



26th January -2008

What a great pool at Taupo. We were once again well supported by HB-PB, both officials and pool staff so again thank you.

There was some fantastic swimming by all the swimmers congratulations to you all.

Squaw of the day:
Lizzie

Brave of the day:
Thomas

Congratulations to:

- **Matt Hutchins** –who broke the 13 yr old 800m freestyle Canterbury Record in a time of 9.19.80 - The previous record was 9.31.37 set in 2004.
- **Ali Clareburt** – who won today's Endeavour award

Some things that were overheard.....

- "The Concords banner looks like a load of old towels.."
- "What did they say?" - *following the Smurfs chant*

Trivia Question: Name the female 1500m world record holder, the time and also name the coach?

Attributes of an athlete

Focus

Authentic

Resilience

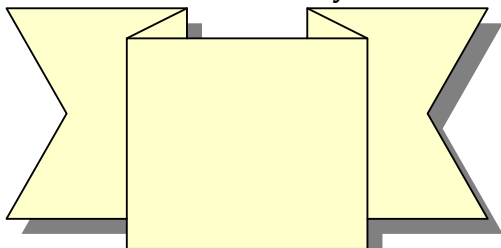
Hiawatha say **make sure you listen up when she tell you her new room number at St.Mary's then check out the message board on her door for any message updates.**



Schedule for Sunday

- 🐟 Wake up 6.00am
- 🐟 All gear to be packed and on the bus, with keys handed in, before breakfast
- 🐟 Breakfast 6.30am
- 🐟 Depart after breakfast
- 🐟 11.30am – BBQ at Whangamomana
- 🐟 12.45 – depart for St.Mary's. Once there settle in.
- 🐟 3-6pm - training
- 🐟 7.30pm Dinner
- 🐟 8.30 prepare for bed

Well done boys



You can swim fast when you can't – Bill Sweetenham



The Red Indian Times



Percentage Report

2008 NZ Tri-Series Competition –Session 3 & 4,
26th Jan-08 SC Meters

Location: Taupo

33 Women 50 Fly

Brown, Elizabeth 1.8%

Lowther, Emma 4.5%

34 Men 50 Fly

Hutchins, Matthew T 1%

McEwan, Thomas E 1.2%

35 Women 50 Free

Whakatihī, Crimson R

Lee, Samantha E 1.5%

36 Men 50 Free

Wilson, Matthew J 2%

Wright, Sam 4%

37 Women 200 Back

Stothard, Renee 4.5%

Whitehead, Brydie -3%

38 Men 100 Back

McEwan, Thomas 5%

Wilson, Matthew 6%

39 Women 100 Free

Keighley, Michelle 1%

Brown, Elizabeth -2%

40 Men 200 Free

Wright, Sam 1%

Allen, Jake 1%

41 Women 200 Breast

Clareburt, Alexandria 1%

Fogarty, Jordyn 1%

42 Women 400 Free

Lee, Samantha 4%

Smith, Rebecca 1.8%

43 Men 100 Breast

Vaotu'ua, Shaquile 0%

McGregor, Blair 2%

44 Women 100 Fly

Lowther, Emma 4%

Brown, Elizabeth 2%

45 Men 200 Fly

Gillies, Benjamin 2%

Layton, Julian -1%

46 Women 400 IM

Clareburt, Alexandria -1%

Stothard, Renee 4%

47 Men 200 IM

McEwan, Thomas 2%

Gandy, Aaryn 0%

Matt W - 16

Sam L - 19

Ben G - 23

Rebecca - 9

Shaq - 10

Blair - 6

Julian - 1

Lizzie - 22

Jake - 5

Aaryn - 2

Emma - 9

Matt H - 7

Zac - 2

Crimson - 3

Ali - 2

Michelle - 1



Tri Series Photo's

Taken by -Earl Buck Photography

www.smileez.co.nz

These will be available next

Wednesday or Thursday. Order off the

website.

'If not you, who?

If not now, when? ' Nick

Gillingham MBE

Scalps!!!!After session 3:

Thomas - 40

Sam W - 24

Brydie -2

Renee -15

Alex - 5

Breaking news: Cowboys

thought to set fire to Indian tepee.

Oscar Kickingdoor rescues papoose.