



Welcome to 2012 with Swimming New Zealand

Well the holidays went quickly and for many of us the weather gods were not very kind. But now we're back into the busy part of the swimming year.

Principal Sponsor

The State Epic Swim and State Open Water Championships were the best ever – entrants in the Epic events were up over 100%. Read more about it in the article in this issue of Fastlane.



Coming up we've got Juniors in 3 weeks time, Age Groups in 6 weeks and Opens in 9 weeks – and by the end of Opens we'll know who our 2012 Olympians are going to be.



We'll be celebrating the selection of our 2012 AquaBlacks at the State Insurance Swimming New Zealand Awards Dinner on Saturday 31st March at the Viaduct Events Centre in Auckland – come and join us for a great evening.



State Insurance Swimming New Zealand 2012 Awards Dinner



Tickets for the State Insurance Swimming New Zealand 2012 Awards Dinner on Saturday 31st March are selling fast. The fabulous new Viaduct Events Centre is the venue and we are limited to 30 ten person tables. Already we have bookings for approximately 40% of the seats so get in now to reserve your place so you don't miss out – it's going to be a great evening.



Just complete the ticket booking form from our website.



We're looking forward to seeing you there.



Also, nominations for the 2012 Awards are still open. You can find all the information you need about the categories and the nomination process from - <http://swimmingnz.org.nz/membership/state-insurance-swimming-new-zealand-awards> .



Swimming New Zealand is now on Facebook

We set up our first Facebook page for the State Epic Swim - <http://www.facebook.com/#!/pages/State-Epic-Swim/239690512747418> - and that worked really well - connecting us to the open water swimming community.





Now we've launched a page that covers high performance swimming - <http://www.facebook.com/pages/High-Performance-Swimming-New-Zealand/217739888313688> - providing news about the State AquaBlacks and the wider High Performance team.

In the next week or so we'll be adding other pages – one specifically relating to the State Kiwi Swim Safe programme and another targeting all other aspects of swim education.

Do check out these pages and please "like" them!

2012 State Epic Swim

The third State Epic Swim took place on January 14th and 15th and what a great weekend it was. There was a 104% increase in the number of participants in the recreational swims including 48 swimmers in the new Mid Epic (1km), some high profile swimmers in the New Zealand Championship races and great crowds on the lakefront watching the action from the water on the big screen provided by AV People. Brendan Weatherly from The Radio Network was onsite keeping participants and spectators up to date with developments on the water and preparing everyone for their races.

It was great to see some swim squads watching the open training session of the AquaBlacks and HPC squad members and then sharing a BBQ with them. These swimmers have a very busy year ahead of them and it was fantastic that they could take some time out to be part of the State Epic Swim.

Congratulations to Taupo Swimming Club for winning the club participation prize of \$500 for the third successive year. They had 34 swimmers participate in the weekend. It was great to have an increase in clubs engaging in the weekend. There were 31 different clubs involved with swimmers of all ages entering various events.

2013 is poised to be even bigger and better and we hope to see you all there. Dates for next year's event will be advertised within the next few weeks.





State Ocean Swim Series

The State Ocean Swim Series Capital Classic is on in Wellington on Sunday 29th January and Koru the Kiwi, the State Kiwi Swim Safe mascot, will be lending a hand.

The State Capital Classic ocean swim will take place on Sunday 29 January 2012. Full details of the event can be found here - <http://www.oceanswim.co.nz/events/state-capital-classic-wellington>.

The event presents the new 'I'm Going Long' swim course starting from the iconic 'Boat Shed' in Frank Kitts Lagoon and finishing in Oriental Bay. The course will still take swimmers out to the Lighthouse and back past the fountain on their way back to Freyberg Beach. Spectators can also enjoy the new swim course by walking from Frank Kitts Lagoon around Wellington waterfront past Te Papa and back to the swim finish at Freyberg Beach. The spectator walk is 1.2km

The State Capital Classic also includes the 'Step It Up' 1000m which takes swimmers around the fountain, the 'Give It A Go' 300m which is a great opportunity for new comers to ocean swimming to take the plunge and enjoy a course which is close to the shore line with plenty of Surf Life Saving crew to surround you and help you to feel safe and confident.

Koru the Kiwi will be at the event promoting the State Kiwi Swim Safe programme to parents and children.

The State Ocean Swim Series has 3 more events after Wellington

- La Grande Swim at Akaroa on 19th February
- Sand to Surf at Mt Maunganui on 10th March
- King of the Bays at North Shore on 31st March

Full details of all these events are on the State Ocean Swim Series site - <http://www.oceanswim.co.nz/>.



High Performance

2012 Olympic Campaign

Altitude Camp: 3 week camp at altitude was held in Flagstaff, Arizona from 28 November – 18 December. Updates can be found on the SNZ website under HP News here - <http://swimmingnz.org.nz/competition/high-performance/hp-news/altitude-training-camp-update-6>.

EPIC Swim: 14 - 15 January 2012: 4 swimmers qualified for FINA Olympic Marathon Swim Qualifier 2012 - Setubal Portugal: Kane Radford, Jonathan Pullon, Cara Baker and Charlotte Webby. Congratulations to you all – we wish you every success.

Victoria State Championships: 14-16 January 2012 – Lauren Boyle won 400m, 800m, 1500m and 3rd place in 200m. Penny Marshall = 2nd 200m back, 6th 400m free and 8th 200m free & Chloe Francis 8th 400m free, 9th 200 & 400 IM and 16th 200m free. This was in training competition 21 days after returning from altitude camp.

The new SNZ Olympic Preparation Subsidy Policy was released on 15 December 2011. The subsidy was implemented to enable potential Olympians to adequately prepare for the London

Olympics 2012. Please visit the website for further details.

Logistics for London Olympics 2012: Flights are being held, departing Auckland 10 July returning 13 August. Belgium Camp (prior to Olympics) is secured 12-23 July 2012 and all logistics are complete. European flights, arrival into London, Accreditation and Teamwear are all still in progress.

NZOC Longlist Workshops are taking place in Auckland, Cambridge, Wellington & Invercargill over February and early March.

High Performance General

2012 PM Scholarships were awarded in December 2011. All 2012 recipients were notified in late December 2011. Congratulations to all those swimmers who received this grant.

National Event Camp: Breaststroke. This was held at the Millennium Institute in January 2012 swimmers and coaches from all over the country took part. The swimmers were exposed to our country's top Sport Scientists and were tested on Anthropometry, Stroke Efficiency and Step Testing.

Exposure to group feedback sessions and gruelling training programmes assembled by experienced coach Mark Regan gave the athletes a chance to develop their breaststroke as well as the coaches to share their experiences and knowledge.

All athletes showed great improvements in their test results. Thank you to all who participated. Thank you also to Mark Regan, Philip Rush & Jackie Hutchinson for the successful running of this National Event Camp.

Wellington Regional HPC was opened on 16 January. For further information please visit the website here.

General

Auckland Office has 2 office moves in the 1st quarter, 2012. 8 February to ground floor and 20 April to AUT lab on 1st floor overlooking the pool.

Bath University Intern Joe Geraerts has accepted the 2012-2013 HP Internship. We look forward to Joe starting with us in September 2012.

Swimmer Updates

Shelby Wilson was awarded Sir Edmund Hillary Scholarship 2012 – studying at Waikato University.

Bianca Rowley and Bianca Bradley were awarded Massey University Albany Scholarships 2012.

Lauren Boyle was awarded International University Sports Foundation (FISU) scholarship of \$5k. The scholarship was only one of three in the world awarded and Lauren was the first swimmer in the Oceania region to receive the award, based on both sporting and academic excellence.

Congratulations to all our swimmers who received 2012 Scholarships. If we haven't mentioned you, do contact us – we always want to know your news.

2012 Upcoming HP Events

NSW Champs: (9-12 Feb). Many clubs attending, all AquaBlacks & HPC swimmers attending.

Auckland Open Championships: (23-26 Feb).

Olympic Workshops coming up in Feb/March: Invercargill, Auckland, Cambridge & Wellington.

NZ Age Group Champs: (6-10 March).

Australian Open Championships: (15-22 Mar). Hayley Palmer, Sophia Batchelor, Daniel Bell attending.

NZ Open Nationals: (25-31 Mar). 2012 AquaBlack camp 1st April – 12-6pm.

Logistics underway for all 2012 International Events:

Oceania Champs, FINA Olympic Marathon Swim Qualifier 2012, AquaBlacks camp in Cairns, US Open, Trans Tasman and Junior Pan Pac's.

2012 Youth & Age and National camps: Logistics underway for all.

Youth & Open Water

Congratulations to everyone who competed in the State Open Water champs. It was a trying day but it made for some fantastic racing.

Thanks to the Swimming New Zealand team and staff who made the event a tremendous success.

All open water team selections are with the selectors and all swimmers will be notified in due course

Well done to all swimmers and coaches who attended the breaststroke camp. Great job Mark, there is always something new to be learnt.

All team selection documents are available on Swimming New Zealand's website here - <http://swimmingnz.org.nz/competition/high-performance/selection-criteria>.



Interview with Lauren Boyle

Lauren Boyle, State AquaBlack, has a big year ahead of her in 2012. She took some time out from her hectic schedule to talk to Fastlane.

2011 was a very promising year for Lauren with great results at the FINA World Champs held in Shanghai during July. She placed 6th in the 400 freestyle and 8th in the 800 freestyle - her best results to date.

Lauren is definitely on form to achieve her goals in 2012 with the NSW Champs in February and the New Zealand Olympic Qualifying at the State New Zealand Open Champs at the end of March, She is focused on achieving selection for the New Zealand team to go to London.

Swimming since she was just a year old, Lauren grew up in Whenuapai near Auckland on a large piece of land with horses and cows. An avid horse rider with the Whenuapai Pony Club, she wanted to grow up to be like Mark Todd.

She has recently graduated from the Haas School of Business at the University of California, Berkley where she was the captain of the college swimming team during her senior year. Other New Zealand swimmers who have attended UC Berkley include Anna Simcic-Forrest, Danyon Loader and Paul Kingsman. Lauren says she was part of a large athletic community at Cal and had lots of opportunities to learn from experienced alumni and other talented past Cal athletes in internships.

Lauren is very much hoping to be selected for the Olympics and she says it would be a huge honour. She wants the opportunity to represent New Zealand with pride. To her this means knowing that she has prepared to the very best of her ability in every aspect. To help her achieve this she spends 20 hours every week training in the pool and additional land based training.

When asked how much longer she sees herself swimming at the top level, Lauren says she wants to keep swimming as long as she is enjoying it. At the moment she is having a lot of fun training with her new team and coach at MISH in Auckland.

Lauren doesn't know what she wants to do after swimming finishes. "For me, that is really exciting. I don't like to have my entire life planned out before me. I do know that whatever I do I will use the skills I have learned from swimming at the highest level to help me succeed."

We wish Lauren the very best of luck for achieving her goal of being selected for the 2012 New Zealand Olympic team and then competing successfully in London.



Koru sails the Bluebridge ferry

On Tuesday 20th and Wednesday 21st December, Koru our State Kiwi Swim Safe mascot and staff from our education team spent a couple of days sailing across the Cook Strait on the Bluebridge ferry. This was Koru's first boat journey across the Strait to help educate and promote safe summer swimming activities.

Koru spent most of his time entertaining children of all ages with some great activity books, teaching children how to fit a lifejacket and spreading our safe swimming and water safety messages. Children aboard the ferry received State Kiwi Swim Safe packs full of stickers and tattoos which were a hit. Koru visited the bridge with the captain and lookout staff and helped out the hospitality staff with lunch service.

The weather for all of the sailings was fabulous with the sun shining brightly and the Christmas spirit aboard the ship in full swing.

Bluebridge is the Official Cook Strait Ferry Service of Swimming New Zealand. Bluebridge supports the State Kiwi Swim Safe programme and it was great to see the Bluebridge and Swimming New Zealand staff working together to help educate our kiwi kids.

Thank you to all the Bluebridge staff for your hospitality and for welcoming Koru onto the ship. We look forward to continuing to work with you in our future sailings.



Swimmerbro Quiz

In the last issue of Fastlane the answer to the question:

'Which New Zealand Open Water Swimming legend is still the current world record holder for the fastest two and three way swim crossing of the English Channel?'

was '**Philip Rush**'.

Thanks to everyone who sent in their answers.

Congratulations to our winner, **Tracie Ketcher** from **Westport Amateur Swimming Club**, who will receive her prize from [Swimmerbro](#) in the mail soon.

The question for this issues swimmerbro quiz is:

'What date is the 2012 State Insurance Swimming New Zealand Awards being held?'

The winner of this quiz will receive a fantastic prize pack from Swimmerbro. Remember, you must be a current SNZ member to enter and you should forward your answer to fastlane@swimmingnz.org.nz.

The winner from this newsletter will be announced in the next issue of Fastlane.



Feedback

We're really keen to get your feedback on Fastlane and also content for future editions.

Just email to fastlane@swimmingnz.org.nz