



STREAMLINE



North Shore Swimming Club Newsletter, November 2017

Garry Hurring Squad – Andy McMillan

NSS Christmas Club Night

Thank you to all members that attended the 2017 NSS Christmas Club night last Thursday. There was plenty of fun during the relays with the interaction between our younger and older athletes priceless. It was really cool seeing all team members excited and working together as one. The famous Takapuna whirl pool was a great way to finish off a fun night. Big thank you to Tonya and Toni for all the organising that went into this special event.

Auckland Juniors

I was fortunate to get along to the Sunday afternoon session of the Auckland Junior Championships. I was blown away by the enthusiasm, team spirit and performances by our young athletes and their great coaches. Over the weekend there were an astonishing 320 PB's producing 11 Gold, 15 Silver, and 25 Bronze. Well done to all that competed, NSS is very proud of your efforts in and out of the water.

Gary Hurring.

The Gary Hurring squad are about to finish the year with a bang. The ASA Age Groups and Commonwealth Games Trials begin Thursday 7th and our goal will be to swim faster than ever before. The team is looking sharp and there has been some impressive feats achieved over the last few weeks. The competition will be held at West Wave with heats in the morning and finals at night. Please come out and support if you can make it.

NSS Ocean Swim

Our last big event of the year is the NSS Ocean Swim on Wednesday 13th December, this will be a fun evening at Mairangi Bay with the greater NSS community. It will also be our last chance to farewell Belinda and wish her and her husband all the best for their next chapter.

NSS Vision

Following on from the NSS Boards communication last week. We have a lot of exciting plans for the club moving forward. There are a range of exciting new initiatives we feel are going to improve our service as New Zealand's premier swimming club. The first of these is a combined group session (Hannah McLean, Cameron Gibson, Dean Kent, Moss Burmester and Gary Hurring) on Saturday the 16th of December 5.15-7am at the National Aquatic Centre. Could I please ask all attending to wear their White NSS Speedo Cap to this session.

As part of our communication plan, we invite all athletes and parents to attend one of two presentations to announce our exciting direction and structure for 2018. The presentation dates will be confirmed over the next few days so please keep an eye on your emails for further information and details. We look forward to sharing our vision with you soon.

Best regards,
Andy McMillan

ASA Junior Champs Team 2017



Moss Burmester Squad – Tim Holden

Hi All,

Well the last month has been full on for the Moss Burmester squad. Exams, school commitments and unfortunately a number of injuries including the coach. I myself have broken my leg, and been subjected to writing programs from a couch with the leg up in the air. I have convinced the Dr's to let me start grading myself in now, as opposed to waiting another 4 weeks they initially recommended!

On this note, a massive thank you to Andy, Matt and Nathan who have all stepped up to help cover and deliver the sessions to ensure the athletes are training within our season plan. Again illustrating not only the depth but the team culture we are blessed with at North Shore Swimming. Every change in situation presents an opportunity, it has been great that the Moss Burmester squad has got to join in with the Gary Hurring squad for the odd session.

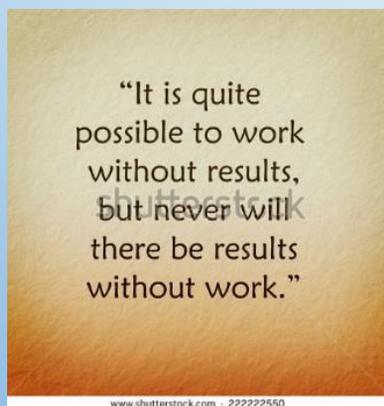
It has been a hard month of training focusing on the anaerobic system. Fast, hard, sets with more emphasis on the number one strokes. From all accounts the Waterhole meet was a success, with a number of Pb's. This is impressive given the training phase the athletes have been subjected too.

We come now into the business end of the season with Auckland Age Groups around the corner. The athletes will be pleased to know that taper is only but a couple of sessions away (at time of writing). I look forward to seeing the results from this meet, and the athletes receiving the rewards for their work and commitments of late.

Thank you to those athletes continuing to make all sessions, and training hard, and thanks again to you parents whom really are the shoulders that the athletes stand on as they reach towards their stars!

I sincerely wish you all the very best for a relaxing, injury free festive break.

Regards
Tim Holden



Congratulations to everyone who competed at Auckland Juniors. Special mention to Daniel Zheng, Melissa Cowen, Savannah Eve Martin, Caitlin Longden and Xavier Gordon, these swimmers all came away with multiple medals. What's most pleasing to me is seeing how much improvement everyone made whether that be a medal winning swim or something technical that they had been working on and finally it came to together for them.

Daniel Zheng - **Gold** 50br, 100br, 50fr, 50 fly, 100bk, 100fr **Silver** 200br, 200IM

Xavier Gordon - **Gold** 50fly, 100fly, **Silver** 100bk, **Bronze** 50fr, 100fr

Melissa Cowen - **Gold** 50br, 100br, **Bronze** 200br

Savannah-Eve Martin - **Bronze** 50bk, 100bk, 200bk

Caitlin Longden - **Bronze** 50fr, 100fr

As we look to break for Christmas we are working hard to prepare for the January Camp and Matamata swim event. The camp will bring on challenges and new opportunities for everyone. It's also a great chance for us to see how the Dean Kent Squad train and get some valuable experience from swimming alongside these older swimmers.

It's been a great season for Hannah Mclean to date, I'm really looking forward to what the remainder of this season brings.

Ryan



JUNIOR PROGRAM POOLS – TAKAPUNA

COACHES - Belinda, Jack, Josh, Flynn, Arabella (training on Tuesday's)

Wow November has been a busy month for our junior swimmers! We have had a level 1/2 meet, a 400 plus meet, and another level 2 meet, a level 3 meet and of course the ASA Juniors.

Congratulations to all the junior swimmers on such an outstanding performance at Auckland Juniors! Also CONGRATULATIONS TO ALL THE JUNIOR COACHES that coached all weekend and Friday of course. What an outstanding job all the junior coaches did. Everyone worked tirelessly getting up for every NSS swimmers chant (North Shore Power) and doing an awesome job of motivating and energising the young swimmers ready for racing! The energy and enthusiasm was electric! The whole weekend was such great fun for both junior swimmers and coaches. I feel very honoured to have been a part of the coaching team! Ryan, Scott, Josh, Flynn, Young and myself. 😊 It was great to see our new Head Coach Andy pop his head in on Sunday to witness some of this magic from the NSS juniors. 😊

CONGRATULATIONS to Piper Lodge on gaining a level 2 time for 100 back at the Coast level3 meet! It is great to see a few swimmers also, so very close to the level 2 time 😊

Well, I cannot believe my journey with North Shore Swim Club has come to an end. 😊 It has been the most wonderful 9 years of coaching so many wonderful young swimmers! It has been just so amazing, to watch so many young swimmers go from strength to strength through our pathway system, from tadpoles all the way up to the Gary Hurring Squad! I am extremely PROUD of all the swimmers I have coached over the years! I will be watching everybody's results very closely!

NSS has been like my second family, all the swimmers, parents, , the wonderful coaches, (whom I have had such a blast with!) the lovely office ladies (Toni, Helene and Tonya).

Thankyou so much to all my current and former squad managers that have helped me massively over the years, and to all the parents that have been wonderful supportive swimming parents!

I'm very excited to start the next chapter of my life, moving back to the South Island at the end of the summer.

I do wish Andy and all of you at NSS, all the best going forward, I am sure that NSS will retain the title of top performing club for many years yet to come!

Hopefully, I may see some of our NSS swimmers on swim camps in Wanaka, in the next few years, (we have a new 8 lane pool opening in June)

Thanks so much everyone! 😊

GOOD LUCK AND GO NSS! - Belinda

ASA Junior Champs 2017- Coach Belinda's last Hurrah!



RECORDS AND QUALIFIERS

New NSS Level 2 Swimmers – Congratulations!

- ☺ Jacob Humphries – 100 back
- ☺ Piper Lodge – 100 back
- ☺ Dominic Wharepouri – 100 back
- ☺ Riley Hurbuns – 200 breast & 100 back

New NSS Level 1 Swimmers – Congratulations!

New NSS Record Breakers – Congratulations!

Male 12-12 50 Free

27.83	Ra'eez Warley – Hamilton Winter Meet	10/07/2015	NSSAK
27.57**	Daniel Zheng – 2017 ASA Junior Champs	24/11/2017	NSSAK

Female 12-12 50 Free

29.19	Jessie Blundell – Thuringen State Champs	16/12/2000	NSSAK
28.75**	Wendy Zu – Waterhole Level 1	11/11/2017	NSSAK

SIGN UP A FRIEND/FAMILY MEMBER PROMOTION

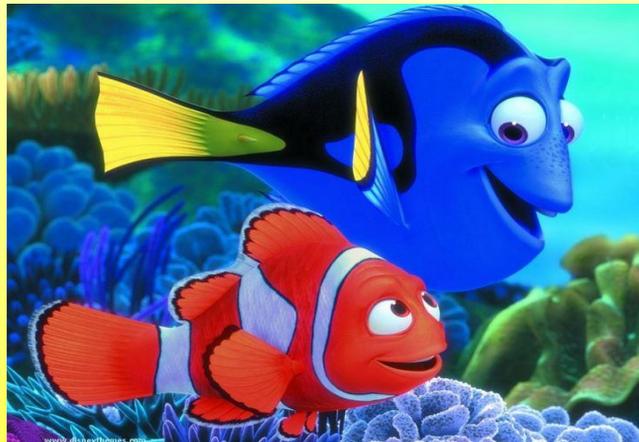
Dear NSS Members

We are pleased to announce that we will be again running our join a friend/family member promotion that we have run over the past few years. This promotion will be held from 1st October 2017 through to 31st December 2017.

Sign up a friend or family member to the club and receive a credit to your swimming account. All you need to do is to get them to quote your name when they book a free assessment with Toni Bayliffe. You will receive a credit of \$100.00 to your account upon receipt of their completed application form and full payment of their fees.

Please contact me if you have any questions regarding this promotion.

Best Regards
Toni Bayliffe
Financial Controller
North Shore Swimming Club





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5 Evelyn Street
Warkworth

Thank You – for your support



Golden Homes proudly supports North Shore Swimming



Welcome Everyone, and welcome to all the new parents and swimmers.

UPCOMING MEETS CLOSING DATE WITH NSS: - All Competitions are now entered through the Swimming NZ database

NAME OF MEET & HOST CLUB	DATE OF MEET	ENTRIES CLOSE OFF DATE
2017 NZ Commonwealth Games Trials & Auckland Age Group Championships (Qualified swimmers only. A management fee will be billed after close off of entries)	December 7 th – 10 th	November 26 th
2018 NZ Open Water Championships	January 13 th – 14 th 2018	Check on SNZ website
2018 Anthony Mosse Classic – (Qualified swimmers only)	January 19 th – 21 st	January 7 th
Matamata Sponsored Meet (Matamata Sports Complex)	January 20 th	January 15 th
2018 NZ Junior Festival – Harlequins - (Qualified swimmers only)	February 16 th – 18 th	January 30 th

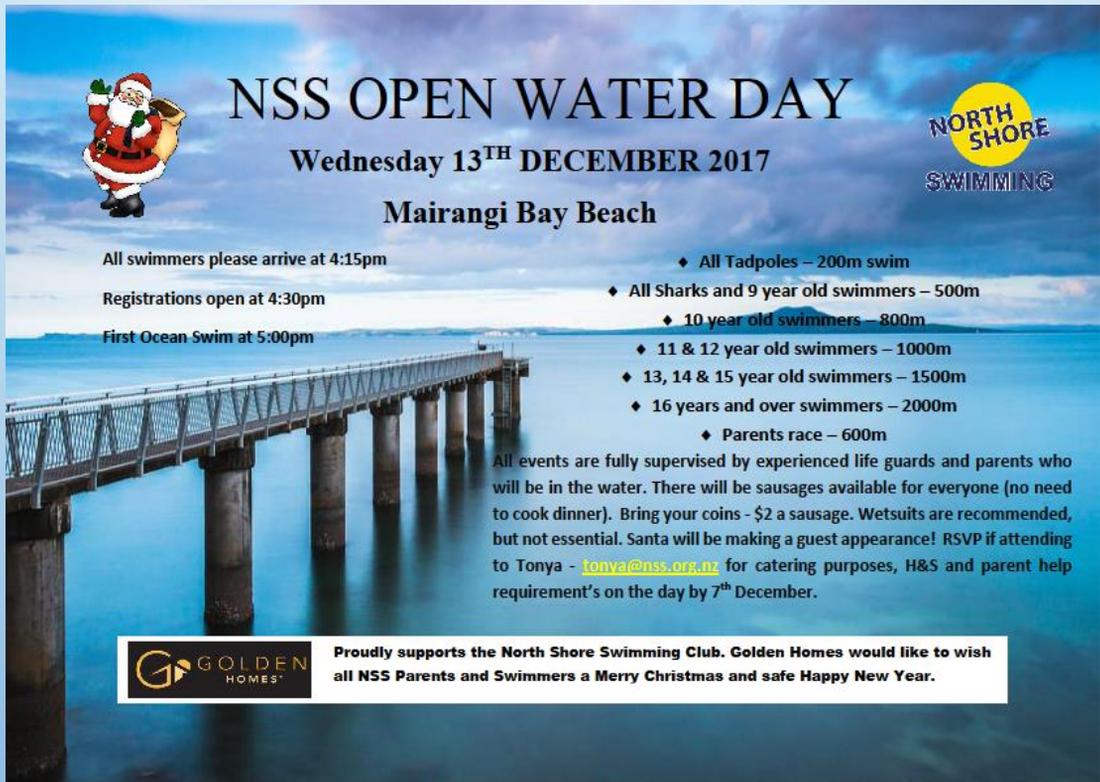
This will be our last newsletter for 2017. Wishing all of our NSS families a very Merry Christmas and a safe and Happy New Year. Look forward to seeing you back in the pool in 2018. Toni & Tonya



NSS Open Water

Please RSVP to our open water day if you have not already. This will be fun day for all. No charge for the sossies and "The Coffee Guy" will be on site.

We need to get an idea of numbers attending so we can ensure we have enough parents to assist in the water and on land. Lifeguards will be supplied by the surf club to also assist.



NSS OPEN WATER DAY
Wednesday 13TH DECEMBER 2017
Mairangi Bay Beach

All swimmers please arrive at 4:15pm
Registrations open at 4:30pm
First Ocean Swim at 5:00pm

- ◆ All Tadpoles – 200m swim
- ◆ All Sharks and 9 year old swimmers – 500m
 - ◆ 10 year old swimmers – 800m
 - ◆ 11 & 12 year old swimmers – 1000m
 - ◆ 13, 14 & 15 year old swimmers – 1500m
 - ◆ 16 years and over swimmers – 2000m
 - ◆ Parents race – 600m

All events are fully supervised by experienced life guards and parents who will be in the water. There will be sausages available for everyone (no need to cook dinner). Bring your coins - \$2 a sausage. Wetsuits are recommended, but not essential. Santa will be making a guest appearance! RSVP if attending to Tonya - tonya@nss.org.nz for catering purposes, H&S and parent help requirement's on the day by 7th December.

 Proudly supports the North Shore Swimming Club. Golden Homes would like to wish all NSS Parents and Swimmers a Merry Christmas and safe Happy New Year.



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The Speedo logo, consisting of the word "speedo" in a lowercase, italicized font with a red and orange chevron shape to the right.

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