



June 2017 newsletter

Notices

There is **no swimming** on the **Saturday** or **Monday** of **Queen's Birthday Weekend**.

News/events

Sport Wellington Awards: Our best wishes to Club member **Mary Fisher**, finalist (across multiple years!) in the Sportswoman of the Year and Disabled Sports person of the Year categories of the premier regional sports awards to be held on 14 June. Mary has just scooped the Hutt Valley Sports Awards Sportswoman of the Year and Disabled Athlete of the Year. Best wishes also to former Club members Kurtis and Kayla Imrie, finalists in the Emerging Sportsman and Sportswoman of the Year categories respectively.

National Development Squad: Congratulations to **Jenna Rolston-Larking (13)**, who has been named in the National Development Squad. A tremendous achievement!

Support regional performance athletes: Swimming Wellington is running a locally-produced wine sales fundraising initiative to reduce costs to Wellington swimmers attending the Victoria State Championships later this year as part of the Sport Wellington Talent Identification (TiD) programme. Tawa member **Joel Crampton (15)** and former member Justin Roberts are among these athletes. For every 6 bottles of Ohau wines purchased online, the winery will donate \$10 to Swimming Wellington to be shared amongst the swimmers. [Ohau Wines](#) is Horowhenua-based. A flyer is posted on our Club Noticeboard. As a supporter, you will receive a discount on your order and free delivery.


Follow these four simple steps:

1.) Go to www.ohauwines.co.nz/buy-wine-online.
2.) Make your wine selection and proceed to check out.
3.) Enter the promotional code word below, before proceeding to payment.
4.) Receive wine, and enjoy!

PROMOTIONAL CODE WORD: SWIMMING

The promotion runs for 3 months. Thank you!

Wellington Relays, 20 May: Congratulations to our team, especially on medals as follows:

	GOLD 	SILVER 	BRONZE 
Girls 11&Under 4 x 50m Medley Sienna Leilua, Naomi Cooper, Charlotte Gibbs, Miriam Kirby			✓
Boys 15&Under 4 x 50m Medley Joel Crampton, Lachie Mudie, Joshua Keegan, Max Wong			✓
Girls 15&Under 4 x 50m Medley Danika Viskovic, Cerys Lewis, Chelsea Parker, Jenna Rolston-Larking		✓	
Boys 15&Under 4 x 50m Freestyle Max Wong, Tyler Florance, Lachie Mudie, Joel Crampton		✓	
Girls 15&Under 4 x 50m Freestyle Danika Viskovic, Chelsea Parker, Cerys Lewis, Jenna Rolston-Larking		✓	

Swimmers included the above named and: Joshua McPhee, Ollie Robinson, Philip Liu, Cooper Presling, Angus Mudie, Gavin Moon, Matthew Cooper, Aaron Keegan, Lucy Singer, Bethany Middleton, Elisia Wong, Abby Collier, Lily-Anne Meyler, Clara Gianos, Nathan Wong, Matilda Presling.



North Island Secondary School Championships, 13 May: Congratulations to Tawa swimmers achieving top 3 placings at NISS for their colleges.

	First	Second	Third
Jenna Rolston-Larking, 14&Under	200 Fly, 100 Fly	50 Fly	
Cerys Lewis, 14&Under		50 Back	
Gavin Moon, 14&Under		50 Fly	
Max Wong, 14&Under		100 Free	
Joel Crampton, 15&Over			200 Fly

TIPS FOR ADULTS AT KIDS SPORT

- 1. Keep it fun**
don't take it *too seriously*
It's not the World Titles

- 2. Be enthusiastic**
but don't *scream* & *shout* instructions from the sideline

- 3. Emphasise trying hard**
not winning

- 4. Cheer & acknowledge**
good plays by *all players, both teams*

- 5. Accept decisions by officials**
they are human & *can make mistakes*

- 6. Let coaches do the coaching**

- 7. Always remember, volunteers run kids sport**

- 8. Understand, uphold and support your club's code of conduct**

- 9. Allow your child to play for themselves**
Let kids make the decisions *on and off the field*

- 10. Think before you speak**
Your words may harm others




Dates for your calendar

Club Championships

Sunday 18 June,
Warmup 3.15pm, Tawa Pool

Annual Prizegiving

Sunday 6 August 2017
Amesbury School

Annual General Meeting

Thursday 24 August 2017
7pm, Club Rooms

Please name your gear!

Lots of Club shirts are being left behind at swim meets. Please name uniform items.

Reminder: A reminder to families that Tawa Swimming Club swimmers share the changing rooms with members of the public and to be mindful of appropriate and inappropriate behaviour. Please remind your child to talk to you about any behaviour they feel uncomfortable about.

Committee contacts

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