

NEWSLETTER – MAY 2021

Hi everyone and welcome to our first newsletter of the year.

Firstly, congratulations to all of you for taking up swimming, but more importantly, for continuing to swim. It's a sport that requires a huge amount of both time and effort (from the swimmers as well as the parents/caregivers), so we can start with a big pat on the back. We have no doubt that you will benefit from the swimming you do now throughout your life.



New Members

It's really nice to see so many members carrying their swimming into the winter months. Traditionally the Club sees a drop in membership at this time of year but we must have a lot of keen swimmers at the moment! Welcome to the new swimmers that have joined us over the summer months, it's nice to see some new faces around. If anyone has any questions or ideas for the Club, we would love to chat.

Our membership is currently sitting at 91 swimmers.

Head Coach's Corner

A great start to the season across all levels of our program! The coaching team are excited about the upcoming season. We have a busy 4 months of swim meets heading our way and some great opportunities for everyone from Seahorses through to National squad! Our coaching staff and many swimmers have just been part of a swimming clinic and coaching course provided by Donna Bouzaid, a former Olympic coach. Donna not only worked with our top swimmers but also our J.A.G and Talent I.D squads who received a nice certificate for their participation. Well done to all who took part.

A few words on improvement and winning the small battles in training each day. Here are three things I challenge you to start doing in the water this season.



Focus on little bits of improvement each day.

- Elite swimmers didn't wake up elite.
- But they do wake up each day and chase small pieces of improvement.
- An extra dolphin kick here. A faster interval there. An extra hour of sleep over here.
- These little pieces of improvement are barely noticeable daily. They seem so small, so insignificant, that they are often dismissed.
- But they add up to something incredible over the course of a few months, a season, a career.
- Today at the pool, chase a couple of meaningful bits of improvement.



Be clear about your process.

- Average swimmers have a vague and abstract idea of what they hope to do at the pool today. I want to swim fast.
- Elite swimmers have a specific and clear process for improving. I am going to give a 9/10 effort at practice today.
- Clarity boosts motivation and boosts effort.
- If you can't be specific about what you are going to do to be better, how can you expect to be up to the challenge when opportunities for improvement come your way?
- Today at the pool, walk onto the deck with a specific and clear idea of what you are going to do to be better. A key easy one to start with is to always do 3 fly kicks off each wall in a tight streamline!!



Reward the process.

- The medals and records get all the attention and the glory.
- There are no news stories about how a swimmer went to training each day for three months straight and worked super hard.
- It's on you to recognize your moments of excellence.
- Your moments of excellence, where you take note and reward the process, is the foundation of your confidence on race day.
- Don't let all that excellence and resulting confidence go to waste.
- Reward how well you execute your process daily.
- Today at the pool, when you are finished and drying off, recognize the things you did well.

See you in the water – Glen.

Clubrooms

In the final weeks of the Club being based at Hampden Street Pool, you may have noticed a few changes poolside. The clubrooms that have been part of the Club for around 40 years, were removed. The School had been putting a bit of pressure on the Club to have the building removed. We were lucky enough to find someone who was willing to take the clubrooms and pay for their removal, so it didn't end up costing the Club anything. The School's plan is to turf the area where the clubrooms were. The existing boys changing rooms will be converted into storage for both the School and Club, and the girls changing rooms will be split to house both boys and girls. It was sad to lose the clubrooms but the reality is that we have been unable to use them for a couple of years now due to health and safety issues. Fixing them up to meet current required building standards wasn't an option for us because of the expense, and complications around ownership.

Club Committee Activities

This year the committee has spent a fair bit of time on the clubhouse removal (see previous article).

We also successfully applied for funding for new starter blocks, which are now sitting at Hampden Street Pool waiting to be used for the first time. These are about 25% of the weight of the old blocks, so will make a big difference to those involved in setting up and breaking down the pool for meets. It will also mean the coaches will be inclined to use them a lot more for general training. Expect to see these in action as soon as we get back to Hampden Street Pool.

Currently we are looking at funding to replace our competition lane ropes as well. This would mean we could use our current wire ropes for training – which calm the water a lot more than the current ropes we have been using, making swim training a lot more enjoyable.

We are hoping to find someone from within our membership to focus solely on applying for grant funding for the Club. This is an extremely important role and one that hasn't been given enough attention recently. While grant funding is most often used where it will benefit the largest number of swimmers (starter blocks for example), we would also like to be able to try to partially fund our away meets, hopefully making them more accessible for more swimmers.

Becoming an Official (not as scary as it sounds)

It is expected at local swim meets that each swimmer can provide one volunteer. This might cover the likes of time keeping, team manager duties, catering, judging turns and strokes, or even progressing to being the guy that blows the whistle. Not only do these roles guarantee front row seats at Covid restricted events, they allow you to chat with other swimming parents, and learn more about how the whole 'swim thing' works.

We are always in need of parents to train as officials. As junior swimmer numbers grow, it would be great to see more parents putting up their hand for some of these roles, or at least try them out at some of our local meets. If you have any questions or are keen to help, please speak to anyone on the committee. For more details on this see: [Technical Officials \(swimming.org.nz\)](https://www.swimming.org.nz/technical-officials)

The NSSC/HSI Arrangement

We have now had nearly 12 months of running the Club alongside Glen's Hampden Swimming Institute (HSI).

As a quick recap for new members, prior to HSI taking over the running of the squad training program in October last year, most of the committee's time was spent organising and employing swim coaches, organising and maintaining pool space and equipment, and billing members for coaching and Club fees. The financial viability of the Club was becoming increasingly unsustainable, and the Club was constantly relying on grants to cover shortfalls. The Club's contract with HSI has meant that the committee can now focus on other aspects of running a swim club, such as fundraising, setting up local swim meets, organising away meet logistics, the Club website, promoting our Club, and other general club actions.

From our point of view, the NSSC/HSI arrangement is working well. We look forward to another productive year working with HSI and we hope that Club members continue to see the benefits as well.

Danie Hall (recorder)

Danie has made the decision to step down as Recorder and as a member of the committee at the next AGM. As probably one of the longest serving committee members, this will leave a big hole for those left running the Club. We thank Danie for all her work over the last 6 odd years.

Upcoming Meets

Below is a list of upcoming meets for swimmers. All meet information can be found on either the [Swimming NZ](#) or [Swim Nelson Marlborough \(SNM\)](#) sites.

Interclub meets are a great way for new swimmers to get a taste of pool racing, entrants usually get put in heats with other swimmers with similar race times irrespective of age on the [Swimming NZ database](#). If your swimmer has no times on the database, then they will swim with other entrants having no times.

This Term

29th May

- BSC Inter Club – Not a Target Meet. Swimmers returning to aerobic training phase racing not recommended.

26th June

- **TSC club meet (XRL8) target for all squads.**

19th 20th June

- South Island Secondary Schools – Not a club target - optional. This is attended with a school, not a club

2nd to 4th July

- **SNM Short Course Championships KEY TARGET ALL COMPETITIVE SWIMMERS. Own travel and accommodation arrangements in Blenheim**

Beyond

23rd to 25th July

- **South Island Short Course Championships Blenheim – target for all qualified competitive swimmers 12 and over. Own accommodation and travel.**

22nd to 25th July

- NZ Secondary Schools Auckland – Optional

17th to 21st August

- **NZ Short Course Championships – Target for all qualified competitive swimmers 13 and over.**

Sept 4th

- **TSC spring Challenge Target meet all squads.**

Sept 25th

- **Swim Wellington Junior Championships 12 and under – target for swimmers meeting qualifying standards.**

Club Finances

Now that the Club is no longer managing squad training fees (see previous article), the Club's three ways of raising funds are:

1. Membership fees;
2. Swim meet fees for events organised by the Club; and
3. Fundraising/Grant Funding.

Membership fees are set at \$100 (with a family discount of \$30 for third child and above), and these are separate from the fees you pay Hampden Swimming Institute (HSI) for squad training fees.

Meet fees are generally a cost for each event a swimmer enters at one of our Club organised meets.

The Club spends money on general admin such as website hosting, Xero, insurance etc, but also has to cover some of the cost of away meets for our competitive swimmers, which includes the coach's flights, food and accommodation as well as a contribution towards the cost of the team manager's food and accommodation.

Like a lot of provincial clubs, we really do run on the smell of an oily rag, but also acknowledge that swimming is an expensive sport. Going forward, probably the major focus for the Club will be on grant funding and fundraising.

Other Bits and Pieces

Flagpole

When the clubrooms were removed, we kept the flagpole as it was given to the Club by an old member. It isn't in a great state at the moment and could really do with some love and attention before we put it back up again. If anyone has a bit of time and enjoys a bit of sanding and painting, we would love to hear from you.

Officiating at meets

Don't forget that at meets, it is expected that for every swimmer there will be a parent or caregiver willing to help. It isn't an onerous job, and you don't have to have been a swimmer in the past or know all the swimming rules to be able to get involved with a stopwatch or whistle. Your help is much appreciated!

Club Nights

The 2020/21 season saw only a few club nights. As a committee our plan is to resurrect these in the summer of 2021/22. Club nights are a great way for the members to mix and mingle and for newer members to try racing in a more relaxed environment but do take some time and effort to co-ordinate, so if this is something you are interested in helping drive or supporting, please reach out to the committee.

AGM

Something to put in your diary. The Club's AGM and prizegiving will be held around July – exact date to be notified shortly. This is when we give out the Club cups, give a rundown on the previous year and attempt to recruit a few of you onto the committee.

Please bear in mind that we will be looking for people to take over the Recorder and Treasurer roles, as well as a couple of additional faces on the committee. It really isn't an onerous job, especially now that we don't have to worry about employing coaching staff or arranging lane space.