



NEWSLETTER

Welcome to the Onehunga Swimming Club – Team One Christmas 2008 newsletter.

Team One Christmas Dates are as follows:

Onehunga Aquasport

Term four finishes on Sunday 21 December 2008

Term one resumes Monday 9 February 2009. **Please note** that this is later than usual because of how the statutory holidays fall.

Epsom Aquatic Centre

Final training for 2008 - Wednesday 24 December 2008 - morning session only

Training resumes Monday 5 January 2009 morning session at 6 am - 7.30 am. **Please note** the later than usual start time. Afternoon sessions will run as per normal.

Please also note that session times will vary during camp week 11-17 January 2009 - Monday/Wednesday/ Friday morning's only (6 am – 7.30 am) but the afternoon sessions will run as per usual. Everything will be back to normal timetable on Monday 19 January 2009

Thanks to the generosity of New Zealand Post our application to **Community Post 2008** was successful and we have received 500 postage paid envelopes. Thanks to Victoria for completing the application. We have lodged an application with Auckland City for accommodation support in 2009. At the time of publication we have not yet heard as to whether this application has been successful. We will keep our fingers crossed and keep you posted.

The **Auckland Junior Champs** were held over the weekend of 22-23 November. We had a team of 22 swimmers competing against 41 other Auckland and New Zealand clubs and 4 international clubs. We placed 6th overall and 5th in Auckland. We achieved 27 medals (8 gold, 12 silver, 7 bronze). 14 of our swimmers have qualified to compete in the New Zealand Juniors in February 2009; an excellent result and well done to all of you who competed and represented our club.

Please remember to get your **meet entries** in on time. The organizers of each event specify the date by which all entries must be received and we set a date to give us adequate time to process the entries. If your entry is late we can not guarantee that you will be able to swim. No late entries will be accepted in 2009. Remember to discuss your entries with your coach. Your coach will suggest what events you should enter. With regional and national meets your coach will decide what events you will enter. If you have any questions or concerns about the event selection please discuss this and resolve your concerns before the entry is sent to the handicapper.



Our **Christmas Club Night** was a very successful evening with a record number of entries. It was great to see so many friends and family members giving it a go. Hopefully it will encourage some new members to Onehunga. Thank you to everyone who helped with the organisation of the meet and to those of you who helped with the catering. It was a very pleasant evening. More photos will be available on the website shortly.

As you will be aware we assist Auckland Central Master Swimming with their **annual harbour swim series**. There are four swims in the series. If you want more information or wish to enter go to www.aucklandharbourswims.co.nz to download an entry form or you can enter online. Thank you to **Helen Price** and **Vanda Kocks** for managing the last two meets and to **Maria Gilbert** for processing the entries and posting the results on the website and also to those of you who assist on the day. This is an excellent source of fund raising revenue for the club so please try and support the events. You may be approached to assist so please help where possible. It would be great to see more of our swimmers entering these events. Watch out for the St Heliers Bay swim and the Rangitoto swim early next year.

Herne Bay Swim



Chelsea Swim



More photos of the Herne Bay and Chelsea swims will be available on the website soon.

A **Special General Meeting** of the Club was held on Tuesday 9 December to consider and if thought appropriate approve:

1. Life membership to Peter Holland and Dave McRae for outstanding services to the Club.
2. Adopt the new Constitution of the Club.

Both were passed unanimously. Application has been lodged with the Inland Revenue Department for donee status and in the New Year we will commence an application to register the club with the Charities Commission. We consider this move important as ongoing funding is likely to be much harder to achieve particularly with the current economic climate.

We wish to congratulate both **Peter Holland** and **Dave McRae** on becoming **life members** of the Onehunga Swimming Club. Neither is actively involved with the club anymore but both had a long association with the club during the 1990's and early 2000's. They were instrumental in boosting the club membership at the time and moving the club towards successful regional and national competitive swimming. They were actively involved with the move into the Epsom facility and in the move to appoint our first professional coach. We thank you both! For those of you who don't know Peter or Dave we will have some photos on the website soon.

The **Auckland Age Group Champs** is being held from 19 – 21 December at West Wave. Good luck to all of those who are competing at this meet. It is a long meet with 6 sessions spread over 3 days. We will report on results in the next newsletter.

David Mair, as a **parent new to swimming**, wanted to point out some of the things he found useful around competitions. We hope you will find his insight useful.

"Many of you will know these things but I found most of these out by trial and error and also the odd comment from people who know like Mata and Lean (Thanks!).

The basic timetable of competitions is on the ASA website and also on the Onehunga website. I have put all the swimming related websites under a bookmark on my computer so I can easily find them. Once I have a competition in mind, I make sure that I confirm with Dmitriy what Isamu (my son) is going to swim and then I put in the entry form. The entries can now be checked on the Onehunga website

(www.onehungaswimmingclub.co.nz and then under 'Meets' and then 'Entries') – Well done Maria!

Closer to the day of the Champs, I print out from the ASA website (www.akswim.co.nz) the Psych sheets for the competition. This gives me the opportunity to talk through who the best swimmers are and to set a goal with Isamu for each event (inevitably, there is a deal related to achievement – Star Wars Lego or computer time seem good ones). Be careful because the psych sheets can change 2-3 times.

On the day of the competition, I can check how the results are going by looking up the 'Live Results' part of the ASA website.

After the competition is finished, I can print out the final results from the ASA website 'Results' but a better way is to use the website (www.takeyourmarks.com). This is the official website for keeping track of a swimmers progress for Swimming New Zealand.

This is great because you can upload the results, print graphs and see the improvements your swimmer makes. More importantly, there is access to SNZ's database, so, for example, I can see that by the close of entries next year for the National 11 year old 50m breaststroke, Isamu is currently ranked third and I can see who is ahead, and what their times are.

This website also gives information about XLR8 rankings Swimming New Zealand's initiative to improve swimmers in a variety of strokes.

The distances vary with age but for Isamu (11 years), he must swim Distance Freestyle (200m); Individual medley (200m or 400m); At least one form stroke (not freestyle) (50m, 100m or 200m) and at least one 200m event.

This has helped Isamu understand how he is doing and really has provided more motivation. I recommend that you try it if you haven't already signed up.

My last thought is that I joined the Committee last year and a lot of work (as always) is going on behind the scenes. Please remember that when you join the club, it is an Incorporated Society and we rely on all Members volunteering time to help. Committee Members are not there to solve your issues and you will get out of the club what you put into it."

If anyone would like to **make a contribution** to the newsletter the next one is due out towards the end of March 2009. Please send your contribution to Andrea Davies jammed@xtra.co.nz. If you would like any information to be included or have any other suggestions then please let us know.

We are looking for someone who can update our **Honours Board** at the club rooms. If you or someone you know is a sign writer we would very much appreciate hearing from you. It has been some years since the boards were updated and it is long over due.

Upcoming events include: Check our website www.onehungaswimmingclub.co.nz for posters and closing dates. Remember to check Auckland Swimming; www.akswim.co.nz and Swim New Zealand; www.swimmingnz.org.nz as well.

Date	Event
11-17 January	TEAM ONE Cambridge Summer Camp
24-25 January	WAQ Last Chance Meet
9 February	Term swimming resumes at Onehunga Aquasport
14-15 February	ASA Opens
15 February	Auckland Central Masters Harbour Swim – St Heliers Bay to Tamaki Yacht Club
21-22 February	SNZ Junior Champs
1 March	Auckland Central Masters Harbour Swim – Rangitoto to St Heliers Bay
3-7 March	SNZ Age Group Champs
14 March	WHL Level 2
15 March	ONE Level 3
18-21 March	SNZ Div 2
28 March	TEAM ONE Club Champs

We wish you and your families a very safe and merry Christmas and Happy New Year and we look forward to seeing you all back in the water in 2009!

www.onehungaswimmingclub.co.nz

Memberships: registrar@onehungaswimmingclub.co.nz
 President: 027 476 9463
 PO Box 13879
 Onehunga

Clubrooms: Onehunga AquaSport
 Park Gardens
 Onehunga

