booklet for 2008 national competitions is available on the Meets and Event Information Page.

I look forward to seeing you at the meets, Club Night and Champ Camp.

Best Regards
Anthony Kattan
NSS Head Junior Coach

August Results

Auckland Junior Championships – New Qualifiers

Ruth Palmer	(MISH Sharks)
Ethan Thomas	(MISH Sharks)
Ellie Williams	(MISH Sharks)
Lauren Gell	(TAKA Sharks)
Callum Payne	(TAKA Sharks)
Aileen Huang	(Glen Innes Dolphins)
Claudia Gibson	(TAKA Dolphins)
Callum Orr	(TAKA Kingfish)

Target Squad - New Qualifiers

Sam Sorenson	(Kingfish Target)
Sasha Addis	(Orca Target)
Callum Orr	(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)

The Orcas have been certainly enjoying their weekends off since the end of the meets in early September. Having raced well throughout July and August, the squad was race tired and has needed time to refocus, set some new goals and begin looking forwards to the main season. I now look forward immensely to racing at the 50's, Level Meets, 400's and Long Distance Championships at the end of the month as we lead into Auckland Junior Championships fresh and rearing to go again.

The swimmers all attended a squad goal-setting session at the end of last month, which was followed by dinner at Gengy's Mongolian BBQ. Another fantastic evening, yet again organised by our squad manager Tina Kinney. Thankyou. I know that the entire squad and the parents that attended enjoyed themselves immensely.

Since the goal setting session the swimmers have been having individual meetings to discuss their results from the first half of the season and to look forwards to the remaining 6 months and the personal goals they wish to achieve. These meetings provide swimmers with a chance to discuss their swimming, to gain insight into their sport and to begin to really understand their own objectives and the processes that are needed to achieve these. I have enjoyed these meetings immensely and can see the direct results they have had on the swimmers approach to training.

So guys, you now know what racing is all about, your training is improving immensely and the work you are doing right now will set yourselves up for success in the main part of the season. You are starting to understand that attendance and hard work is crucial to your

success. With two thirds of you having achieved excellent attendance in the off season I hope to see this continue and improve in the main season. As Hannah said if you attended 50% of training you literally missed 3 months of training in the off season. Scary when you put it that way, isn't it. Show up, swim hard and enjoy your successes.

Glen Innes (Kim)

Unfortunately no article was received for this squad this month.

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

Hey Everybody. Another great month has passed which means we move closer to Auckland Juniors. We had some fantastic results at the level 2 and 3. You guys continue to amaze us with all the skills you have been practicing at training and putting it to use at race time! Keep up the hard work and attendance to get those P.B's!!

It was fantastic to see most of you at club night. We must make it our mission to get those Orca's! Please make sure that if you tick the club night form, you will be available on that night and will aim to swim your heart out!

As Auckland Juniors approach, we must continue to work on all the finer points of a race as well as working on your technique. These include; the dive, underwater work, breakouts, breathing, turns and finishes. While our mileage goes up slightly at training, we will still be working on all these finer points.

Congratulations to the following swimmers:

Sharks:

Korban Brooksbank qualified level 2

Katerina Kovalenko for breaking another club record!!

Ellie Williams qualified Auckland Juniors

Ethan Thomas qualified Auckland Juniors

Kingfish:

Sasha Addis qualified target squad

Joseph Beadell qualified level 2

Good luck to everyone attending meets in October. Please remember to get your entries in on time. As you are representing the club, please make sure you have the correct uniform at all meets.

Swimmers of the month:

Sharks – Blake Sunde & Katerina Kovalenko

Dolphins - Conor Bleamish & Bianca Lloyd

Kingfish - Megan Butler & Conor McGorman

Great Job Guys!!!! See you soon!

Takapuna Kingfish (Nick & Tiana)

Hey Troops, we are just over a month away from **Auckland Champs**. There can't be any missed trainings for anything!! Our training has stepped up again this month and won't be getting easier for a while.

Now that it is daylight savings, I hope that we may be able to do some basic land training in the future; more news on this to follow.

Make sure you're all attending the Champ Camps to help you reach your goals at Auckland Champs.

The Swimmer of the month goes to Luke, for his excellent attendance and effort at training. I hope you guys have had excellent holidays.

Train Hard!! Swim Fast!!

Takapuna Dolphins (Christine, Tiana & Matt)

Well I wished you all good luck in the Level 3 meet and what a great meet those who went had. Claudia, Grace and Soo Yeon qualified for Level 2 and Auckland Championships whilst Maddie qualified for Auckland Championships.

Liam, who has been in the squad for about two months, had a good meet as well. He started slowly, working on his 25's and getting the dives and what to do at a meet right and then at this meet he blitzed

his 25 times and then went on to swim an excellent 50 Freestyle with a well executed turn as well. Getting those turns and dives correct is such a major feat for the children at the meets and so important for their swimming career.

We have just had a couple of great training sessions doing lots of underwater work across the pool whilst Tom and Michael's squad have been training at Millennium. Thanks Tom for letting us use the whole pool. Keep up the good work!!!!

Takapuna Sharks (Tiana & Candice)

Hello everyone! What a fantastic month we've all had. Birthdays, Auckland Champs Qualifiers and more new swimmers!!

Thank you to those who have had such awesome feed back for our squad. It's always good to hear that we're satisfying our new swimmers.

We'd like to welcome two more new swimmers Taylor and Finn. Congrats to Callum, Lauren and Grover our current Auckland Junior champs team. Callum and Lauren are our new qualifiers from the last level 3 meet. All of our sharks have been working hard over the last term which is awesome to see. Keep it up!! The attendance has been great and we only thank you for your good efforts.

Looking forward as always to the up coming meets and the last clubnight before the super fun Christmas club night!! Hope to see you all there.

Tadpoles (Jenn & Matt)

Hey guys, I hope you've all enjoyed this month. Everyone has been training really hard when they've turned up which is great to see. A big welcome must also go out to Amber who has recently joined Tadpoles.

Congratulations to Oscar Gunn who made Daredevil Silver status. We now have two Daredevil tadpoles, which is fantastic.

It was great to see a few of you at the level 3 meet where there were some awesome PB's. Let's aim to have most of you at the next one as it is at Millennium so it is closer to home.

Club night went really well again this month with tadpoles coming in 2nd again. Let's try and kick orcas out of the top spot for a free pizza night!! Eden swam a fantastic 100IM at club night setting the club record for this event for Girls 7 years and under.

This months Swimmers of the Month are Yeonsu Lee and Grace Platt. Great work you two ☺.