



# NEWSLETTER #7

WOMEN'S 100 FREE		RESULTS	MEN'S 100 FREE		RESULTS
ALEXANDRA LAIDLAW		59.71*	BENJAMIN STARK		52.88*
GRACE MARRINER DUNCAN-SMITH		1:00.1	ADAM MCDONALD		53.45*
WOMEN'S 100 BREAST		RESULTS	MEN'S 100 BREAST		RESULTS
KATIE KENNEALLY		1:13.94*	BENJAMIN STARK		1:11.76
WOMEN'S 400 IM		RESULTS	MEN'S 400 IM		RESULTS
SARAH FRASER		5:04.35*			
SHELBY WILSON		5:06.19*			
RACHEL PALMER		5:09.35			
RENEE STOTHARD		5:12.63			
WOMEN'S 4 x 200 FREE RELAY			MEN'S 4 x 200 FREE RELAY		
1. ALEX	2:06.93		1. EWAN	1:55.33	
2. SARAH	2:12.67		2. BEN G	1:58.80	
3. BIANCA	2:11.71		3. NATHEN	1:57.72	
4. ALANNAH	2:08.44		4. MATTHEW	1:58.25	
	8:38.69 8 <sup>TH</sup>			7:50.10 8 <sup>TH</sup>	

## CONGRATULATIONS TO THE FINALISTS

BENJAMIN STARK 100 FREE (53.42) 7<sup>TH</sup>  
 ADAM MCDONALD 100 FREE (53.78) 8<sup>TH</sup>  
 KATIE KENNEALLY 100 BREAST (1:13.34) 7<sup>TH</sup>

BENJAMIN STARK 100 BREAST (1:11.72) 7<sup>TH</sup>  
 SARAH FRASER 400 MEDLEY (5:05.44) 8<sup>TH</sup>

(SWIMMERS WHO ACHIEVED BEST LONG COURSE TIMES ARE MARKED WITH AN ASTERIX\*)



## NEWSLETTER #7

SCHEDULE: SATURDAY 17<sup>TH</sup> JANUARY 2009

0515	WAKE UP
0545 – 0615	BREAKFAST
0645	TRANSPORT TO SOPAC
0730 – 1000	HEATS
1045	TRANSPORT TO ST. ANDREWS
TBA	TEAM MEETING
1200 – 1500	LUNCH / REST
1530	TRANSPORT TO SOPAC
1630 – 1930	FINALS
2030 – 1000	DINNER / PHYSIO & MASSAGE

# New Zealand

TODAYS EVENTS: 400 FREE ; 100 FLY ; 200 BACK ; 4 x 100 FREE

### WOMEN'S 400 FREE

SHELBY WILSON  
ALANNAH JURY  
RENEE STOTHARD  
SARAH FRASER

### BEST LC TIME

### MEN'S 400 FREE

EWAN JACKSON  
SAMUEL ROBINSON  
MATTHEW STANLEY  
NATHAN CAPP

### BEST LC TIME

### WOMEN'S 100 FLY

GRACE MARRINER-DUNCAN

### BEST LC TIME

### MEN'S 100 FLY

ADAM MCDONALD  
THOMAS Mc EWAN

### BEST LC TIME

### WOMEN'S 200 BACK

RENEE STOTHARD  
BIANCA ROWLEY

### BEST LC TIME

### MEN'S 200 BACK

BENJAMIN GILLIES  
EWAN JACKSON  
THOMAS Mc EWAN

### BEST LC TIME

### WOMEN'S 4 x 100 FREE RELAY

- 1.
- 2.
- 3.
- 4.

### MEN'S 4 X 100 FREE RELAY

- 1.
- 2.
- 3.
- 4.

Inspire, Excel, Together.™

## NEWSLETTER #7

SCHEDULE: SUNDAY 18<sup>TH</sup> JANUARY 2009

4<sup>TH</sup> DAY OF COMPETITION



0415 WAKE UP  
0445 – 0515 BREAKFAST  
0545 TRANSPORT TO SOPAC  
0630 – 0900 HEATS  
0900 STAYING AT SOPAC / REST  
1130 – 1230 LUNCH  
1300 – 1600 FINALS  
2030 – 1000 DINNER / LUNA PARK  
2100 RETURN TO ST. ANDREWS

# New Zealand

TODAYS EVENTS: 800 FREE ; 200 IM ; 50 FREE ; 200 BREAST ; 1500 FREE ; 4 X 100 MEDLEY TEAM

THIS IS MY LAST NEWSLETTER FOR THE 2009 AUSTRALIAN YOUTH OLYMPIC FESTIVAL. I HOPE YOU FOUND IT BOTH ENJOYABLE AND INFORMATIVE. THE FIRST TIME I AGREED TO TAKE RESPONSIBILITY FOR THE NEWSLETTER WAS ON THE TRANS TASMAN TOUR 2008 AFTER WATCHING KAY DO IT DURING THE 2008 TRI SERIES AS WELL AS DO MANAGER. I CAN REMEMBER THINKING IT WAS TOO MUCH WORK FOR A MANAGER AND THAT I WOULD TRY DOING IT IF EVER I HAD THE OPPORTUNITY. MY MAIN OBJECTIVES WERE TWO FOLD IN THAT I WANTED TO BE USEFUL AND SECONDLY I FELT I LACKED THE SKILLS TO DO THE JOB PROPERLY AND THOUGHT THIS WAS A GREAT OPPORTUNITY TO TAKE MYSELF OUT OF MY COMFORT ZONE AND LEARN NEW SKILLS (WHICH IS THE WAY IT HAS TURNED OUT).

I HOPE THAT DURING THIS TOUR YOU TOO HAVE HAD AN OPPORTUNITY TO TEST YOURSELF, WORK OUTSIDE OF YOUR COMFORT ZONE AND LEARN NEW SKILLS.

AND REMEMBER IT STARTS WITH A DREAM. IF YOU DON'T ALREADY HAVE ONE HOPEFULLY THIS OPPORTUNITY WILL HAVE GIVEN YOU THE INSPIRATION TO COME UP WITH ONE. FROM THAT DREAM MUST DEVELOP THE BELIEF THAT DREAMS DO COME TRUE AND THAT YOUR'S WILL. I AM SURE FROM YOUR PERFORMANCES THIS WEEK MANY OF YOU WILL START BELIEVING A LITTLE BIT MORE. FROM BELIEF COMES ACHIEVEMENT.

**DREAM - BELIEVE - ACHIEVE**