

MELLANA'S MESSAGE

Awesome check out this morning...
 Awesome support poolside...
 Awesome... Awesome... Awesome...



Quote
 "Our coaches told us to seize the moment..... so I did!"
 Jeffrey

There are no great people – only great challenges which ordinary people are forced by circumstances to meet. What challenges are you going to meet?



John, the Aussie Team Manager last night asked reception "What time do you serve meals please?" The receptionist told him, "breakfast 0700 to 1100 – lunch 1200 to 1500 and dinner is 1800 to 2100." John shook his head and said, "Well that doesn't leave much time for the rest of our time table!"

NO SHORT CUTS

"Don't stop three steps short" Coach Wayne Bennett
 This has to do with 7 minute training runs when one of the forwards slows down just short of the finish line. "It's a state of mind" says Bennett. "Three steps short won't make a difference fitness wise, but three steps make all the difference to the psyche. You know you haven't taken a short cut."

"The kind of people who stop three steps short, I wouldn't call them losers, but they are never winners either. They always fall short. A lot of times other people don't know that, but they do. They know who we're talking about, and they're in all forms of life. Great ability, talent ... they just won't make those three last steps."

**COMPETITION REPORT MEET 4
 THE KIWIS FOUGHT BACK AND THE BRAND LIVES ON.**

"Don't die with the music in you"

CERTAIN TEAM MEMBERS ARE IN DANGER OF FINISHING THE TRANS TASMAN SERIES WITH THE MUSIC STILL IN THEM. MAKE SURE IT'S NOT YOU.

GOLD	554 Points
GREEN	443 Points
NEW ZEALAND	367 Points

(You need to score over 500 points to be the highest scoring Kiwi Team ever!)

NEW ZEALAND RECORDS BROKEN
 Natasha 100 Breast (1:10.31)

GOLD MEDALLISTS
 Corey ; Natasha & Jeffrey

SILVER MEDALLISTS
 Sophia ; Matthew & Nathan

BRONZE MEDALLISTS
 Shane ; Jordan ; Sophia &
 4 x 50 Men's Relay
 [Corey, Jeff, Jordan & Ewan]

" WINNING IS A HABIT "

Knowing how much Trevor appreciates poetry I've taken time to source this poem for our final edition of the 2010 Trans Tasman Newsletter.

THE MAN IN THE GLASS

When you get what you want in this struggle for self
And the world makes you king for a day,
Then go to your mirror and look at yourself
And see what that man has to say.
For it isn't your father, your mother, or wife,
Whose judgement of you – you must pass,
The fellow whose verdict counts most in your life,
Is the guy starring back in the glass.
He is the man you must please – never mind all the
rest,
For he's with you clear to the end.
And you have passed your most difficult and dangerous
test,
When the man in the glass is your friend,
You can be like another and chisel a plum,
And think you're a wonderful guy,
But the man in the glass says you're only a bum,
If you can't look him straight in the eye.
You can fool the whole world, down the pathway of
years,
And get pats on your back as you pass,
But your final reward will be heartaches and tears,
If you've cheated the man in the glass.

COACH

VETERAN