

Pacific School Games



Newsletter #3

Well what can I say? What a day....

4 x New Zealand age group records!



The senior swimmers attended a lecture on sports nutrition today. This was presented by one of the AIS staff. It dealt with pre post and during competition and training. Pitched at the athlete, and was enjoyed by those that attended.

Jared Solomon 50 fly, Natasha Lloyd 200 Breast, Sophia Batchelor 100 fly, Corey Main 50 Free

5 medal winners

Jared Solomon (Silver 50 fly), Brydie Whitehead (Silver 100 back) Sophia Batchelor (Silver 100 fly), Corey Main (Bronze 50 Free) and Dylan Garrod (Gold 400IM)



And a gaggle of finalist



As one can imagine the team is in high spirits. Swimming around 63% PB's in the heats and a bit less in the finals. Not all have swum yet, but with the above results all keen to get into the water.

Tomorrow looks set for more of the same.