

8<sup>TH</sup> July

# SIMON SAYS

Quote of the Day  
 "Self Belief is Important, but Self  
 Motivation Wins Races"

**Be READY! Be HUNGRY! Go For The WIN!**



## CONGRATULATIONS

Laura Baker is awarded Female Swimmer of the Session  
 Gareth Kean, Starn Simpson, Neilson Varoy & Ben Stark awarded Male Swimmers of the Session  
 RECORDS: Gareth 50Bk 26.31 NZR ; Laura 800Fr 8:46.56 NZR  
 Gareth, Starn, Neilson & Ben 200 Medley Relay 1:43.54 Meet Record ( 1<sup>st</sup> PLACE )  
 Highest FINA Points Score to date: Anamaria **848** for 50Bk

## DIPLOMATIC RELATIONS ESTABLISHED



## TOM CRUISE

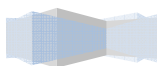
### POINTS UPDATE: DAY 3

Neilson: [1] Late to Haka [2] Late to A.M. Bus [3] Lost room key [4] Key found by an Australian  
 [5] Left room open -80 points [6] +25 for Meet Record in 200 Medley Relay  
 Ben: [1] Late to A.M. Bus [2] Lost room key [3] Key found by an Australian [4] ipod on pool deck  
 [5] Left room open -70 points [6] +25 for Meet Record in 200 Medley Relay  
 Gareth: [1] iPod on pool deck -10  
 Mitchell: [1] iPod on pool deck [2] Left key in room -20  
 Starn: [1] Lost property -10 [2] +25 for Meet record in 200 Medley Relay  
 Emma: Left key in room -10  
 Bianca: Left key in room -10  
 Dylan: Left key in room -10  
 Gareth +100 for NZR 50 Back ; +25 for Meet Record in 200 Medley Relay  
 Laura +100 for NZR 800 Free

## RESULTS

	Points
Australia Gold	114
Australia Green	112
New Zealand	82

Kay's Corner  
 [1] On time is late. Be early.  
 [2] Keep Hydrated.  
 [3] 10% of performance is affected  
 by dehydration.



### Diplomatic Relations Established Between New Zealand & Australia

"Allo Allo" observes Tom

Helene flutters her eye lids

"Do you come here often?" asks Tom

"I do now!" remarks Helene

There's an awkward pause, then  
 Helene breaks the silence keen to keep  
 the conversation going.

"My name is Helene, what's yours?"

"TOM!"

Helene could feel the strength in his  
 voice.

"Are you in the Green Team Tom?"

"No I'm competing for New Zealand!"

Little did Helene know that Tom  
 "Cruise" McEwan was a genuine piece  
 of Kiwiana and the mood was soon  
 rudely interrupted from the paparazzis  
 blinding flashes.

### Ankle Stretches

- [1] Inward Circles
- [2] Outward Circles
- [3] Point Toes Back Towards Body
- [4] Point Toes Forwards As Far As Possible
- [5] Point Feet Forward To The Floor Sideways

#### WHEN SETTING YOUR GOALS ASK YOURSELF:

- **WHAT DO I NEED TO DO?**  
 Example: I need to keep a log book.
- **WHY DO I NEED TO DO IT?**  
 It will help me review what's  
 working well.
- **WHEN WILL I DO IT?**  
 I will start now. Don't put off until  
 tomorrow what you can do today.
- **HOW WILL I DO IT?**  
 I'll buy a diary today.

#### SCORES ON THE DOORS

**CARY'S GUYS**

-50 POINTS

**Trevor's Team**

225 POINTS

**La Porchetta**

-45 POINTS