



Roskill Swim News

WWW.SWIMROSKILL.CO.NZ

ISSUE 2 2015

INSIDE THIS ISSUE:

- ASL 2
- Coaches 2
- Reports
- Puketapapa 3
- Committee 4
- News
- Club 5
- Contacts

Bethells Camp by Bridget Sills and Jessica Hefford

Our recent camp at Bethells Beach Surf Clubhouse over the October holidays was an unforgettable team experience. The toughest, most challenging activity that we faced as a team was carrying the two IRB's for 45 minutes to a "near by" lake (Lake Wainamu). Through the rain we trudged on (despite our fair share of meltdowns) however once we arrived at the lake the tables had turned because the lake activities, although proving to be difficult, were so much fun. The activities ranged



from boat tug-o-war to side by side boat racing, to jumping off the jetty for those that were brave enough. As well as doing activities that pushed our boundaries physically we also broke friendship boundaries and became closer as a team. Sculling 4 litres of milk as a team definitely brings you closer but tug-o-war at 6am on the beach going across the estuary tends to pull you apart! Our swimming knowledge was stretched to its limits during Josh and Zane's

well prepared quiz night. We ended our last night with one of the highlights from camp with our hilarious team skits ... another team chose our theme making things very interesting.

Overall the camp brought us closer as a team in a new environment that tested our capabilities as runners but we enjoyed every moment of it and would do it again in a heartbeat.

Upcoming Events

- ASA Junior Invitational** 27-29 November
- Club Picnic** 5 December
- Club Night** 10 December
- Ocean Swim—Harbour Crossing** 12 December
- ASA Age Group Championship** 18-20 December
- Summer Camp** 3-8 January
- NZ Open Water Swim** 9-13 January
- Anthony Mosse Classic** 22-24 January *entries close 13th December

Proudly Supported by Sam & Angela Maharaj, McDonald's, Royal Oak, St Lukes, Church St, & Onehunga

ASL 2015—Roskill Rebels

26th September was the final competition of the ASL 2015. An awesome five meets from the team who all got together for the first time on the 8th August. They got off to a rocky start finishing second to last on the first day, but from there improved over the season to win in the second division and move back up to the top division for the final. The final saw them finish third overall (out of 15 teams).

Well done team!

Roskill and Central City will be co-hosting the ASL Junior League again next year. Dates are still to be finalised, but will possibly start at the end of February. ASL is for swimmers 12 years and under - this is a great introduction to racing and a fun team event.

Swimmers do not need to be registered members of the club. More details to come so watch this space.



The distance between dreams and reality is called action

HAVE YOU SEEN OUR CLUB BLOG?

Check our club website for reports and updates during events and meets.

Coaches Report—Josh

Congratulations to the Roskill Rebels who ended their season with a 3rd place in the ASL league which is awesome! We had a young team with most of the swimmers racing competitively for the first time ever. Awesome job team and a huge thank you to those senior swimmers who helped out.

We started the new season off with a camp at Bethells where we had a great turn out. We had a lot of hard team building activities which you can see on our website photo page. We also worked through our new season goals with the swimmers. Our first Club Night in almost two years was a fun night for all, thanks

Kim for planning it. We had a great number of swimmers attend from all squads, thanks to all the parents who helped out on the night.

We now have exams coming to an end and school starting to wind up, so this is a great time to get back into full training and get ready for the Auckland Championships coming up.

We have the Auckland Juniors starting on the 27th November. We have a team of 9 swimmers attending this event and for a lot of them it is their first competition at this level. We wish them the best of luck.

Our Gold and Silver squads are having a go at some Open Water

swimming with a practice swim on the 1st December and then the Auckland Harbour Crossing on the 12th December. A week later we have a team competing at the Auckland Age Groups on the 18th December.

Don't forget we have our club family afternoon on the 5th December, please RSVP asap. This will be a great way to finish the year off before Christmas.

In the New Year we have camp starting on the 3rd January. We will get the holiday training timetable out to you all shortly.

Lots of exciting events and competitions coming up.... make sure you don't miss out and keep up the good work.

Coaches Report—Zane

Our last camp at Te Henga (Bethells) saw a number of juniors in attendance. These kinds of camps are good for establishing friendships, nutritional education and physical conditioning. Goal setting is a large aspect of this too and goal sheets have been given to the children who have attended. If your child has not yet participated in goal setting, they will be followed up shortly.

Attendance has been strong this term in the Bronze Squad and a number of swimmers are beginning their transition into the Silver Squad. There is also a new squad (Development Squad), that has been added in order to transition swimmers from swim schools into the Bronze Squad. We are seeing some strong growth in this squad and I hope to see some more.

Roskill has recently brought back Club Night which is an official swim meet run during training times. We are lucky as a club to be able to get times officially signed off and recognised by the Auckland Swimming Association. I would like to encourage juniors especially to attend as this provides opportunities to practise racing and to qualify for Level 2 and Auckland meets etc.

Our last club night saw a number of our swimmers qualifying for Level 2. Congratulations to Savannah Moore, Sean Jarvis & Carwin on this achievement. The last level 2 of the season saw a number of New Zealand Juniors & Auckland Juniors qualifying times met. A very good effort on this you guys. And finally the last level 3 of the season also saw another two Level 2 qualifications. Congratulations to Tukala Logan and Nicole Muir!

We have Auckland Juniors coming up in a few weeks so good luck to the athletes who have qualified!

“Continuous effort - not strength or intelligence - is the key to unlocking our potential.”

– Liane Cardes



Level 3—21 Nov 2015

Puketapapa Sports Expo-Sunday 27



Josh, De-Anne, Sandra and a group of swimmers attended this community event to promote the club to the wider community. We gave out club flyers and were able to speak to prospective club members to encourage them to come along to a free trial in the school holidays.

Committee News

Club Night

10 December

Our last club night was a great success. We are planning our next fun club night for Thursday 10th December and all swimmers are invited to come along for more fun racing. We hope to see you all there.

Meet Tenders 2016

Each year clubs are invited to tender for running our Auckland swim meets. This is a great opportunity for clubs to contribute to the sport and also earn funds for their club. There is strict criteria that needs to be met including the need to have the required number of qualified officials available to run the meet. This ensures the meet results can be ratified by Swimming New Zealand and swimmers times officially recognized. Roskill has been successful in securing the following meets for next year:

Level 2—12 March 2016

Level 3—7 May 2016

Level 1—11 June 2016,

Level 3—16 October 2016

We will need all hands on deck to help with these meets to ensure they are a success.

Auckland Council / Roskill Swimming Club Memorandum of Understanding (MoU)

About 5 years ago the Club Committee began a dialogue with Auckland Council with a view to setting up a 'Memorandum of Understanding' (MoU). I am happy to report that after much "to-ing and fro-ing" we now have a signed agreement in place. The MoU is about acknowledging and protecting the Roskill Swimming Club's longstanding association with Cameron Pools and endeavours to set out our "existing use rights" now and into the future. This MoU means that were another Swimming Club or a new Facility Manager to try and contest our access to Cameron lane space and resources, then our interests are now protected under the terms of this MoU. The agreement sets out our existing user rights with respect to things like the hosting of swim meets; the priority booking of lane space; maintaining our notice boards and signage; use of the upstairs rooms, use of the downstairs gear room, and protection of our Council subsidised rates of hire.

Pool Closure

You may have heard that the Cameron Pools facility requires extensive repairs to be completed on the roof of the main pool. Our latest advice is that Council have these works scheduled to commence on the 11th **January 2016** with an expected completion date of the 7th **April 2016**. This will mean that the main pool, spa, sauna and steam rooms will be closed for the duration. In addition to the roof works there will also be changes to the changing rooms, access points and the layout of the centre. The fitness facilities and Nan's learning pool are unaffected and will remain open throughout Term 1.

The Club Committee is currently working with Council to lock in alternative pool space to meet our training needs for this period. These alternative arrangements extend to all competitive and non-competitive (multisport) squads. We will confirm exactly what is happening nearer the time but the most likely scenario is that we will split our time between the pool at Avondale Intermediate School and a more local facility, most likely the Onehunga War Memorial Pools. The previously published timetabling for the Club's Papakura and Taupo summer swim camps are not affected by any of this and will continue as planned.

It's time to have some fun away from the pool.

Roskill Swim Club Family Afternoon in the Park

Saturday 5th December 2015, 2pm

Cornwall Park, Pohutukawa Drive (off Greenlane Rd)

What to bring:

Your Family

Food to share

Picnic rugs or chairs

Club will provide sausages and drinks



Please RSVP with numbers by **Wed 2nd Dec**
Email Kim on handicapper@swimroskill.co.nz
or text 027 6439454

Let's play some cricket, soccer, have some running races ... a good old-fashioned afternoon of fun in the sun with your friends and families.



Sponsored by
Sam and Angela Maharaj



**Roskill Amateur Swimming
and Life Saving Club (Inc)**

www.swimroskill.co.nz

Club Contacts:

info@swimroskill.co.nz

president@swimroskill.co.nz

secretary@swimroskill.co.nz

treasurer@swimroskill.co.nz

handicapper@swimroskill.co.nz

Committee Members:

Mike Oberdries—President

De-Anne Sills—Secretary

Danielle Brown—Treasurer

Kim Munro—Swim Meet Entries (Handicapper)

Jacque Martin

Terry Sassman

Shwetha Arun