

MELLANA'S MESSAGE

Checking out of the Segal went well guys, thanks for being organised. Indeed the staff all commented on your level of professionalism. Enjoy your stay at Taupo with it's wonderful facilities, although make sure you rest up. The big end of week is looming! Good luck today I'm sure you will all give it your BEST.

MAKE SURE YOU TAKE TIME TO STRETCH PRE & POST TRAINING / COMPETITION



Supraspinatus/Infraspinatus Stretch

Last night Mark took the bus to the petrol station. On the way there he hit the back of a car whilst not really paying attention. Anyway the fella who was driving got out of his car. And he was a dwarf!

He said, "I'm not happy."  
Mark said "Well, which one are you then?"

"SUCCESS IS NOT FOREVER – AND FAILURE ISN'T FATAL. ONCE YOU ACCEPT THAT, THERE IS THE CAPACITY TO REBOUND"  
DON SHULA



I fell in love with a...

B \_ \_ \_ \_ G  
R \_ \_ G Of  
F \_ \_ \_

TEAM WORK...



FRIENDSHIP...

Competition Report – Meet 2

A solid team effort this morning by everyone. And what is exciting, there are still areas in which we can still improve.

Gold Team	278 Points
Green Team	229 Points
New Zealand	197 Points

New Zealand Records Broken

Sophia	50 Back (28.61)
	<b>200 Back (2:08.64) MR*</b>
Jeffrey	100 Breast (1:03.30)
	<b>50 Breast (28.72) MR*</b>
Natasha	200 Breast (2:34.12)
	50 Breast (32.26)

Gold Medallists

Jeffrey;Natasha;Corey;Sophia

Silver Medallists

Bianca;Nathan

Bronze Medallists

Phoebe;Natasha;Josie;Jordan

4 x 50 Fr (Men)

[Ewan;Corey;Shane & Jordan]

