



August 2017 newsletter

Welcome to Term 3!

Annual Prizegiving

Annual Prizegiving is scheduled for Sunday 6 August, at Amesbury School, Churton Park, starting at 3pm. All welcome. Please bring a plate. Prizegiving is a celebration of a year of hard work across the Club. Swimmers receive certificates for placing in an event at Club Champs (held 18 June) and trophies are awarded to the overall winners in each age group. With over 2/3 of Club Champs participants achieving a placing, there's been a lot of sharing placings around ☺ Well done for pushing each other during the year. Also at prizegiving our highest achieving swimmers will be recognised for their successes at National swim meets and in breaking records. A further 17 swimmers will be recognised with Merit Awards, and we celebrate our volunteers. Welcome and thank you to **Jill Day**, Wellington City Councillor - Northern Ward, with the portfolio for Children and Young People, who is attending prizegiving this year.

Please check your SNZ My Page accounts

We are now a month into the new financial year. Please log into your SNZ My Page accounts to make sure everything is working before you need this to enter swim meets. You can also check your financial status (there's an icon called Subscriptions on the initial log in page). Unfinancial members cannot enter official swim meets. Please contact Alex (secretary@swimtawa.org.nz) or Vicky (racesec@swimtawa.org.nz) for any problems with this.

Club Time Trials

The next Club Time Trials will be Thursday 14 September. Warmup 6.15pm. Time trials is a great way for new swimmers to have a go at learning to race. It's a supportive environment and ribbons are awarded for personal best times. For more information see the Meet Information [page](#), and you can always talk with your coach about this.

Club AGM

The Annual General Meeting is scheduled for
Thursday 24 August, 7pm
Clubrooms, Tawa Pool.
All welcome. Expressions of interest in joining the Committee are welcome!
Contact secretary@swimtawa.org.nz or
president@swimtawa.org.nz

Training culture - Term 3

As we head into a new term, these are expectations for the training culture at Tawa Swimming Club. All swimmers should:

- Attend regularly, and on time, both at training and competition. Squad swimmers should aim to be at the pool 15 mins prior to training commencement time, ready to be in the water on time. [Seniors - note - earlier arrival time of 0540 in the mornings];
- Put in effort on a daily basis;
- Have all your equipment, including a water bottle at every session;
- Wear hats if possible and have something on your feet between school/car/train/pool in winter;
- Swimmers are expected to demonstrate appropriate behaviours and respect for other team members - please do not disrupt training, or distract others from their training.

If you aren't familiar with SNZ's Code of Conduct, please take time to read this also. Search for "Code of Conduct" on the Swimming NZ website.

General information

A copy of a useful book *Swimming for Parents*, by Gary Barclay, is available on the Club Noticeboard to read at the pool. It contains heaps of information to support children in swimming from novice to 18 years. A copy of the contents pages are below for an idea of what might help you and your child at their age/stage. There is something for everyone in this book which advocates in the interests of healthy, happy children/youths.

Introduction
Chapter 1: The Benefits of Swimming
Life Skills
Time Management
Goal Setting
Friendships
Teamwork
Chapter 2: The Swimming Parent
Teaching Independence
Providing Support
Managing Success and Disappointment
Performance and Enjoyment
Financial Considerations
Volunteering
Parent Etiquette
The Pressure Parent
Chapter 3: The Parent/Coach Relationship
Progress Concerns
Communication
Chapter 4: The Coach/Swimmer Relationship
Coach's Expectations
Chapter 5: The Young Swimmer—7 to 9 years
Number of Sessions
Session Structure
Skills Learnt
Competitions
Chapter 6: Junior Competitive Level—10 to 13 years
Number of Sessions
Importance of Technique
Other Sports or Activities
Competitions
Chapter 7: Age Competitive Level—13 to 18 years
Number of Sessions
Technique
Swimmer Progression
A Focus on Results
A Focus on Process
Improvement in the Teenage Years
The Decision to Quit Swimming
Family Holidays
Chapter 8: Athlete Development
Physiological Changes

Sensitive Periods
Psycho-social Development
Chapter 9: Female Development
Puberty...and Body Changes
Puberty...and Periods
Puberty...and Performance
Puberty...the Good News
Body Image
Chapter 10: Swimming Clubs
Choosing a Club / Coach
Changing Clubs or Coaches
Swimming Club Operations
Club Membership for Parents
Committees
Volunteering
Team Uniform
Chapter 11: Swim Training
Training Frequency
Training Hours
Training Equipment
Log Books
Balancing Swimming, School & Social Activities
Illness, Injury & Training
A Taper
Taper Design
Handy Taper Hints
Indoor versus Outdoor Pool
Different Length Pools
Chapter 12: Dryland Training
Dryland Warm-ups
Stretching
An Introduction to Weight Training
Chapter 13: Swim Meets
Entering Swim Meets
Preparing for a Swim Meet
Pre-race Preparation
Race Time
Parent Behaviour at Swim Meets
Comparing Children
Relays and Relay Selection
Long Course versus Short Course Meets
Length of Meets
Measuring Improvement
Training Immediately after a Competition
Chapter 14: Nutrition
High Performance Eating Strategies

Volunteer Officials

The Club is currently in need of some volunteers willing to train as Inspector of Turns (IOTs - the people wearing white shirts who check the technique used on turns).

Full training is provided and this is a way that you can make a really valuable contribution to the Club, usually at the same time your child is swimming.

Please contact Hugh
(officials@swimtawa.org.nz) for more information or talk with him at Time Trials.



Committee contacts

Ashley Downs
Alex Craven
Sandra Bednarek
Vicky Gibbs
Hugh Allan
Melinda Jones-Rawstorne
Maggie Cooper

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Billie Mudie and Lisa Wong are also Committee members. Please feel free to talk to Committee members anytime, or come to a Committee meeting. If there is something you would particularly like to hear about in the newsletter (which generally follows Committee meetings), please let Alex know on secretary@swimtawa.org.nz.

If you have **photos** to share with the Club, or to retain for Club records, please email them to Alex secretary@swimtawa.org.nz.