

Welcome to the Onehunga Swimming Club Team One Newsletter 3rd Quarter 2009

Hi members, my apologies for the delay in our OSC newsletter. A lot has happened over the months since our last newsletter in March 2009.

Committee Update

- Members have departed to new adventures
- Epsom coaching format changed (see Dimitry)
- New members - **WELCOME** aboard to Onehunga Swimming Club

The newly elected 2009/2010 Club Committee and Coach details are now displayed on the notice boards and on our website:

www.onehungaswimmingclub.co.nz.

Great Results from Swim Meets

- Fantastic results at the **Auckland relays!** Our Male 10 and Under 200 Medley 3rd ; The Male 12 & Under 200 Medley 2nd ; and Male 13 & Under 200 Free 3rd .
- The Auckland Swimming Prize giving was held the same day and congratulations to Shaquile Vaotu'ua for receiving the **Lockhart Family Cup** for the Auckland under 15 Breaststroke 100 metres.
- Just gone, weekend of August, the **Auckland Winters:** Congratulations on ALL swimmers who have achieved

personal best and have graduated from Level 2 to Level 1

Since our last newsletter, the club hosted **Team One Level 2 meet at West Wave in June** and four Level 3 meets at Mt Albert Aquatic Centre, with some swimmers advancing to level 2 - fantastic result! They have all been very successful and thanks to everyone who helped in making these meets such a success. Special thanks to Mike Knowles, Mike Acket, Mat Foy and Ernie Foy for organizing and managing these meets as the income provides a huge boost to our finances. Members will be asked to assist at meets where possible and we appreciate your support.

I congratulate the coaches on helping our swimmers achieve these results. Special thanks to Lean Phuah (Registrar for three years and a club member for five) who has unfortunately left our club, but helps train people in the AOD room).

Newsletter Editor

Please welcome the new editor of the newsletter, **Mandy Crawford Marsters**. Currently her daughter is not swimming during the winter season but will rejoin the group at Jellicoe during the summer. If you have any items that you would like to share, please contact **Margo Polo** at Jellicoe and **Julian Harris** at Epsom.

ONEHUNGA SWIMMING CLUB

Thanks to our former editor, Andrea Davies, who kept our members up to date with news and events.

We would like to say a special thank you to the former Club President of 2008/2009, Andrea Davies, a club member, and who will still be helping in the ocean sea swims.

2009 Rotorua Training Camp

It's that time of the year again where Onehunga's training camp will be held in Rotorua from Monday 5th October (afternoon) to Saturday 10th October 2009 (morning). Swimmers will be training towards upcoming meets such as Regional and Level meets.

Please keep your calendar open for the January 2010 summer camp to be held in Rotorua. Dates will be advised once finalised.

**Congratulations to...**

Philip Foy and Maria Gilbert on their engagement. Philip is a former swimmer since 19 and currently coaching at Onehunga Aquasport and Maria Gilbert volunteers for jobs at our Level 2 meets and helps in collating data for the ocean sea swims.

Entries for Meets

All meet entries for Levels, Regional and Nationals must be received before the Onehunga closing dates, as it allows our Club Handicapper sufficient time to submit entries to ASA or SNZ and also avoids the disappointment of swimmers missing out.

Christmas Team ONE Club Night

The **Xmas poster** for the **Team ONE Club Night to be held at Jellicoe** will be displayed on our website and pool notice boards in October. Once a date is finalised, it will be emailed to all members. Late entries from club members can not be accepted, so please make sure the correct procedure is followed when entering. Remember, the points from club night events go towards club championship totals.

Good Luck to **all** our swimmers who are competing either in **level 1, 2 and 3** or in the New Zealand Short Course championships in Christchurch.

Sea Swim

These are important fundraising opportunities for the club. The first is the Herne Bay Sea Swim on Sunday 22 November, and the second is the Chelsea Sea Swim on Sunday 6 December. Contact Vanda Kocks (OSC Treasurer) for volunteering on these dates. Please watch our noticeboards for more information.

See the table below for upcoming events. Check our website for posters and closing dates. Alternatively, remember to check Auckland Swimming www.akswim.co.nz and Swim New Zealand www.swimmingnz.org.nz for information.

Date:Year2009	Event
13 th September	Level 3
27-30 th September	New Zealand short course championships Christchurch
10 th October	Level 3
11 th October	WHL Level 2
31 st October	WAQ Level 1
1 st November	Auckland Distance Champs
7 th November	ONE Level 2 (This meet is our own fundraising meet – calling for all volunteers please)
8 th November	Level 3
14 th November	WHL Level 1
15 th November	WAQ Hot 50's
21-22 November	Auckland Juniors Champs

**2009 AUCKLAND WINTERS RESULTS**

CONGRATULATIONS TO THE FOLLOWING

Shaquile Vaotu'ua

3 GOLDS: 50,100,200 BREASTSTROKE

2 BRONZE: 50 Butterfly & 50 Free

Shu-Hua Chang

1 GOLD: 50 Breaststroke

2 SILVER: 100 Breaststroke & 200 Breaststroke

Gary Zhao

3 SILVER: 50 Breaststroke 100 Breaststroke & 200 Breaststroke

Liam Paterson

2 SILVER: 200 Free & 400 Free

Connor Paterson

1 BRONZE: 100 Fly

Terry Kim

1 SILVER: 50 Breaststroke

1 BRONZE: 100 Breaststroke

Stephen Hidalgo

1 SILVER: 1500 Free

Isamu Mair

1 BRONZE: 100 Breaststroke

Kara Harris

1 GOLD: 50 back

Qualified for Level One**Stephen Hidalgo****Liam Paterson****Simon Qiu**