

**WELCOME TO SWIMMING COUNTIES
MANUKAU**

**FEBRUARY 2010
SWIMMING**

News

NZ OPEN WATER RESULTS

**Cara Baker won both the 5 and 10k
Open Women events**

**Stefan Talbot won both the 5 & 10K 16-17yo Male
events (finishing 6th Male overall)**



Congratulations!



2009 XLR8 Swim Faster Awards

10&u -Paige Schendelaar-Kemp-Howick Pakuranga

11yrs -Olivia Solia -Papatoetoe

Hayden Church -Howick Pakuranga

14yrs-Corey Main Howick Pakuranga



Good luck!

Australian Age Group Open Water Champs-

Nagambie Lake

Victoria, Australia

Stefan Talbot, Cara Baker, Laura Baker

19th-21st Feb 2010

"Paige Schendelaar-Kemp"

Paige has been asked to be part of a program that will air in March called Push Play. Its headed by the same production company that made Small Blacks TV and will feature on TV3 on a Sunday morning in March..... it's about young athletes in Sport.

**Will keep you updated so you don't miss the show
Great to see a Swimming Counties Manukau Swimmer
Selected.**



**More pork Riverside
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NEW ZEALAND JUNIOR CHAMPIONSHIPS

20th –21st FEBRUARY 2010

Phoebe Caldwell (10)	HPK	Casey Rei-Tukimaka (11)	PPK
Abi Chapman (12)	PUK	Joshua Retter (10)	HPK
Hayden Church (12)	HPK	Louise Ruiterman (12)	PUK
Caitlin Daley (12)	HPK	Annielle Ryland -Higgins (12)	PPK
Leah Eagleton (12)	HPK	Chelsea Samuel (11)	PPT
Maddison Farrell (12)	PUK	Joshua Scally (12)	HPK
Matthew Graham (10)	HPK	Paige Schendelaar-Kemp (11)	HPK
Jared Hartshorn(11)	HPK	Isaac Screen (12)	PPT
Matthew Heim (11)	HPK	Robbie Screen (10)	PPT
Katie Hohaia (10)	HPK	Ishaan Singhal (12)	PUK
Jordan Hope (11)	PUK	Olivia Solia (12)	PPT
Thomas Hughson (9)	HPK	Josh Spence (10)	HPK
Phoebe Kempton (12)	PUK	Taylor Stevens (11)	HPK
Mackenzie Lambert (11)	PUK	Otto Thiry (12)	HPK
Callum Laroche (12)	HPK	Courtney Walsh (12)	PUK
Harriet Lloyd (12)	HPK	Joseph Watson (12)	PPK
Bayley Main (12)	HPK	Ellen Watson (9)	PPK
Caleb Manukuo (12)	PPT	Tom Webster (11)	HPK
Mikayla McNabb (12)	PPT	Trey Withers (12)	PUK
Paras Nain (12)	HPK	Shilo Wright (12)	MAN
Brandon Nicholls (11)	PUK	Leo Zhu (12)	HPK
Kurtis Payne (10)	HPK	Karl Zhu (10)	HPK
Kimberly Pfister (10)	HPK		



To the Swimming Counties Manukau NZ Junior Team 2010
Full list of Swimmers and Clubs above

45 Swimmers from 5 clubs will take on the Top NZ Junior swimmers in New Zealand
On the 21st-22nd February 2010.

Nationally -613 Swimmers entered with 2694 Entries and
81 Regional Relay Teams competing for National Titles.



To Mei Hohaia -SCM Team Manager
Geoff Sibun-Assistant Team Manager & Photographer

Swimming Counties Manukau wishes all the swimmers all the best with their swimming
And want to thank all our great Officials, Coaches and Team Managers that will also be representing their clubs
and the region at NZ Juniors Championship's.

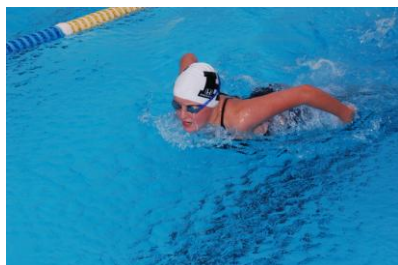
**"COUNTIES SPRINTS & RELAYS
7th February 2010**



**15 Teams, 26 Race Records
325 Athletes
7 Race Records
130 Relays entries
1050 Sprints entries
436 P.B's 37%**



								Race Records Sprints & Relays
NAME	CLUB	GENDER	AGE	COURSE	DISTANCE	STROKE	TIME	MEET
Grace Marriner-Duncan	Laser	F	15&O	L	50	Back	32.60.	Sprints & Relays
Grace Marriner-Duncan	Laser	F	15&O	L	50	Fly	29.66	Sprints & Relays
Katie Hohaia	HPK	F	10 yrs	L	50	Breast	41.16	Sprints & Relays
Hiroshi Ochiai	PUK	M	15&O	L	50	Fly	27.93	Sprints & Relays
Valerie Kau,Dannielle Brown	HPK	F	12 &13	L	200	IM	2.15.54	Sprints & Relays
Kimberly Richter,Sally Yates								
Bayley Main, Lee Ning-Yap	HPK	M	12&13	L	200	IM	2.11.35	Sprints & Relays
Matthew Duncan,Trent Thorpe								
Herman Ang,Sean Oosthuysen	HPK	M	16 &O	L	200	Free	1.47.54	Sprints & Relays
Andrei Rodina,Carsten Corazza								



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



Papakura- Raymond Komene

Pukekohe- Anne Boulton
Heidi Farrell, Vicki Nicholls,

Mangere- Tracy Nicholls

Howick Pakuranga- Lilian Corazza, Penny
Lin, Juliet Lloyd, Lynda Southcombe, John
Wright

Waiuku- Kelly Swann, Marta vanderveen

**Congratulations to Jane & Terry Logan
Who will be celebrating their 40th Wedding
Anniversary in March**



"Two photos from the past does anyone recognise anyone in either of the photos "

Scan and send me any old photos of swimmers, officials, and coach's good fun to see if anyone can recognise them.

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

Long Distance etc-<http://www.surveymonkey.com/s/6LWH2RH>

"Counties Manukau Achievers NEWS"



"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 and I can acknowledge in the newsletters.

"Lake Swim"

Pukekohe took a small team of seven, to do the 6km swim on the 6th February at Lake Rotoma David Mountfort and Tristan Cheyne battled it out to take 3rd and 4th place overall., with only seconds between them. They both did a 1 hour 19 mines. That was an 11 min Pb for Tristan who did the swim last year.

Jacob Sutcliffe came in 6th overall with a 1.28.40

Campbell McLean 7th overall with 1.29.15

Ashley Des Landes 9th with 1.30.10

Liana Smith 3rd Girl home with a 1.30.52

Kirsty Des Landes swam the 3km race and recorded a time of 49.40

Rebecca (3rd Girl) and Bradley (1st boy – no wetsuit) swam the 400m

It was a fantastic day and the weather was incredible

Managed to get some wakeboarding in after!!

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**
- **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
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.manukaudistrict.co.nz
- 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 9th 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](#)

FUNDING YOUR SPORTS CLUB

The second workshop for February, to be held at Manukau Room (Manukau City Council Civic Centre, Manukau), will be held on **Wednesday 24th February (6.15 – 8.30pm)** and look at **FUNDING YOUR SPORTS CLUB**. How to fund your club is an ongoing issue that all sports clubs must consider. This workshop will cover a variety of income generation avenues that clubs could utilise, providing examples, case studies and advice on how to successfully generate income.

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

Manurewa recently launched local Sports Awards so make sure you watch out for nominations opening – [read more here](#)

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



**Congratulations to 12/u Incentive Programme swimmers
Final 2009-2010 Season**

BRONZE LEVEL-

WKU BRONZE- Taylor Morgan (11) Hayley Jones (12)

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

MRE BRONZE- Akayla Bramley (11), Nicole Koia (12) Deighly Pare (11), Wai Renata (12)
Sophina Vilisoni-Heather (11) Kura Kotlowski (12) James Walmsley (10)

PPT BRONZE -Tevyn Anitelea (9) Anissa Arudas (11), Giovanni Fatialofa (12), Michael Herewini (12) Anica Holo (11), Casey Mager (10), Tavai Mason-Wells, (10) Jordan Skeet (11), Rodney Walker (11),
Charlie Wright (9) Dominic Rankin-Chitar (11) Tepeamouroa Wilson (12) Rebecca Mabey (10) Jessica Rogers (9)
Harriet Wright (11) Sophie McCallum-Jones (10) Benjamin Wharton-Benedict (11) Georgia Wharton-Benedict (12)

PUK BRONZE- Kirsty Acton (11), Campbell Crawford (9), Jessica Emslie (12), (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) Bella Perham (9)

HPK BRONZE- Tayla Brown (11) Grace Chang (7),

Mikayla Dance (9) Meg Dempsey (11), Patrick Domett (12) Lucy Dunlop (12) Samantha Edwards-Ingle (12) Holly Faletanoai (10), Kelly Forrest (12) Jordana Grant (9) Scott Hillman (12) Tessa Hill (11), Holley Hogan (12) Lucy Jennings (11) Matt Jennings (10) Jared Johnston (12) Danielle Lather (10), Jonathan Lee (11) Sommer Spence (11) Anna Sewell (12) Caroline Thompson (12) Ainsley Thorpe (12), Quianna Thomson (11) AJ Type (11), Alicia Upfold (11) Demi Viljoen (11) Isabelle Wang (11) Stephanie Yiu (10) Courtney Roose (10) Alexander Browne (12)

Jake Edwards-Ingle (9) Rebecca Haywood (12) Krishanden Nain (10) Georgia Wang (8)

MAN BRONZE- Te Ataiti Adams (11) Sarah Chapman (8), Taalia Joosten (9) Porourangi Tangaere (11) Wairahi Thomson (10) Courtney Varney (12) Campbell Hulbert (7), Annabelle Ryan (10) Kanupriya Lalia (10)

SILVER LEVEL-

HPK SILVER- Samuel Attard (12) Ryan Church (9) Rebecca Cooper (12) Nicholas Hancock (11) Carl Shroff (12) Dylan McCullough (9), Cameron Church (8) Hannah Young (12) Tabitha Caldwell (8) Adrian Chong (9) Owen Li (9)
Yiwei Qi (9) Lucy Shen (10)

PPK SILVER- Kirsten Fisher- Masters (12)

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

PUK SILVER- Grace Poole (12) Rebecca Cheyne (9), Campbell Lambert (9) Kaitlin Petherick (11), Leonie Humber (11), Bailee-Jayne Waller (12), Christopher Ewart (10) Dylan Petherick (9)

MAN SILVER- Erikka-Lee Foketi (9) Brooke Varney (9) Brooke Hulbert (11) Joshua Killian (9)

MRE SILVER- Jemuel Nimmo (11) Taiawa Kotlowski (10)

GOLD LEVEL-

HPK GOLD -) Phoebe Caldwell, (10) Hayden Church, (12), Caitlin Daley (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), Joshua Scally (12), Paige Schendelaar-Kemp (11) Josh Spence (10), Taylor Stevens (11) Leo Zhu (12) Karl Zhu (10) Kurtis Payne (10), Tom Webster (11), Samantha Forrest (10) Thomas Hughson (9) Callum Laroche (12), Kimberly Pfister (10) Otto Thiry (12) Jared Hartshorn (11) Matthew Graham (10)

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) Annielle Ryland-Higgins (12) Ellen Watson (9)

12/U PLATINUM LEVEL-Above Div11

Phoebe Kempton, Louise Ruiterman, Courtney Walsh -PUK

Harriet Lloyd, Paras Nain, Katie Hohaia, Leo Zhu HPK

Olivia Solia, PPT

Shilo Wright MAN

Annielle Ryland-Higgins PPK

12/U ELITE LEVEL- NAGS

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

Trey Withers- PUK

Swimming Counties Records Broken Jan/Feb



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
Dylan McCullough	HPK	M	8/U	L	200	Breast	3.54.09	Co Champs	24.01.2010

Carnival-Officials Sponsors-
Paul and Barbara Linton have once again donated Vouchers
Morepork Riverside Lodge
You're friendly B&B -Home stay in the Bay of Islands
www.moreporklodge.co.nz **email** enquiries@moreporklodge.co.nz



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

Congratulations-To Minoo Ghadiali who won the Voucher at Counties Champs

Officials News & Qualifications



National & International Appointments

Dave Beattie
NZ Open Water Champs -16th -17th January –Turn Judge & Referee
NZ Juniors-20th -21st –Meet Director
NZ Opens-5th-9th April-Referee
8th Oceania Champs-21st-26th June –Samoa
Judge of Stroke
8th Oceania Open Water Champs-21st-26th June –Samoa
Official

Minoo Ghadiali-
NZ Juniors-20th -21st-Judge of Stroke
NZ Opens-5th -9th April-IOT

Jeannie Sibun-
NZ Juniors 20th-21st-Chief Timekeeper
NZ Div 11-17th-20th March-IOT

Barbara Linton-
NZ juniors 20th-21st – Referee
NZ Opens5th -9th April-IOT
8th Oceania Champs-21st-26th June –Samoa
IOT

NZ Juniors 20th-21st

Grant Ryland-Higgins IOT
Petra Schendelaar-Kemp IOT
Merwan Ghadiali-IOT

National Exam passes-SNZ National Qualifications -4

Merwan Ghadiali -Manurewa -SNZ National- I.O.T & Starter
Keith Melvin-Manurewa-SNZ National-IOT & Starter

SCM Regional Qualifications - 7

Sandra Sutcliffe-Pukekohe-Referee
Derek Mills -Papatoetoe –Starter, Jeremy Smith-Pukekohe-Starter, Sandra Sutcliffe-Pukekohe-Starter
James Ruiterman-Pukekohe-Recorder
Wendy Mills-Papatoetoe -I.O.T, Paul Nimmo-Mangere-I.O.T, Anna Wright-Manurewa-I.O.T
Nellie Duthie-Pukekohe-I.O.T, James Ruiterman-Pukekohe-I.O.T, Jonathan Hartnett-Mangere-I.O.T
Allan Kotlowski-Mangere-T.K,Fiti Laulu-Mangere-T.K,Grace Nimmo-Mangere T.K,Paul Nimmo- Mangere
T.K,Jonathan Hartnett-Mangere T.K,Helena Hedley-Waiuku T.K,Mandy Ritchie-Waiuku T.K,Tina North-Waiuku
T.K,Sean Dunn Waiuku T.K, Terry Mabey-Papatoetoe T.K,Teresea McNabb-Papatoetoe T.K
Cindy Chappel Papatoetoe T.K, Maninder Kaur Papatoetoe T.K, Julie Wharton Papatoetoe T.K
Karlene Morgan Papatoetoe T.K, Sharon Robinson Pukekohe T.K

Flyers and Info www.countlesswimming.org.nz

FEB

- **20th-21st –NZ Junior Champs-Hamilton.**
- **27th Sovereign Ocean Swim –Corsair Classic**
- **28th –Manurewa Carnival-Mountfort Park Pool**
- **Division11- Counties Closing date-28th Feb 2010**
- **MARCH**
- **2nd-6th –NZ Age Groups –Christchurch**
- **11th-14th –Auckland Opens**
- **15th –Executive Meeting**
- **17th-20th –Division 11 Competition-Wellington**
- **NZ Opens-Counties Closing date-20th March 2010**
- **27th Sovereign Ocean Swim-Sand to Surf**
- **APRIL**
- **1st School Holidays Start**
- **2nd Good Friday**
- **5th Easter Monday**
- **5th -10th –SNZ Opens-Auckland**
- **17th Sovereign Ocean Swim-King of the Bays**
- **18th School Holidays End**
- **19th –Executive Meeting**
- **25th Anzac Day Holiday**
- **MAY**
- **17th May-Executive Meeting**
- **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 7.00-9.00pm**
- **7th Queens Birthday Holiday**
- **19th Dolphin League #1-Manurewa Pool 6.30-9.00pm**
- **21st June-Executive Meeting**
- **JULY**
- **5th – School Holidays Start**
- **10th July- Counties League #2-Manurewa 6.30-9.00pm**
- **16th School Holidays End**
- **16th SCM AGM –Friendship House Manukau City 7.00pm**
- **16th-17th –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 7.00-9.00pm**
- **16th -Executive Meeting**
- **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**
- **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**
- **15th –Executive Meeting**



- **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**

Other Regions meets# National Meets # SCM Dolphin League (Draft)
Meetings # Counties # School Holidays # SCM Counties League (Draft)