

THE CONCORD CHRONICLE



Concords enter the republic of Whangamomona

Today, The Republic of Whangamomona welcomed the team with their very special warm hospitality. Passports to enter the Republic were handed out on arrival, which were then authenticated by the Whangamomona President himself!

NEWS FLASH!

CONCORDS TAKE UP THE GUMBOOT THROWING CHALLENGE

Team Concord shine again with Luke, Jenna, Ellen and Melana showing the Smurfs and Indians how it should be done!

LATE NIGHT FIRE DRILL

In the chilly darkness, Team Concord evacuated their huts with keys in hand so were able to return to their beds straight after the all-clear. However, Team Red Indians were not so lucky.

Memo- Don't forget to check Melana's door for schedule if you need to.

Daily thought: "Pain is temporary, quitting lasts forever" - Lance Armstrong

your "In 9 out of 10 situations an untrained mind will give up before the body does, be positive/determined/strive for goal" - Luke

It is important for everyone to remember that your mental outlook is vital because it is building yourself up for a great swim. You are the only one who can make your self happy or sad, gifted or clumsy, like a success or like a failure. Dig deep today concords, not just for you but for the team and no matter the outcome be pleased you gave it your best shot. Today nothing we do is insignificant. From breakfast, to warm up, to supporting our team mates and, ultimately, to pushing your body past the limiting factors in your mind- you can do it!

FORGET SLOW
THE NEED IS FOR SPEED

CONCORDS WHAT !!!!