



Those records just keep coming. Sophia showed she was here to swim. Last night she broke the 13yr old 50 fly New Zealand Age Group record that she had set in the morning heats: 28.98



Sophia on the blocks, the whistle has gone and the song is in her head.

This is 10% luck
20% skill
15% concentrated power of will
5% pleasure
50% pain
And 100% reason to remember the name!



Then it was Taylor Armstrong's (AKA Big Birds) turn. Taylor who did part of her warm up for this race by dancing with the Fiji team...at one point even leading it! The 50 fly gave her a bronze and put her in the mood for the 100 back.



(Is that the time.....1.04.06 NZ RECORD)

These records went alongside 3 gold and 3 bronze medals. Gold's went to Jeffery, Taylor and Sophia with bronzes to Jared, Jordan and Taylor. The swimmers aren't the only ones to be setting P.B's. Clive and Melana have set Personal Bests at the pool, because of the 3 session structures. The coaches come and go but Melana and Clive stay at the pool for

3 sessions straight. Yesterday this was from 7am – 8.30pm – so big days, thank you guys!

New Zealand showed the way on supporting the team with great vocal support. The fact our medal winners carried and wore our New Zealand swimming flag on the podium, excited our team even more.

These long sessions are wearing us down but the fact that we are only a stroll away from our accommodation is a save in grace. Bianca was heard to say about the food,

“Better than mums”. The facilities are real flash, Swipe cards are annoying! But the revolving door into the dining hall is fun! (Until it whacks you in the face i.e. Brydie).

Quiz - have a close look at these pictures and statements.

True or False?



1) I am the smallest person with the loudest noise?



2) I am the man?



3)

I have the best eyebrows?



4) I was once in the village people and know how to do the YMCA dance

5) We are the three wise men



Answers and more questions in next issue. Clue: Some are right, some are close and some well are miles away.....