



Principal Sponsor



Looking forward to 2012

Xmas is nearly upon us – where has 2011 gone? It has been an exciting year for swimming. At the top of the achievement pyramid there has been some great success stories on the international stage for many of our Olympic hopefuls. And at the base of that pyramid the State Kiwi Swim Safe programme is on target for over 150,000 children by June 2012 - helping to keep our kids safe and also introducing them to our sport – some will become the Olympians of 2024 and beyond.

Championship season is just around the corner – starting with the State Open Water Championships and the State Epic Swim in January and with major events every month through till April.

We’re hoping for well over 300 competitors at the Open Water/Epic Swim weekend. We’re going to be well promoted through The Radio Network including coverage on Radio Sport Live. And with the expectation of a number of overseas competitors we’re also expecting some television coverage. The higher the profile of our events the easier it is to attract and retain sponsorship.

There’s more about upcoming events in this issue of Fastlane.

And of course there’s the 2012 State Insurance New Zealand Swimming Awards dinner at the end of March. The awards categories and criteria will be published during December. This is the opportunity to recognise the heroes of our sport – both those that achieve success in the pool and also all those in the clubs and at the events that make it happen.

Good swimming everyone

Martyn Newman-Hall
General Manager Membership, Marketing and Communications



2012 State Insurance Swimming New Zealand Awards

Make sure you’ve got this in your diary.....

Preparations are well underway for the highlight of next year’s swimming calendar – the 2012 State Insurance Swimming New Zealand Awards on Saturday 31st March.

The venue for the 2012 event is the recently opened Viaduct Events Centre. It’s a great location – looking over the Viaduct and the lights of the city. Catering, audio visuals and entertainment are all coming together and will be a showcase for our sport.

2012 is Olympic year (just in case you didn’t know) so the awards evening will have special significance as it will see the



announcement of our swimming Olympians and the naming of the AquaBlack team for the Olympic year.

You'll want to be there.

The awards categories will be announced in December and we hope to see even more competition in each category this time.

Tickets are available now and are limited. Just complete the booking form - http://www.swimmingnz.org.nz/uploads/files/State_Insurance_New_Zealand_Swimming_Awards_2012_-_Ticket_Order_Form.pdf - for individual tickets, or maybe take a whole table to share on this special occasion. Make sure you don't miss the celebration.



Open Water Swimming Clinic

Don't miss the opportunity to take part in a free open water swimming clinic run by some of the best open water coaches in New Zealand in the build-up to the State New Zealand Open Water Championships and the State Epic Swim.

The clinic is limited to 40 swimmers between the ages of 12 and 18 and will be run in front of the Taupo Yacht Club on the day preceding the State New Zealand Open Water Championships. There will be on land discussions prior to on the water coaching. To participate in this you don't have to be swimming in the State New Zealand Open Water Championships but you must be a current member of Swimming New Zealand.

Key Information:

Date: Friday 13 January

Time: 3pm-4.30pm

Participants: Limited to 40 swimmers between the ages of 12-18 years of age

Registration: If you would like to participate, please send an email to events@swimmingnz.org.nz to register your interest. Positions in the clinic will be allocated on a first in first served basis.

Winner takes all prize money

The State 2012 New Zealand Open Water Championships will include a \$5000 winner take all prize money for each of the male and female winners of the 10km championship races.

Please note that all prize money will be subject to New Zealand IRD obligations.

State Epic Swim



Entries are looking great for the 2012 State Epic Swim. Check out the State Epic Swim facebook page here -

<http://www.facebook.com/#!/pages/State-Epic-Swim/239690512747418> - and for all of the information you need before entering go to www.epicswim.co.nz.



Free Entries to the State Epic Swim

Go into the draw to win a free entry to any of the State Epic Swim's of your choice by answering the following question and forwarding your answer to epicswim@swimmingnz.org.nz by 5pm on 9 December to go in the draw.

The Question is: Where will the 2012 State Epic Swim take place?

Broadcasting Sponsor

SNZ is pleased to announce that The Radio Network, primarily the station "Classic Hits" will be the broadcasting sponsor of the State Epic Swim in 2012. They will be helping with on-site entertainment on the day, along with having feeds and interviews surrounding the State 2012 New Zealand Open Water Championship races on Radio Sport. Check out the Taupo Classic Hits facebook page here - http://www.facebook.com/pages/Classic-Hits-Taupo/101427376617306?sk=app_201143516562748



High Performance News

Swimming World Cup Review

Glenn Snyders (Europe Leg): from HPC-NSS won 3 x Gold Medals, 1 Silver Medal and set 3 New Zealand Records

Melissa Ingram (Asia Leg): from HPC-NSS won 2 x Gold Medals, 1 Silver Medal, 1 Bronze Medal and set 2 New Zealand Records

Jessica Marston (Asia Leg): from West Auckland Aquatics placed 4th in the 800m freestyle final in Singapore and made 3 finals overall

Cameron Simpson (Asia Leg): Queensland-based kiwi from Templeton Swim Club placed 4th in the 50m freestyle final in Beijing

Altitude Camp

Ten High Performance swimmers, coaches Mark Regan and Gary Hurring and Sports Scientist Tom Vandenbogaerde are heading to an Altitude Training Camp in late November 2011 for three weeks of intense training at altitude. Follow the HP news page for updates from Flagstaff, USA.

National Event Camp 2012

SNZ are holding a National Breaststroke Event Camp at MISH Friday 20th – Sunday 22nd January 2012. Selected swimmers have been notified and further information on the camp can be found here. <http://swimmingnz.org.nz/competition/national-event-camps>

Youth & Age Group Camps 2012

Dates are now all confirmed and logistics are well underway. Visit the website for the Youth and Age Group 2012 Calendar: http://swimmingnz.org.nz/uploads/files/2012_Youth_&_Age_Group_Calendar.pdf

2011 Massey University Harbour Sport Excellence Awards

Swimmers Lauren Boyle and Glenn Snyders plus coach Mark Regan were all selected as finalists for the awards on Friday 18th November 2011.

2012 Team Logistics

All logistics are well underway for the SNZ 2012 competitions and camps schedules.

Availability Forms for 2012 Events

SNZ have implemented an online availability form system for all events going forward. We've scheduled roll out for December 2011 so all forms can be completed well in advance of Nationals 2012. Watch this space for the roll out date and further information.

MISH

The building works continue at the Millennium - completing works to main entry canopy, begun installing gym flooring, started the carpet install to L2 and installed feature panels to stair 1.



Koru visit's Frimley School

On Friday 28 October Koru the State Kiwi Swim Safe mascot took a visit to Frimley school in Hastings, Hawke's Bay to present the school with the State Kiwi Swim Safe School Certificate.

Koru was lucky enough to be joined by two representatives from State Insurance in Hastings Terry Parkin and Rachel Hurunui and Mr Craig Foss Minister of Tukituki for Parliament.

The children at Frimley were very excited to meet Koru and with the help from Terry, Rachel and Mr Foss children were asked some important swim and survival questions and were awarded State Kiwi Swim Safe stickers, tattoos and wristbands.

Swimming New Zealand were fortunate to have been donated prizes from Napier Aquatic Centre including a family swim concessions which Mr Foss and principal Malcolm Dixon awarded to students Tiare Pahi and Shauna Baxter-Love.

With 580 students now taking part in the programme it was not only great to see so many parents attend the assembly and presentation but to also have the support from Mr Foss as Hawke's Bay is surrounded by beaches, rivers and pools and its crucial our kids can enjoy these places safely.

The Hastings Leader was there to capture the event and will be selecting a student from the school to follow their progress through the summer using the State Kiwi Swim Safe programme

in school.

The school is very passionate about swimming and safety in, on and around the water.

The morning was a huge success with children getting to see not only the importance of learning swimming and survival skills but to also meet Koru and be part of this fantastic programme.

Thank you to Napier Aquatic centre for donating the school prizes and to Kiwi Sport and Sport Hawke's Bay for their support of the State Kiwi Swim Safe programme.



Gareth Kean, Aquablack

Gareth has his sights firmly set on London 2012 and beyond that to Rio – and at only 20, there is the possibility of following on 4 years after that as well.

Born in Wellington and educated at Wellington College, Gareth has been swimming competitively since the age of 8. As a teenager – in his own words he was “a tall lanky kid racing against and bettering older swimmers”.

Gareth is from Capital Swim Club, coached by Gary Hurring. They've been working together for over 8 years.

Gareth is the only current AquaBlack based in Wellington. Being there enables him to have great support from his family and friends, as well as being surrounded by an excellent team.

Outside of swimming Gareth is studying part time for a Bachelor of Commerce and Administration at Victoria University. As to the future outside swimming – he sees lots of options depending on which pathways he will choose later in life, after swimming – but most likely in commerce, property or talent management.

The highlight of Gareth's year was swimming in the 100m backstroke final at the Fina Swimming World Championships. Other than that a gold medal in the 100m backstroke at 26th World University Games in Shenzhen, bronze in the 200m and a New Zealand medley relay bronze completed his China campaign in good fashion.

The next 8 months will be a busy time for Gareth. He's off to Arizona for altitude training at the end of November then 2012

brings the NSW state champs in February, the State New Zealand Opens in March, to Cairns in June to build up as a part of the London Olympics campaign, and then onto Belgium for staging before being at the Olympics in London in July.

Good luck Gareth.



A message from Joan Matson and Family

Joan and family wish to thank you for your kind thoughts and sympathy at the recent loss of a dearly loved husband, father, grandfather and friend.

'A sincere thank you for the support we have received from the swimming community since the loss of Bill. It has been a very difficult time for us all and the support we have received has been a huge help. As you all know swimming was our world and I hope you all keep in touch in the future. Swimming will remain in all our hearts forever'

Kind regards

Joan





Olympic Swimmers come to Dannevirke



As part of the Dannevirke ASC centenary celebrations - 1911 - 2011 - the Dannevirke club decided to host a training weekend with Paul Kent, William Benson and Corney Swanepoel in the small southern Hawkes Bay town. The Dannevirke swim club boasts a total of a dozen competitive swimmers, many nationally qualified. They hoped this event would attract some attention to swimming in general and in Dannevirke in particular.

Swimmers from Ice Breaker Aquatics; Kevin ASC, Waipukurau ASC and PNASC were lucky enough to be invited to participate in this event on the weekend of the 15/16th October 2011. It was our pleasure to be involved in the centenary celebrations of the club and the promotion of swimming in Dannevirke.



The swimmers were treated to multiple sessions over the two days. Included were land-based stretching sessions and pool-based skills & technique sessions covering all four strokes.



In between the Sunday sessions swimmers were very well fed thanks to the parents who cooked and sent an amazing array of food for the weekend! The activity of the day it would seem was an extended game of tag in the local park.

More junior swimmers - some as young as 7 and 8 - participated over the two days in skills sessions which included question and answer type sessions, followed by a land-based stretching session and a pool session - all directed at good technique - in particular good streamlines, kick and turns.



Each of the sessions was followed by photo/autograph opportunities which were eagerly snapped up by all of the children.



This was a fabulous event for all of the children who participated from clubs in both Southern Hawkes Bay and the Manawatu.

Individual swimmers were singled out pool-side by parents and other coaches for their manners, demeanour and the way they got stuck in to make the most of the opportunity presented to them, by other parents/coaches.



Countdown to London

Rushdee Warley and our SNZ Sports Scientists have travelled to Wellington for anthropometry testing and biomechanics filming with Gareth Kean and Gary Hurring

Rushdee and Athlete Life Manager, Susan Thomason, attended IPP meetings with Natalie Wiegersma and Jeremy Duncan in Invercargill

Rushdee, Susan and Tom Vandenbogaerde attended IPP meetings and anthropometry testing with Sophia Batchelor and Leanne Speechley in Christchurch

Individual HPC swimmer/coach meetings set up over the coming few weeks

Planning for 2012 High Performance and AquaBlacks London Olympic Campaign completed. See calendar here - http://www.swimmingnz.org.nz/uploads/files/2011-2012_AquaBlacks_Calendar.pdf



Northland's 40th Reunion

2 June 2012, Whangarei

We are seeking expressions of interest. Please contact Richard Dunkerton at r.dunkerton@xtra.co.nz



BBQ with the State AquaBlacks and HPC Squad

Interested in sharing a sausage with one of the current State AquaBlacks and High Performance Centre Squad? Come along to the AC Baths, Taupo on the 13th January and watch an open training session from 4-6pm followed by entertainment and a BBQ supplied by The Radio Network and Classic Hits.

The State AquaBlacks and HPC Squad are in Taupo for the State Epic Swim and the New Zealand Open Water Championships, to support team mates seeking selection towards the London Olympics, encourage swimmers in all events during the weekend and to help encourage participation in open water swimming.



Hawkes Bay Poverty Bay electronic timing system

Swimming HBPB were very pleased recently to welcome a new arrival – a brand spanking new Colorado Electronic Timing System!

We purchased a second hand (or maybe third hand!) Colorado timing system from Swimming BOP a few years ago and this has been well used since then but it has always been our dream to update to a new system and with help from Eastern and Central Community Trust and the Lion Foundation (and a bit of bonus help from the slide in the US dollar) we managed to raise enough to make our dream a reality this year.

The system arrived just in time for our regional Winter Champs in early September and ran perfectly with some of the swimmers convinced it helped them to achieve better times!

If there's a region without electronic timing that would be interested in a second (or third or fourth!) hand timing system in good working order please get in touch with us – very cheap to a good home. Contact Bev Penny at swimhbpb@gmail.com



Youth and Open Water

The State Ocean Swim Series Harbour crossing was held Sunday 13 November with a huge number of Swimming New Zealand clubs competing in the 2.9 km race across Auckland harbour.

As expected Kane Radford and Cara Baker won the men's and women's events but they were pushed very hard by Stephen Kent, Charlotte Webby and many other top NZ swimmers. It was exciting to see that the competition was hard and fast with many pool swimmers giving open water swimming an attempt for the

first time with great results. This is a great place to learn open water skills.

Our Open Water national champs are coming up early in the New Year. All New Zealand Open Water teams will be selected from this event so we will be in for some great racing.

If you are looking for a 10k event before Taupo, the Ashburton swimming club is running an Open Water event in Lake Hood on the 17th of December, covering all distances this is a great opportunity to gain skills and experience before your Taupo event.



State Epic Swim and SNZ Merchandise

State Epic Swim Merchandise

The Swimmerbro team will be onsite in Taupo on Friday, Saturday and Sunday selling State Epic Swim merchandise. Keep an eye out for the release of this range before the end of the year. Swimmerbro will also have wetsuits for hire and can look after all your swimwear needs with an experienced team to answer any questions.

2011 Merchandise

There are still limited products available from the 2011 merchandise range. Go here to find special prices on these garments -

http://www.swimmerbro.co.nz/Team_or_Club/Swimming_New_Zealand.htm



Technical Officials

Congratulations!!

Congratulations to Jo Davidson who has been appointed to the London Olympics and Ross Bragg who has been appointed to the London Paralympics next year. That will be Ross's 4th Paralympics amongst many other IPC and able bodied events. Ross is currently at the Parapan IPC swimming meet in Mexico.

It will be fantastic to have representation in both the pool and on pool deck. Well done Jo and Ross!

Ruling Clarification

The wording on the disqualification form in a medley should be in line with the stroke infraction as per the stroke rules. Reference to rule SW9.3 is not required.

Swimsuits

The Swimming New Zealand Technical Advisory Committee have decided that swimmers have now had a sufficient grace period and from here on in swimmers wearing non-compliant suits will

be disqualified. Suits within the FINA guidelines, but without the FINA stamp are still fine to be used.

TAC Minutes

The minutes from the recent TAC meeting held on the 5th and 6th November can be found in the technical section of our website here - <http://swimmingnz.org.nz/competition/technical-officials/technical-advisory-committee-minutes-and-updates>

Appointments

Appointments for next year's New Zealand championships are now online. They are available here - http://swimmingnz.org.nz/uploads/files/2012_Officials_Appointments_for_web.pdf



IEP Summer Camps are looking for staff

IEP offer working holiday support programmes for kiwis wanting to work overseas. They have a great programme called Summer Camp USA, where over 18-35 year olds are sent to the USA to work as activity instructors and camp counsellors.

New Zealanders are in high demand and especially in the watersports area. Amongst other activities, they are looking for both swimming instructors and lifeguards. Searching is currently underway nationwide for those who would be interested in this.

Just to explain a little further; you've possibly heard about Summer Camp USA programs before. They are a huge American tradition where children head off to a camp and have a great time learning great new skills and activities. Every year IEP sends Kiwi's to the USA to work as camp counsellors and activity instructors (or a combination of the two).

The roles involve being a leader, a role model and a friend to the kids. You teach them new skills, celebrate their wins and are there when they are feeling a bit low. It can be a full on job, but for enthusiastic people it is often an amazing life-changing experience.

Each year kiwis are sent to a variety of camps across the United States and recruiting is now underway to send counsellors over for mid-2012.

You can read more about the programme at www.iep.org.nz/summercampusa





Swimmerbro Quiz

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

'Who is the new Olympic Games Campaign Manager for Swimming New Zealand and which country does he come from' was 'Rushdee Warley from South Africa'.

Thanks to everyone who sent in their answers.

Congratulations to our winner, **Matthew Anderson from Stratford Amateur Swimming Club**, who will receive his prize from Swimming New Zealand in the mail soon.

The question for this issues swimmerbro quiz is:

'In which overseas event did Melissa Ingram just win 4 medals and beat 2 national records?'

The winner of this quiz will receive a fantastic prize pack from swimmerbro (<http://www.swimmerbro.co.nz/>). 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.



FINA Electronic Newsletter

FINA's official publication, the well-known 124-page FINA Aquatics World Magazine has entered a new era - it is now available in electronic format.

FINA invites you to watch the new video spot of our magazine - http://www.finamagazine.org/files/Fina_magazine_electronic_format_0001.wmv

Enjoy the latest articles on the greatest stars of swimming, diving, synchro, open water swimming, water polo and of the Masters movement by downloading this new version of magazine to your PC, tablet (iPad) or smartphone from the FINA web-site by clicking on the logo of the FINA Aquatics World Magazine (www.fina.org).

The 2011/4 and 2011/5 editions are available free now - you can simply download them from these links below:

FINA Magazine 2011/4 - http://www.finamagazine.org/fed/FinaMagazine_2011-4-ios.pdf

FINA Magazine 2011/5 - http://www.finamagazine.org/fed/FinaMagazine_2011-5-ios.pdf

If you become a fan of the magazine, then be sure to return to subscribe to the upcoming issues. As an appetiser please find content from the 2011/6 edition.

The €1.50 or US\$2.00 online edition cost is very favourable compared to the cost of the printed magazine - it will still be full of high quality articles written by a team of outstanding professional aquatic writers.

By choosing the online version you can save the money and help protect our environment. As a reader of the FINA Aquatics World Magazine you will be getting your affordable passport to the exciting world of aquatics presented in a state-of-the art, colourful and highly attractive way!



Feedback

Please let us know if you have any comments at all regarding any improvements or other. You can email your feedback to fastlane@swimmingnz.org.nz