



May 2019

[Recent Events – NAGS and Dash-for-Cash](#)

[Upcoming Events](#)

[President](#)

[Club Captain](#)

[Boys session 3 June](#)

[Victorian Age Group Champs 2020](#)

[Officials](#)

[Coaching team](#)

[Junior Camp Coordinator](#)

[EPIC Lake Taupo 2020](#)

[Grants](#)

Top

NAGS and Dash-for-Cash

The National Age Group Championships ran in Wellington from Tuesday 16th through to Saturday 20th April, with 734 of the top swimmers in the country (and from overseas) competing. This meet is the pinnacle national event for age group swimmers. Tawa Swimming Club is immensely proud of our team of eight swimmers at this meet - **Matthew Cooper, Charlotte Gibbs, Olivia Healey, Katie Helm, Miriam Kirby, Gavin Moon, Amy Teekman and Ruben Wright.**

Congratulations to **Gavin Moon**, who gained a Silver medal in the 14Y Boys 100m Fly.



Updated Finals results for Tawa are as follows:

Matthew Cooper: 14Y, 50 Breast - 10th; 14Y, 100 Breast - 7th.

Amy Teekman: 13Y, 50 Breast - 6th; 13Y, 100 Breast - 8th

Charlotte Gibbs: 13Y, 200 Fly - 7th; 13Y, 50 Fly - 10th; 13Y, 100 Fly - 10th

Katie Helm: 16Y, 200 Fly - 5th

Gavin Moon: 14Y, 50 Free - 9th; 14Y, 50 Fly - 4th; 14Y, 100 Fly - 2nd

The Club would like to recognise Coach Justin Roberts efforts to support these swimmers and to thank him. Justin has had less than a year in the role of coaching the Platinum squad.

On Saturday 4 May, we ran our annual fundraising meet, the Dash-for-Cash, at Wellington Regional Aquatic Centre (WRAC). The meet ran smoothly and was very successful on the fundraising front this year. See more in the President's report.



[Back to Top](#)

Upcoming Events

The key upcoming event for Tawa is Club Championships next weekend, Saturday 18 May. We look forward to seeing many Tawa swimmers swimming for Club trophies, and enjoying swimming with friends. We also look forward to the Family Relay!

If you haven't entered yet, *you have till midnight Saturday 11 May (although this may be extended a little)* to do this through your SNZ My Page account. Contact racesec@swimtawa.org.nz if you have any problems.

[Back to Top](#)

From the President

Dash-for-Cash

A big thank you to all who assisted with the Club's Dash-for-Cash meet on 4 May. This includes all parents who came and supported the swimmers as well as those who took up roles on the day like Time Keeping, Marshalling etc. Thanks for all the food brought too. For the swimmers, congratulations to all our new swimmers for taking part, you all did the club proud.

Our Ecostore raffle along with a T3 \$50 voucher was won by Mark Stevens, congratulations Mark and we all know how clean the house will be with all those cleaning products. A big thank you to Cath Leilua, who coordinated the raffle, which raised over \$400.



Parent communication and transparency

On Monday and Thursday evenings, we'd like to start developing some social networking between parents using the Clubrooms. We will soon provide some kind of plan of topics, which will include a meet-and-greet the Committee, and perhaps rules sessions and the like. We hope to get this underway in the next few weeks.

Committee meetings are open to members. Please let Secretary Kirsty Tikao secretary@swimtawa.org.nz know if you'd like to attend.

Committee composition

Our Committee is made up of volunteers and we have a range of things that need to be done to keep the club operating. We want our club to be a successful club with a community focus, though this does require a lot of effort for the current committee.

At our AGM coming up we will be asking for committee members and specifically we will be needing a new **Treasurer** for the upcoming year. Clare will be available to support a new Treasurer through to Christmas. Do we have an accountant or financially literate person in our ranks who would be willing to take on the Treasurer role please?

We also would like a **Fundraising Officer** and **Social Events Coordinator** to help develop the club activities and operation further.

Please feel free to ask how you may be involved even if it is only part time. Our current committee is more than happy to answer any questions and allay any concerns. It would be great for us all if you can get involved and help us out. Please raise your ideas with president@swimtawa.org.nz anytime.

Clive Kirby

[Back to Top](#)

From the Club Captain

Welcome to Term 2.

In Club swimming we have over 100 children receiving coaching by an entirely volunteer team each week. We have 13 volunteers, coaching 14 hours of swimming at Tawa and Keith Spry Pools. Many of our volunteers are college students and either current or former Tawa swimmers and started their swimming at the club with volunteer coaches, so it is fantastic to see our swimmers wanting to give back to the Club and to the next wave of swimmers coming through. It is a privilege for me to work with these amazing people.

Our teenage volunteer coaches are all great swimmers but we recognise that passing on their knowledge is a different skill set entirely. Many people will have noticed Todd Morton (Manager Easyswim and Tawa Swimming Club alumni) at the pool in the past week observing Club swimming. Todd has volunteered his time to observe and provide feedback/coaching to the coaches. His capability in this area is invaluable and our volunteer coaches are appreciating the additional support. We have also had SNZ Education Manager, Chris Morgan on pool-deck observing three of our NZ Swim Teacher Award Trainees. Our senior coaches help out where they can but their own squad commitments can make this difficult. Training and developing our coaches is an on-going role and if we do this well, we will see the rewards come through in our swimmers.

As well as improving support to new coaches, other issues currently being assessed as part of our strategic planning are swimmer to coach ratios. Both have financial implications for the Club and need to be managed as best we can. The objective is to provide **the best quality Club swimming programme in the region** contributing to the strength of the rest of the Club.

I'm also working on analysing whether the programme is working for all members. The composition of our Junior Champs team last year showed we aren't perhaps doing the best we can be for boys, who are outnumbered 2:1 in the Club swimming programme. I plan to run a once off all boys session, providing the boys a chance to network, receive coaching tailored to a learning style appropriate for boys and see how the boys respond to this.

For girls, I am conscious that female role models in the ranks of senior coaches are comparatively few. This problem is not limited to swimming. I'd also like to run a girls session later, hopefully securing some senior female coaches to come and role model for our girls.

Sharing information. If you are interested, under the Members' Area of the website is a tab for Coaches. This is open to all Tawa Swimming Club members. Please feel free to view our Induction and Help Manual for coaches and all our planning and support materials. There are videos of drills that you may be interested in.

Thanks to all the people supporting the Club swimming programme.

Alex Craven

[Back to Top](#)

Boys session, Queen's Birthday Monday

Throughout Club swimming at the moment, boys are outnumbered by girls. I'd like to try an **all boys session** to draw our boys together to network, and for them to experience coaching tailored to boys learning styles. Coaches **Cliff Roberts, Andrew Evans** and **Lachlan Mudie** will be leading this session so it's a good opportunity for swimmers to experience coaching by some of our squad coaches. This idea provides something different for coaches too. We will run a BBQ at the conclusion of swimming.

Who: Any boys, from any level of the Club, are welcome
Date: Monday 3 June
Time: 4-6pm
Location: Tawa Pool
Cost: \$10 per head, plus pool entry. Pay on the day.

Please register your interest to Alex captain@swimtawa.org.nz . If registration numbers don't meet estimates, the cost may increase to \$15.00.

Girls, I'll arrange something for you later.

[Back to Top](#)

Victorian Age Group Champs 2020

Whilst it is important for us to develop our Junior swimmers, Tawa also has sights set firmly on developing and maintaining a strong Senior swimming programme. Senior swimmers not only assist in attracting new swimmers to the Club, but they also provide strong role models for the younger club members. One way we are looking to encourage our senior swimmers is by organising a trip for those Platinum Squad swimmers who achieve the qualifying times, to attend the Victorian Age Group Champs in Melbourne in December 2020. This is a huge logistical task, and a significant cost for the swimmers, so we are going to be looking at fund-raising through the club to assist with these costs.

Although this fundraising would be for the benefit of the senior swimmers attending, it is useful to bear in mind that a number of these senior swimmers are the college students who give up their (very limited) spare time to volunteer coach our Junior club swimmers.

[Back to Top](#)

From Officials

Calling out for help with Officiating please. We need some more parents of junior swimmers to begin training as Inspectors of Turns (IOTs). Without officials, there will be no official swim meets. This is a fantastic way to make a significant contribution to the Club. Please contact Hugh Allan, officials@swimtawa.org.nz who is happy to come to the pool and discuss what is involved.

[Back to Top](#)

Coaching team

Welcome Miriam Kirby and Amy Teekman to the volunteer coaching team. Miriam and Amy, both National Age Group swimmers, will be share coaching a lane on Monday evenings.

Farewell, and thank you, to Max Wong, who volunteered for us for over a year.

During the term break, a number of our coaches put their own time into professional development. The Club funded Isaac Parker (volunteer Mondays) to attend an NZ Swim Teacher Award course and Justin Roberts to attend a Teacher of Competitive Swimming (TOCS) course on 13 April.

The Club also funded Lachlan Mudie, Andrew Evans, Cliff Roberts and Justin Roberts to attend a Bronze-level one day coach workshop under NZ Swim Coaches and Teachers Association on 14 April. We hope to secure funding to enable some coaches to attend the NZSCTA conference in Wellington in September to further their training at this level.

Justin Roberts and Cliff Roberts also took advantage of the opportunity after NAGs to attend a presentation by Inigo Mujika on Tapering, Periodisation and athlete adaption. SNZ funded this.

Our volunteer coaches, and Hannah, Lachlan, Andrew and Cliff, attended a team meeting on 30 April discussing stroke correction and team planning. Thank you to all the coaching team for your willingness to put time into this teamwork.



[Back to Top](#)

Junior Swim Camp

Several years ago we ran a very successful and relatively easy to organise Junior Summer Day Camp. Coached by Cliff Roberts, and targeting roughly 30 swimmers in Silver/Bronze type level, this camp included training sessions at Tawa, a train trip to a session at Thorndon Pool and bubble soccer etc. The Clubrooms was the base for the weekend and a parent help roster arranged food and supervision between sessions.

Is there a parent from Silver/Bronze squads who would be willing to take up rolling this out again for January 2020? You can use the package from last time as all the planning information has been kept.

Contact Trish Comeskey trish.comeskey@crombielockwood.co.nz please.



Junior Summer Day Camp 2017



[Back to Top](#)

Trip to Taupo for EPIC swim 10-11 January 2020

Four Tawa swimmers swam at Lake Taupo last summer, including in a 4x1km Club relay event and some individual EPIC swim events. It was great to go somewhere different, and do something different, and there is some interest in doing this again. We could make this a really fun Club social weekend for older swimmers. Andrew is very keen to support College Swimfit members in doing this together.

If you are interested, please contact Alex Craven captain@swimtawa.org.nz. The teens will have more fun if we can tee up an accommodation plan in advance.

[EPIC relay website.](#)

[Back to Top](#)

Grants

We are fortunate to have parents help us seek grant funding for the Club. Recently, we secured \$500 for equipment from a Wellington City Council Community Grant. We purchased 2 resistance training belts and 6 stopwatches.

[Back to Top](#)

Membership moves

Welcome to Madison Lynch, Lucas and Maia Commerford, Lucy and Emily Bunton, Oliver Hays.

[Back to Top](#)