

**WELCOME TO SWIMMING COUNTIES
MANUKAU**

**MAY 2010
SWIMMING News**

Congratulations!



**4 NZ Records Broken
NZ Opens**

Jeffrey Arona Tuifana'e HPK-50,100 Breaststroke
Corey Main HPK-100 Backstroke
, Ewan Jackson- 200 Freestyle

Congratulations!



**Australian Age Group Champs
Sydney Olympic Park, Australia**

From the 5th April-10th April 2010.

All swimmers made finals and swam lots of PB's
Congratulations -Bradley 2nd Place in the 100 Breaststroke
Bradley Arona-Waqanivalagi-HPK
Hayden Church-HPK
Bayley Main -HPK
Trent Thorpe-HPK
Coach -Jana Korbasova
T-Manger-John Thorpe



Congratulations!



SNZ Outward Bound Programme

Congratulations Emma Lowther -Howick Pakuranga who will be attending the SNZ Outward Bound adventure in Anakiwa (just out of Picton) from 12-18th April 2010.

The XIX Commonwealth Games

Congratulations to Dave Beattie Pukekohe who has been selected to Officiate at The XIX Commonwealth Games in Delhi, India from the 3-14 th October 2010

Congratulations!



NZ TEAM AND SQUAD SELECTIONS

SNZ Open Water Squad

Cara Baker
Laura Baker
Stefan Talbot

21-26th 2010 Oceania Champs Apia, Samoa

Ewan Jackson
Renee Stothard
Official-Dave Beattie

14th -26th 2010 Youth Olympic Games-Singapore

Ewan Jackson
Renee Stothard

**World Champs Open Water
Pan Pacific Open Water**

Cara Baker
Junior Pan Pacific
Laura Baker



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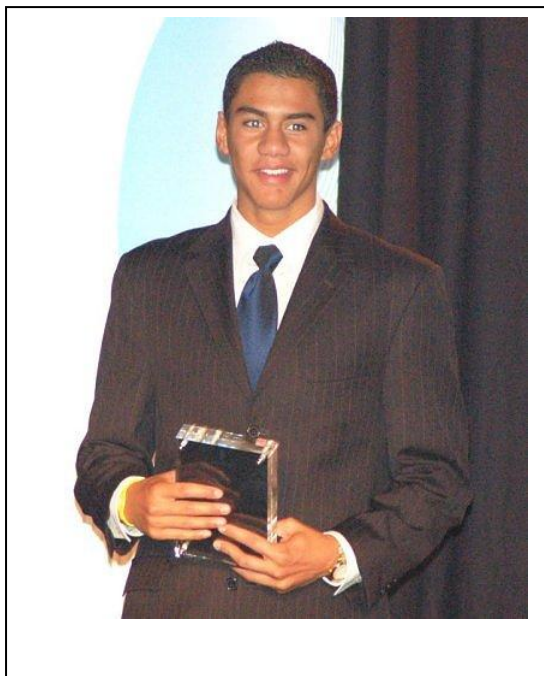
DEKKO CARAVANS
sjwall@yahoo.co.nz

RAINBOW'S END
N.Z.'s Premier Theme Park

 **DIRTY DOGS**
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PARADISE ICE SKATING
Botany Downs, Pakuranga
09-273-2999

BERKELEY CINEMA GROUP
Takapuna
Movie Info 488- 6008
Reservations: 488-6000 ext 1



**Swimming New Zealand
Young Ambassador's 2010**

**Two swimmers were selected by
Swimming NZ to be
Young Ambassador's at the
Swimming New Zealand Awards**

**Sophia Bachelor-Aqua Gym -CB
&
Jeffrey Arona-Tuifana'e- HPK-CO**

What a great achievement Jeffrey



Kevin Duffins Farewell

**Kevin Duffin Manurewa Coach
has retired from coaching after
20 + Years**

**He will be missed by the
Manurewa Club and the
Association**

**We wish you well with the future
Kevin we will miss you**



**SNZ National Age Group Development Camp -Central 2 Camp
29th-31st October 2010. Tauranga**

Asplin, Joshua L	Papakura
Church, Hayden R	Howick Pakuranga
Yates, Sally J	Howick Pakuranga
Richter, Kimberly S	Howick Pakuranga
Nain, Paras Z	Howick Pakuranga
Thorpe, Trent A	Howick Pakuranga
Eagleton, Leah T	Howick Pakuranga
Smith, Liana H	Pukekohe
McCullough, Mathew J	Howick Pakuranga

Spence, Lauren L	Howick Pakuranga
Ryland-Higgins, Annielle	Papakura
Withers, Trey C	Pukekohe
Wright, Shilo C	Manurewa
Lloyd, Harriet L	Howick Pakuranga
Brown, Dannielle M	Howick Pakuranga
Duncan, Matthew C	Howick Pakuranga
Leo Zhu	owick Pakuranga

NZ OPENS
Auckland 5th-9th April 2010

Held at the West Wave Auckland

Coaches- HPK-Gary Hollywood, Horst Mieke, Pedro Barbosa, Debbie Mahony

Counties Manukau Swimming Association was represented by 24 Swimmers from three clubs throughout the Association Howick Pakuranga, Pukekohe, Papakura

Herman Ang	HPK	Corey Main	HPK
Jeffrey Arona-Tuifana'e	HPK	Aimee Moss	HPK
Cara Baker	HPK	Michelle Murray	HPK
Carsten Corazza	HPK	Hiroshi Ochiai	PUK
Simone Cowling	PPK	Rachel Palmer	HPK
Ashley desLandes	PUK	Cameron Rattray	HPK
Leah Eagleton	HPK	Kimberley Richter	HPK
Shannon Field	HPK	Liana Smith	PUK
Alex Hancock	HPK	Lauren Spence	HPK
Ewan Jackson	HPK	Renee Stothard	HPK
Valerie Kau	HPK	Stefan Talbot	HPK
Emma Lowther	HPK	Sally Yates	HPK



Ewan Jackson 16yrs set a **NEW ZEALAND RECORD** in the 200 Free Swimming a new record time of 1.53.13 bettering the existing NZ record for 16 yr old boys of 1.53.67 set by Danyon Loader in 1992.

Jeffrey Arona-Tuifana'e 15yrs set a **NEW ZEALAND RECORD** in the 50 Breaststroke Swimming a new record time of 29.59 bettering the existing NZ record for 15 yr old boys of 30.18 set by Starn Simpson in 2007.

Corey Main 15yrs set a **NEW ZEALAND RECORD** in the 100 Backstroke swimming a New record time of 58.05 bettering the existing NZ Record for 15yr old boys of 58.22 Set by Ross Dunwoody in 1997

Jeffrey Arona-Tuifana'e 15yrs set a **NEW ZEALAND RECORD** in the 100 Breaststroke Swimming a new record time of 1.04.53 bettering the existing NZ record for 15 yr old boys of 1.05.77 set by Glen Snyders in 2003.
Glen Snyders was in the same 100 Breaststroke race and came In 1st he is now 22 yrs old.

Top Club Results- Howick Pakuranga -4th Overall

NEW ZEALAND RESULTS- 6 Medals- 2 Silver, 4 Bronze-4 NZ Records Broken

Jeffrey Arona-Tuifana'e 15yrs-3rd 50 Breast-(2) NZ Records 50 & 100 Breaststroke
Corey Main 15yrs-3rd 50 Back, 3rd 200 Back - (1) NZ Record 100 Backstroke
Ewan Jackson 16yrs -3rd 400 Free-(1) NZ Record 200 Freestyle
Carsten Corazza 19yrs -2nd 400 IM
Cara Baker 19yrs-2nd 800 Free

Counties Manukau Swimming Records -32

Records Broken- 19 Age Group and 13 Open Records



To all our Officials/Coaches/Committee
MAY BABIES
HAPPY BIRTHDAY



Manurewa-Marilyn Jones

Pukekohe-Susan Cheyne, Jenny Cleland,
Elizabeth Ruiterman, Peter Smith

Mangere-Johnathan Hartnett

Howick Pakuranga-Peter Ashley, Robert Laroche
Chris Ashley, Christine Pearson, Lexie Richards

Papatoetoe- Hubert deKoning, Glynis Osborn

"Counties Manukau Achievers NEWS"



"Our region has so many talented young people in all different Sports codes, Academic, Arts etc, As well as Swimming"



Matthew Heim HPK – Received an invite from Helen Norfolk for Matthew to be part of the Auckland Swimming League (Team Speedo)



Waiuku Prizegiving –Special guest
Orinoco Faamausili-Banse 20 yrs Old -Laser Mt Eden Auckland

Congratulations!



Name	Overall place (Gender)	Age Group place	Time
King of the Bays 2010			
Male			
Stefan Talbot	2nd	1st	33.07
Ricky Southcombe	120th	22nd	44.24
Pat Castles	171st	6th	46.24
Female			
Cara Baker	1st	1st	34.18
Danielle Southcombe	95th	17th	48.15



Series Results 2010		
Name	Place	Category
Male		
Stefan Talbot	4th	Open



SWIMMING COUNTIES MANUKAU PRIZEGIVING
30TH MAY 2010
SPECIAL GUESTS-
DZIAH DANCE ACADEMY
1ST STOMP NZ 2009
1ST NZ FINALS 2010
SELECTED FOR WORLD CHAMPS LAS VEGAS JULY 2010
VENUE: WEYMOUTH COSMOPOLITAN CLUB
151 SYKES RD
MANUREWA
START 4.00 PM APPROX.
NIBBLES PROVIDED
LOUNGE BAR WILL BE OPEN TO PURCHASE DRINKS

Websites worth looking at.

XLR8: Swim Faster, Faster Programme. www.takeyourmarks.com
Counties Manukau Sport www.cmsport.co.nz

Parent Handbook—The Parent Handbook is a free resource you can give to the parents of your swimmers. It contains useful information for issues and questions parents may have. The aim of this resource is to promote a collaborative approach to swimmer development. <http://www.swimmingnz.org.nz/education/education-for-parents>

Coaches ToolboxThe Coaches toolbox is a new section of the Swimming New Zealand website. It contains various articles of interest and links for coaches of all levels. This is a “living” section of the website, in that articles will frequently be updated view at: <http://www.swimmingnz.org.nz/education/coaching/coaches-toolbox>

Swim Coaching Starter Pack **This is a free online tool that entry level coaches can use to learn the fundamentals of swim coaching - visit:** <http://www.swimmingnz.org.nz/education/coaching/swim-coaching-courses-and-qualifications/swim-coaching-starter-pack>

Counties Manukau Sport INFO“Club works “Workshops –Engaging with your Community

- Counties Manukau Sport www.cmsport.co.nz
- **EVENTS (for all events, see our online CMSPORT Calendar at** www.cmsport.co.nz/calendar

Swimming Counties Manukau Roll of Honour –Swimmers
And Roll of Honour -Officials, Coaches, Clubs News Articles, Congratulations, Incentive Programme, Nationals, SCM Honour Role, Final Points Calculator etc. www.sportsground.co.nz/countiesswimming
Counties Officials website, Congratulations, Articles, <http://www.sportsground.co.nz/scmofficials>

Online Directories

People interested in joining clubs will look online for clubs, increase your membership please use to advertise your clubs, free advertising.

- Counties Manukau Sport www.cmsport.co.nz
- Yellow Pages www.yellow.co.nz
- www.finda.co.nz
- www.playday.org.nz
- www.manukadistrict.co.nz
- www.azdirect.co.nz (Franklin only) Waiuku and Pukekohe, Papakura clubs

[CMS website calendar here](#)

THANKS MATE IS BACK!

Thanks to the continued support of Millennium Hotels, we can continue to promote and recognise the many volunteers that make sport happen in our clubs. Each month we will draw one volunteer to win a bed and breakfast voucher for two, donated by the Millennium Hotels. Whilst RSOs are invited to nominate candidates from within your clubs, **I would ask your organisation to support this initiative by encouraging your clubs to make the nominations themselves. This is a great way for clubs to say thank you, in a local way.** However, if you, as an RSO, would like to say thank you to your volunteers also, then you are most welcome to nominate.

Online nomination forms are now available at www.cmsport.co.nz/thanksmate

KEEP THE PARENTS HAPPY AND MAKE MONEY TOO! Xpresso Delight can offer your club a stunning Swiss made coffee machine worth \$8,250 without any contract obligations or risk for **FREE!!!**

Xpresso Delight will provide your club with fresh gourmet Arabica beans, cups, sugar, spoons and lids for a per cup rate that enables your members, parents and volunteers to enjoy a full range of coffees. Your club can sell café quality coffee and hot chocolates at your fundraiser or in your clubrooms and make about \$1.50 per cup. The machine doesn't require plumbing and also comes with a milk fridge for added convenience. All you do is provide the water, power and milk. There are no rental or service fees so you **ONLY PAY FOR WHAT YOU USE!!!** If your club is interested in this fantastic fundraising opportunity, then please contact Allan on 021875431.

Fundraising idea #26 - Trade me: Use the website to sell club merchandise or general fundraising – www.trademe.co.nz

Check out www.houseoffundraising.co.nz for some advice and links on fundraising for your club



Carnival-Officials Sponsors-

Paul and Barbara Linton have once again donated Vouchers

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RAINBOWS END –Sponsor Prizegiving 2010 -Vouchers

BERKELEY CINEMA'S-Sponsors Prizegiving 2010-Vouchers

PARADICE ICE SKATING –BOTANY- Sponsors Prizegiving 2010-Vouchers



Dave Beattie –SNZ TAC

Papakura Club Rooms

Massey Park Aquatic Centre, Ron Keat Drive, Papakura

April 15th -7.00 pm-9.30pm Approx

I.O.T'S Refresher & Beginner I.O.T's

Mangere- Paul Nimmo, Paula Nimmo,

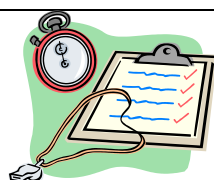
Manurewa-Keith Melvin, Minoo Ghadiali,Merwan Ghadiali

Papatoetoe-Cindy Chappel, Derek Mills, Wendy Mills, Lilian Manukuo,Terry Manukuo, Selwyn Screen, Susan Arudas, Maninder Kaur, Jeannie Sibun

Papakura-Mark Asplin, Steve Pyke, Louise Collings,

Pukekohe-Rosie Smith, Jeremy Smith, Barbara Fawthrop

Waiuku- Marta Van Der Veen



All Referee's & Beginner Judge of Strokes.

April 29th -7.00pm -9.30pm Approx



Howick Pakuranga-Trevor Yates,Bob Falconer,Bruce Talbot,

Manurewa-Keith Melvin,Minoo Ghadiali,Merwan Ghadiali

Papatoetoe- Lilian Manukuo, Derek Mills,Jeannie Sibun,Terry Manukuo

Papakura-Mark Asplin,Alan Taylor,Grant Ryland-Higgins

Pukekohe-Jeremy Smith,Sandra Sutcliffe,Anne Boulton,Steve Cleland

Waiuku- Marta Van Der veen



Dave these two workshops were all enjoyed by all that attended Thanks.

Jeannie thanks for the wonderful suppers.

Thanks Mark for the TV and DVD and Papakura for the use of your club rooms.

Flyers and info www.countlesswimming.org.nz

MAY

- 1st Manurewa AGM –15.30 pm Manurewa Aquatic Centre
- 11th Pukekohe AGM- TBA
- 16th Waiuku AGM-2.00pm Waiuku Primary School
- 17th Executive Meeting
- 23rd Papakura AGM -1.00 pm Massey Park Club Rooms
- 24th Technical Panel Meeting
- 28th Papatoetoe Club AGM -TBA
- 29th 400 + AND 50'S-Auckland
- 30th George Carnival-Venue Manurewa Pool 2.00pm-3.30pm
- 30th –Prize giving Weymouth Cosmopolitan Club –4.00pm

JUNE-

- 4th Counties League #1 –Lloyd Elsmore 6.30-9.00pm
- 7th Queens Birthday Holiday
- 19th Dolphin League #1-Manurewa Pool 6.30-9.00pm
- 21st June-Executive Meeting
- 21-26th 2010 Oceania and Open Water Championships Apia,Samoa
- 28th Technical Panel Meeting

JULY

- 2nd July- Counties League #2- Lloyd Elsmore 6.30-9.00pm
- 5th – School Holidays Start
- 5th-10th 2010 Trans Tasman Tri Series International competition- NZ
- 16th School Holidays End
- 16th SCM AGM –Friendship House Manukau City 7.00pm
- 17th-18th –Honda Cars Carnival –Lloyd Elsmore Pool
- 22nd-25th –Auckland Winters
- 24th Manurewa Winter Carnival
- 30th Dolphin League #2-PapatoetoePool 6.30-9.00pm

AUG –

- 7th Pukekohe Winter Carnival
- 13th Counties League #3 –Lloyd Elsmore 6.30-9.00pm
- 14th -26th 2010 Youth Olympic Games-SINGAPORE
- 16th -Executive Meeting
- 26th -29th Junior Pan Pacific Championships
- 28th Dolphin League #3-Manurewa Pool 6.30-9.00pm

SEPT-

- 4th Counties League #4-Manurewa 6.30-9.00pm
- 10th Dolphin League #4-Papatoetoe Pool 6.30-9.00pm
- 12th Papatoetoe Carnival
- 20th –Executive Meeting
- 26th-30th 2010 NZ Age Group Short Course Champs-Christchurch
- 27th-School Holidays start
- 26th-30th –NZ Spring Meet

OCT-

- 3rd-14th Commonwealth Games-New Delhi
- 11th OCT –School Holidays end
- 16th- CO Junior Meet-12.00pm–4.00 pm-Manurewa Pool
- 17th –CO Junior Meet -12.00pm–4.00 pm-Manurewa Pool
- 18th –Executive Meeting
- 25th Labour Day Holiday
- 31st 400's Meet

NOV-

- 6th-7th Auckland 50's
- 12th-14th 2010 NZ Open SC Champs-Mt Manuganui
- 14th November-Papakura Carnival –Mountfort Park Pool
- 15th –Executive Meeting
- 20th-21st –Proposed Counties NZ Junior Date given to SNZ
- 26st-28th –Auckland Juniors Invitational

DEC-

- 3rd-4th –Auckland Distance & Relays
- 5th –SCM Anniversary Carnival-Papatoetoe
- 9th-11th Auckland Senior Champs-Invitational
- 15th Dec-20th –School Holidays Start

2011

- JAN- 28th-30th –Counties Age Group Champs
- FEB-6th –Counties Age Group Sprints & Relays
- MARCH-16th-19th March Division 11 Christchurch

*Swimming Counties Manukau Association
AGM*

Friday 16th July 2010 7.00 pm

*Friendship House
20 Putney Way
Manukau City Centre*