

WELCOME TO SWIMMING COUNTIES  
MANUKAU

JANUARY 2010  
SWIMMING

News

"HAPPY NEW YEAR"



**Paige Schendelaar-Kemp HOWICK PAKURANGA -**  
Victoria juniors 19<sup>th</sup>-20<sup>th</sup> December -Melbourne, Australia.  
She won 5 Gold,2 Silver,and 1 Bronze and also set 3 new  
Counties Manukau Records in the 100 Fly,200 Fly,200  
Free.She was also awarded the 11yr old girls Age group  
Champion of the meet.

**Tristan Cheyne and Campbell Mclean -PUKEKOHE**  
Swam the lake Karapiro 5km swim on the 12th December  
Both boys swam in the non wetsuit category, Tristan came  
3rd overall with a time of 1.01.10, and 1st in his age  
group. Campbell came in just behind Tristan, but  
unfortunately his times were not recorded



"Franklin's Finest 2009",  
"Junior Achiever of the Year Awards ".  
16<sup>th</sup> December 2009

**Matthew McCullough -Howick Pakuranga** won the Award  
**Liana Smith -Pukekohe** was runner up in the category.



**2010 NZ Open Water Champs**  
16<sup>th</sup>-17<sup>th</sup> January

Stefan Talbot, Laura and Cara Baker Howick Pakuranga  
Will be competing in the 5000 Free and 10000 Free.



**Australian Age Group Open Water Champs-Stefan Talbot**  
19<sup>th</sup>-21<sup>st</sup> Feb 2010

**The FINA 2010 list of approved swimsuits**

Is now available on the FINA website - click here to go to the site:  
[http://www.fina.org/project/index.php?option=com\\_content&task=view&id=2768&Itemid=9](http://www.fina.org/project/index.php?option=com_content&task=view&id=2768&Itemid=9) There is also a link to the list on SNZ's website.

**Tickets to the inaugural Swimming New Zealand Awards**  
Tickets to the first Swimming New Zealand Awards are now available.  
The first individual or group to order five or more tickets will receive an  
additional two tickets free! It's going to be a night to remember and will  
include many swimming champions and supporters. **ORDER YOUR TICKETS  
NOW.** Numbers are limited and will be on a first paid basis.

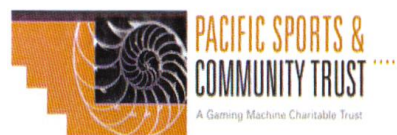


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 **DIRTY DOGS**  
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021-968-512



**“Butterfly Swim Camp 10<sup>th</sup> December “  
Simon Mayne Head Coach**

Dannielle Brown  
Jamie Morgan  
Louise Ruiterman  
Joseph Watson  
Shilo Wright  
Mikayla McNabb  
Vincent Chan  
Aidan Stehbens  
Matthew McCullough  
Annielle Ryland-Higgins  
Roxanne Coe  
Merwan Ghadiali  
Mackenzie Lambert,  
Casey Rei-Tukimaka

Trey Withers  
Joshua Asplin  
Liana Smith  
Olivia Solia  
Meher Ghadiali  
Kaitlin Petherick  
Kirsten Fisher-Masters  
Tayla Newlyn  
Ashlee Dorotich  
Joshua Retter

Joshua Boulton  
Raeanna McFadyen  
Danielle Southcombe  
Claire Dowling  
Michael Mills  
Ishaan Singhal  
Brad Pyke  
Pearl Hans  
Mitchell Yeager  
Matthew Boniface

Dillon Logan  
Portia Manukuo  
Nicholas Knight  
Kristy Brown  
Naomi Van Der Ploeg  
Jan-Jurie Van Wyk  
Karan Singh  
David a Iosefa  
Ricky Southcombe



**“COUNTIES SUMMER  
CHAMPIONSHIPS”**

**Themed Meet- Theme “Luau” Hawaiian Party**

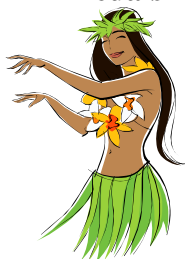
Prize for best dressed club in Theme

Prize for best Dressed –Adult “Tama” -Male

Prize for Best Dressed-Adult “Wahine”-Female

Time Buster Ribbons

Medals 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Age Groups



**“BBQ –Club Fundraising”**

**“THE COFFEE MAN”**

**“Clubs March Past”**

**Officials Required Please**

## Club News



**Papakura**-Meesun Asplin, Paul Morgan

**Pukekohe**-Sharon Robinson, Stephen Cleland, Trevor Hamblin, Diane Kempton

**Papatoetoe**-Geoff Sibun, Selwyn & Nimo Screen, Anne Fatialofa, Kim Herewini, Karen Hitchcock, Agnes Hurst, Raewyn Maquire, Lilian Manukuo, Sandy & Ross McGreevy, Derek Mills, Tala & Donna Po Ching, Takahide Ishibashi, Terry Manukuo, Oliver Samuel

**Howick Pakuranga**-Debbie Cook, Kathryn Arona, Sue Bish, Megan Burrows, David & Roaslie Eagleton, David Jackson, David Main, Martin McCullough, Peter Murray, Aileen Nelson, Dawn & Grant Ryland-Higgins, Ilo Schendelaar, Petra Schendelaar-Kemp, Annmaree Talbot, Janice Wells, Pau Yap

**Mangere**-Tracy Lauulu

**Manurewa**-Ora Bryers, Kim Chapman, Minoo Ghadiali, Catriona Hitchman, Terry Logan, Joy McFayden, Dora McLeod, Betty Otimi, Patricia Tangaere, Rona Varney, Anna Wright, Lorraine Symes, Kevin Duffin, Keith Melvin.

**Waiuku**-Cherie McLean,



To all OUR Officials/Coaches/Committee out their who have birthdays in  
January  
**HAPPY BIRTHDAY**

**Surveys –Please click links below we need your input**  
**All surveys are quick**

Counties Manukau Carnival/Camp Survey-<http://www.surveymonkey.com/s/DYK9RCF>

Counties Manukau Performance Survey -<http://www.surveymonkey.com/s/ZFFSGKM>

### “Counties Manukau Achievers NEWS”



#### **Courtney Varney-MANUREWA**

**Athletics**:-Selected for trans tasman team - event taking place in January against New South Wales to be held at Waitakere.-Won 1500m and 800m at Auckland Champs held on December 9th at Mt Smart.  
She will be competing in the Trans Tasman, Colgate Games in January and training for inter-provincial team selection at the moment.**General**:-Broke 9 school sports records for the year in various sports.

#### **Liana Smith-PUKEKOHE**

Liana was named runner-up in the Franklin Junior Achiever Awards on the 16<sup>th</sup> December, then from their to School Prize giving on the same night she was awarded the Girls Champion Trophy – For Cross Country, Trophy - Senior Girls Swimming Champion, Sports awards for Champion of Champion Representation in Swimming, Athletics and Cross Country. And the Elite Champion Sports Trophy and the Principals award for her class for all round achievement.

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

**I would like to acknowledge their achievements Sports, School etc.**

**On this page dedicated to “Counties Manukau Achievers” send in their achievements to me at [cmsa@ihug.co.nz](mailto:cmsa@ihug.co.nz) and I can acknowledge in the newsletters.**



Name	Overall place (Gender)	Age Group place	Time
<b>Bay of Islands 2009</b>			
<b>Male</b>			
<b>Stefan Talbot</b>	<b>5th</b>	<b>2nd</b>	<b>42.09</b>
<b>Cameron Flavell</b>	<b>19th</b>	<b>3rd</b>	<b>46.31</b>
<b>Cameron Dallas</b>	<b>28th</b>	<b>8th</b>	<b>47.53</b>
<b>Pat Castles</b>	<b>187th</b>	<b>8th</b>	<b>1:02.29</b>

### 2010 Epic Swim Festival hits Taupo next week

The Epic Swim Festival is the first recreational open water event run by Swimming New Zealand and is taking place in Lake Taupo on 16-17 January 2010. Entries are rolling in and with awesome prizes including Orca gear, it is going to be a fantastic weekend! The Epic Swim Festival consists of several recreational open water swims:

- **Mini Epic 100m - 5-12 year olds**
- **Minor Epic 300m - 12-16 year olds**
- **Epic 2km - open, age group and masters**
- **Epic 5km - open, age group and masters**
- **Epic 10km - open, age group and masters**

To enter the 2010 Epic Swim Festival or for more information, visit the official website at [www.epicswim.co.nz](http://www.epicswim.co.nz)

The NZ 5km and 10km Open Water Championships and NZ Masters 2.5km Open Water Championships will also be held as part of the 2010 Epic Swim Festival. Entries for the NZ Open Water Champs are up over 300% on 2009 so we are guaranteed to see some exciting swimming as our best open water swimmers fight it out for national team selection. **Will your club win the \$500?** Will your club have the most entries and take away the \$500? The Swimming New Zealand club that has the most SNZ members entered in the Epic 100m, 300m, 2km, 5km or 10km events will win \$500.

Include the [Epic poster](#) on your club noticeboard to give your club the best chance at winning the \$500!

Swimmers must register online but be sure to let your club know that you have entered so they can count your entry.

Swimmers entered in the NZ 5km or 10km Champs or Masters 2.5km events are excluded from the \$500 prize. Entries will be cross checked against the SNZ database. **\$10 discount for SNZ members!** SNZ is pleased to advise that there is a \$10 discount for SNZ members for the Epic 2km, Epic 5km and Epic 10km open water swims.

**To access the SNZ membership discount:**

Enter online at [www.epicswim.co.nz](http://www.epicswim.co.nz) Click on 'Enter Here' and accept the waiver ,Click 'Enter discount code' on left hand side under Ticket types ,Enter the promo code SNZepic and click 'validate' which will discount each Epic entry

**Websites worth looking at.**

**XLR8: Swim Faster, Faster Programme.** [www.takeyourmarks.com](http://www.takeyourmarks.com)  
Counties Manukau Sport [www.cmsport.co.nz](http://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 Toolbox**The 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](http://www.cmsport.co.nz)
- **EVENTS (for all events, see our online CMSPORT Calendar at** [www.cmsport.co.nz/calendar](http://www.cmsport.co.nz/calendar)
- **Thanks Mate nominations now open and can be accessed on the** [CMS Website here](#)

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](http://www.sportsground.co.nz/countiesswimming)  
Counties Officials website, Congratulations, Articles, <http://www.sportsground.co.nz/scmofficials>

- Check out [www.houseoffundraising.co.nz](http://www.houseoffundraising.co.nz) for some advice and links on fundraising for your club

**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](http://www.cmsport.co.nz)
- Yellow Pages [www.yellow.co.nz](http://www.yellow.co.nz)
- [www.finda.co.nz](http://www.finda.co.nz)
- [www.playday.org.nz](http://www.playday.org.nz)
- [www.manukaudistrict.co.nz](http://www.manukaudistrict.co.nz)
- [www.azdirect.co.nz](http://www.azdirect.co.nz) (Franklin only) Waiuku and Pukekohe, Papakura clubs

**LEARN HOW TO BUILD YOUR CLUB’S MEMBERSHIP**

Many clubs would like to increase their membership and may have tried different ways to do so. The first Club Works seminar for 2010 will be Building Your Club’s Membership on Tuesday 9<sup>th</sup> February at Karaka Sports Complex. The workshop focuses on two main ways to build your membership – by building strong links with your local school(s) and by promoting and marketing your club. For more details, [CMS website calendar here](#)

**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](http://www.trademe.co.nz)
- **Manurewa recently launched local Sports Awards so make sure you watch out for nominations opening –** [read more here](#)



**Congratulations to 12/u Incentive Programme swimmers  
Update 31<sup>st</sup> DEC 2009**

**BRONZE LEVEL-**

**WKU BRONZE-** Taylor Morgan (11)

**PPK BRONZE-** Zara Collings (9), Apirana Eyles (11), Bradley Hartshorne (11) Mikayla Harvey (11), Kiana Lang (10), Tiare Lang (11), Laura McRae (12), Ellie Raynes (10)

**MRE BRONZE-** Deighly Pare (11), Wai Renata (12) Taiawa Kotlowski (11) Nicole Koia (12)

**PPT BRONZE** –Tevyn Anitelea (9) Anissa Arudas (11), Giovanni Fatialofa (12), Michael Herewini (12) Anica Holo (11), Kieran Lidgard (9) Casey Mager (10), Tavai Mason-Wells, (10) Jordan Skeet (11), Rodney Walker (11), Charlie Wright (9) Harriet Wright (11) Dominic Rankin-Chitar (11) Tepeamouroa Wilson (12)

**PUK BRONZE-** Kirsty Acton (11), Campbell Crawford (9), Jessica Emslie (12), Christopher Ewart (10) (12), Alesha Guard (11), Timothy Hamblin (12) Hannah Hekelaar (11) Zoe Hekelaar (11) Harvey Humber (9) Jemma Norman (9) Alice Paterson (8), Thomas Robinson (11), Olivia Waller (10), Sarah Walsh (10), Caitlin Withers (11) Esperance Withers (9) Hamish Nicholls (8) Jemma Norman (9)

**HPK BRONZE-** Samuel Attard (12) Tayla Brown (11) Tabitha Caldwell (8) Grace Chang (7), Cameron Church (8) Mikayla Dance (9) Meg Dempsey (11), Patrick Domett (12) Lucy Dunlop (12) Samantha Edwards-Ingle (12) Holly Faletanoai (10), Kelly Forrest (12) Matthew Graham (10) Scott Hillman (12) Tessa Hill (11), Holley Hogan (12) Lucy Jennings (11) Matt Jennings (10) Danielle Lather (10), Jonathan Lee (11) Sommer Spence (11) Anna Sewell (12) Ainsley Thorpe (12), Quianna Thomson (11) AJ Type (11), Alicia Upfold (11) Demi Viljoen (11) Isabelle Wang (11) Stephanie Yiu (10), Hannah Young (12)

**MAN BRONZE-** Te Ataiti Adams (11) Karl Aschebrock, (12) Sarah Chapman (8), Brooke Hulbert (11) Joshua Killian (9) Lavana Knight (12) Brooke Varney (9), Courtney Varney (12) Taalia Joosten (9) Porourangi Tangaere (11) Wairahi Thomson (10)

**SILVER LEVEL-**

**HPK SILVER-** Ryan Church (9) Rebecca Cooper (12) Caitlin Daley (12) Nicholas Hancock (11) Jared Hartshorn (11) Joshua Scally (12), Carl Shroff (12) Dylan McCullough (9)

**PPK SILVER-** Ellen Watson (9) Kirsten Fisher- Masters (12)

**PPT SILVER-** Robert-Alan Fatialofa (9) Brooke Urquhart (12), Joshua McGreevy (9)

**PUK SILVER-** Grace Poole (12) Rebecca Cheyne (9), Campbell Lambert (9) Kaitlin Petherick (11), Leonie Humber (11), Bailee-Jayne Waller (12)

**MAN SILVER-** Erikka-Lee Foketi (9)

**MRE SILVER-** Jemuel Nimmo (11)

**GOLD LEVEL-**

**HPK GOLD** - Hayden Church, (12), Leah Eagleton (12), Matthew Heim (11) Katie Hohaia (10) Maria Kim (11) Harriet Lloyd (12), Bailey Main (12) Paras Nain (12), Joshua Retter (10), Annielle Ryland-Higgins (12) Paige Schendelaar-Kemp (11) Josh Spence (10), Taylor Stevens (11) Leo Zhu (12) Karl Zhu (10) Kurtis Payne (10), Tom Webster (11) Phoebe Caldwell, (10) ), Samantha Forrest (10) Thomas) Hughson (9) Callum Laroche (12), Kimberly Pfister (10) Otto Thiry (12)

**MAN GOLD-** Shilo Wright (12)

**PPT GOLD-** Chelsea Samuel (11) Olivia Solia, (12) Caleb Manukuo (12), Robbie Screen (10) Isaac Screen (12) Mikayla M McNabb, (12)

**PUK GOLD-** Louise Ruiterman (12) Courtney Walsh (12), Trey Withers (12) Abi Chapman (12), Maddison Farrell (12), Mackenzie Lambert (11) Phoebe Kempton (12), Brandon Nicholls (11)) Jordan Hope (11) Ishaan Singhal (12)

**PPK GOLD-** Joseph Watson (12) Casey Rei-Tukimaka (11)

**12/U PLATINUM LEVEL-Above Div11**

Phoebe Kempton, Louise Ruiterman, Courtney Walsh -PUK

Harriet Lloyd, Paras Nain, Katie Hohaia HPK

Olivia Solia, PPT

Shilo Wright MAN

**12/U ELITE LEVEL- NAGS**

Bayley Main, Paige Schendelaar-Kemp, Hayden Church, Leah Eagleton-HPK

Trey Withers- PUK

**Swimming Counties Records Broken Dec-Jan**



NAME	CLUB	GENDER	AGE	COURSE	DISTANCE	STROKE	TIME	MEET	DATE
Paige Schendelaar-Kemp	HPK	F	11	L	400	IM	5.40.00	AK Junior Champs	21.11.2009
Paige Schendelaar-Kemp	HPK	F	11	L	100	FLY	1.10.20	AK Junior Champs	21.11.2009
Paige Schendelaar-Kemp	HPK	F	11	L	200	FLY	2.44.86	AK Junior Champs	21.11.2009
Paige Schendelaar-Kemp	HPK	F	11	L	200	Free	2.17.43	Victoria Jnr Champs	19/12/2009
Paige Schendelaar-Kemp	HPK	F	11	L	100	FLY	1.09.96	Victoria Jnr Champs	19/12/2009
Paige Schendelaar-Kemp	HPK	F	11	L	200	FLY	2.41.48	Victoria Jnr Champs	19/12/2009

**Carnival-Officials Sponsors-  
Paul and Barbara Linton have once again donated Vouchers**

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**Thank you to Barbara and Paul Linton who have given us Vouchers again this season**

**Congratulations-To Geoff Sibun who won the Voucher at Anniversary Carnival.**

**Officials News & Qualifications**



**Dave Beattie**

- October - 2 x technical seminars for Waikato. November - Special Olympics Relays Meet - starter and JOS, Waikato Long Distance - IOT, Waikato technical seminar, December - Waikato Open Water - Chief Judge

## Flyers and Info [www.countlesswimming.org.nz](http://www.countlesswimming.org.nz)

### • January 2010-“HAPPY NEW YEAR”

- 10<sup>th</sup> –Incentive Silver /Bronze Camp –Papatoetoe 50 m Pool
- 16<sup>th</sup>-17<sup>th</sup> –SNZ Open Water Champs
- 22<sup>nd</sup>-24<sup>th</sup> –Counties Age Group Champs -Theme “Luau” Hawaii Party
- FEB
- 1<sup>st</sup> Auckland Anniversary
- 2<sup>nd</sup> School Starts.
- 6<sup>th</sup> Kiwanis Open Water Swim –Lake Rotoma -Waitangi Day
- 7<sup>th</sup> –Counties Age Group Sprints & Relays
- 15<sup>th</sup> –Executive Meeting
- 20<sup>th</sup>-21<sup>st</sup> –NZ Junior Champs-Hamilton.
- 27<sup>th</sup> Sovereign Ocean Swim –Corsair Classic
- 28<sup>th</sup> –Manurewa Carnival-Mountfort Park Pool
- MARCH
- 2<sup>nd</sup>-6<sup>th</sup> –NZ Age Groups –Christchurch
- 15<sup>th</sup> –Executive Meeting
- 17<sup>th</sup>-20<sup>th</sup> –Division 11 Competition-Wellington
- 27<sup>th</sup> Sovereign Ocean Swim-Sand to Surf
- APRIL
- 1<sup>st</sup> School Holidays Start
- 2<sup>nd</sup> Good Friday,5<sup>th</sup> Easter Monday
- 5<sup>th</sup> -10<sup>th</sup> –SNZ Opens-Auckland
- 17<sup>th</sup> Sovereign Ocean Swim-King of the Bays
- 18<sup>th</sup> School Holidays End
- 19<sup>th</sup> –Executive Meeting
- 25<sup>th</sup> Anzac Day Holiday
- MAY
- 17<sup>th</sup> May-Executive Meeting
- 30<sup>th</sup> St George Carnival-Venue Manurewa Pool 2.00pm-3.30pm
- 30<sup>th</sup> –Prize giving Weymouth Cosmopolitan Club –4.00pm
- JUNE-
- 7<sup>th</sup> Queens Birthday Holiday
- 21<sup>st</sup> June-Executive Meeting
- JULY
- 5<sup>th</sup> – School Holidays Start
- 16<sup>th</sup> School Holidays End
- 16<sup>th</sup> SCM AGM –Friendship House Manukau City 7.00pm
- 24<sup>th</sup> Manurewa Winter Carnival
- AUG –
- 7<sup>th</sup> Pukekohe Winter Carnival
- 16<sup>th</sup> –Executive Meeting
- 21<sup>st</sup>-22<sup>nd</sup> Auckland Winters
- SEPT-
- 12<sup>th</sup> Papatoetoe Carnival
- 20<sup>th</sup> –Executive Meeting
- 27<sup>th</sup>-School Holidays start
- 26<sup>th</sup>-30<sup>th</sup> –NZ Spring Meet
- OCT-
- 3<sup>rd</sup>-14<sup>th</sup> Commonwealth Games-New Delhi
- 11<sup>th</sup> –School Holidays end
- 16<sup>th</sup>- CO Junior Meet-12.00pm–4.00 pm-Manurewa Pool
- 17<sup>th</sup> –CO Junior Meet -12.00pm–4.00 pm-Manurewa Pool
- 18<sup>th</sup> –Executive Meeting
- 22<sup>nd</sup>-25<sup>th</sup> –CNI Champs -Rotorua
- 25<sup>th</sup> Labour Day Holiday

If anyone wants anything added, please let me know Next Swimming News –February