



## FROM THE PRESIDENT

Hello All Hamilton Aquatics (HA) Members

We hope you and your families are all doing well during the lockdown and keeping healthy and safe.

It has been so humbling to see the generosity from HA families, with donations to the club over this period. We are in tough unknown times and to see the humanity spirit is alive and well is very positive.

I would like to say a huge thanks to the committee members for all the background work they do out of their own time and money for the benefit of us all.

There are some cool quotes out there...that remind us:

*"We fell asleep in one world and woke up in another".*

*"Suddenly Disney is out of magic, Paris is no longer romantic, New York doesn't stand up anymore, the Chinese Wall is no longer a fortress, and Mecca is empty".*

*"Hugs & kisses suddenly become weapons, and not visiting parents & friends becomes an act of love".*

*"Suddenly you realise that power, beauty and money are worthless, and can't get you the oxygen you're fighting for".*

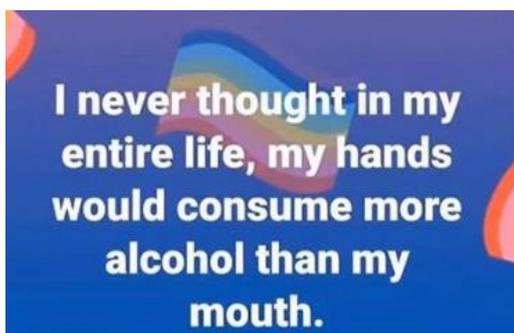
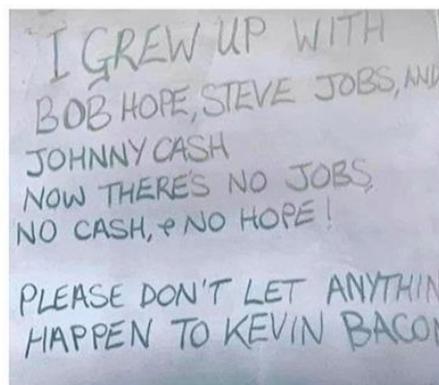
*"The world continues its life and it is beautiful. It only puts humans in cages. I think it's sending us a message:*

*You are not necessary. The air, earth, water and sky without you are fine. When you come back, remember that you are my guests, not my masters"*

Below are some of my favourite images received over the past month. Some funny, some smart, and some certainly thought provoking, but all incredibly creative! It's not about the doom and gloom, on the flip side is how amazing the human spirit is and the ability of people to be so creative in looking at these dark times more lightly.

Stay safe everyone, be kind to others and do your part! We look forward to seeing you all in the water again soon.

Richard Coombes, Club President





## COACHES CORNER

I hope you are all safe and happy within your bubble.

I know that the past four weeks have been frustrating, and I know that personally being stuck at home has well and truly become tedious. It is important at these times to find the silver linings, it has been a great opportunity to spend extra time with loved ones and it is a small sacrifice to make for the health and wellbeing of all New Zealanders. Luckily enough, whilst we can start to see some light at the end of the tunnel, it is important we proceed with common sense as restrictions are loosened.

Continue to work on living a healthy lifestyle. Take some time each day to look after yourself both mentally and physically. We have been trying to operate a couple of dryland sessions a week where the swimmers can come together and train together. This is a great opportunity to work on some weaknesses, this may include flexibility, strength i.e. push ups, shoulder exercises or running. Spending some time on our weaknesses can produce fast improvements and seeing yourself improve can really help to feed motivation going forward. We will be spending significantly more time doing dryland training in the future and swimmers who take advantage of this period will start ahead of the pack once we are able to train again.

Finally, on a positive note I would like to congratulate our junior team who competed at the Zonal Junior Festival held at Rotorua in March. This competition brings the top 12 and under swimmers from around Central New Zealand. The team of 22 swimmers, who were led by Claudia Ashby, performed very well. All swimmers achieved personal bests with a number of swimmers winning medals (ribbons). Our relay teams won a number of titles and a special mention to Kemp Williams who broke the 12 year old male NZ records in the 200 Free and 100 IM respectively.

I look forward to seeing you all again soon, in the meantime please look out for each other and yourselves. remember that although you may not feel like it, exercise is the best way to promote overall health at the moment.

Mat Woofe



## CONGRATULATIONS

Congratulations to Gina McCarthy on winning the NZ Swimming Alumni – Emerging Swimmer of the Year for the Waikato and Aquaknights Zone.

Gina you are thoroughly deserving of this award and we are extremely proud of you. Well done!



## WELCOME

We are proud to announce the latest edition to the Hamilton Aquatics family.

Congratulations to Coach Mat & Charlie on the birth of their new baby boy, born 2 April 2020, weighing in at a healthy 9.5 pounds. Mum, Dad, big brother Liam and baby are all doing well.

We can't wait to meet him after lockdown is over!



***Our mission is to “deliver a community based aquatics club that enables members across Hamilton to connect, have fun and achieve their aquatic goals” and we will create an environment that reflects this.***





## SWIMMER PROFILES

We thought we would take this opportunity to get to know a couple of our swimmers a little bit better. In this newsletter we profile Danyon Hardie from our National Age Group Squad and Jonty Shirreffs from our Junior Development Squad.



**DANYON HARDIE**

- 1. At what age were you when you first started club swimming?**  
I started club swimming at Ace Swimming Club at the age of 7, back in 2008.
- 2. Why did you decide to take up club swimming?**  
I took up club swimming as I really wanted to beat my friend at the school swimming sports, so I decided to join his club and train with him. From there I just stuck to the sport.
- 3. What was the first meet you competed in, and how old were you?**  
My first meet that I competed in was the Waikato Sprint Champs back in early 2009. I had just turned 8 and I raced the 50m freestyle long course in 48 seconds.
- 4. How many sessions a week do you train? Do you do mornings, evenings or both?**  
I currently train 9 times a week in the pool and 3 times a week in the gym over both mornings and evening times.
- 5. What stroke and distance are your favourite?**  
If I had to pick one stroke and distance, it would be the 50m freestyle because it is such a quick and exciting race. But if I could pick another as a close second it would be the 200m individual medley.
- 6. What is the best swimming advice you have been given, and by who?**  
The best swimming advice I have been given was from Emma Swanwick who told me if you push yourself that little bit harder it will not hurt anymore than what it already does so push yourself and see what you can achieve.
- 7. What is the most common thing said to you by your coach?**  
The most common thing said to me by my coach is that I need to focus on the back part of my stroke, keeping the pressure on the water through my entire stroke.
- 8. What do you do to calm your nerves at the beginning of a race?**  
I like to go and catch up with the people before my race and take my mind off the race ahead before focusing on the race just as I hop on the blocks.
- 9. What is your most memorable swimming moment?**  
My most memorable swimming moment to date was being at the frontline and doing the Haka at the Australian State Teams Champs in 2018 with all the other NZ boys.
- 10. What are your aspirations?**  
To one day represent NZ at the Commonwealth Games and then at the Olympics.
- 11. Do you play any other sports, or do any other activities? Is yes, what?**  
No, swimming is a big commitment and paired with other commitments like work/university, it fills up my week.
- 12. What do you enjoy most about swimming?**  
Meeting new people through competitions from around NZ and also around the world. I have made many new friends over the last 12 years of swimming.
- 13. What advice can you give swimmers new to the sport, or to competing?**  
Swimming is a sport where you can make friends for life, be social, enjoy it, work hard and you will have the time of your life.





## JONTY SHIRREFFS

- 1. At what age were you when you first started club swimming?**  
I was 8 years old when I first started, nearly 9.
- 2. Why did you decide to take up club swimming?**  
I knew friends from school that were doing it and they said how good it was.
- 3. What was the first meet you competed in, and how old were you?**  
My first meet was a Bill Grey meet and I would have been 9.
- 4. How many sessions a week do you train? Do you do mornings, evenings or both?**  
I train 4 to 5 sessions per week, mainly in the evenings.
- 5. What stroke and distance are your favourite?**  
Butterfly is my favourite stroke, and I like either the 50m or 100m.
- 6. What is the best swimming advice you have been given, and by who?**  
The best advice I have been given was from Andrew Jeffcote when I was 11. His advice was to train hard while young and to not give swimming away to early.
- 7. What is the most common thing said to you by your coach?**  
Go hard!
- 8. What do you do to calm your nerves at the beginning of a race?**  
Just going through what I'm going to do in the race in my head.
- 9. What is your most memorable swimming moment?**  
My most memorable moment was at the Aqua Knight Zonals and was the boys 4 x 50m freestyle relay race, where we won by 5 seconds.
- 10. What are your aspirations?**  
To hopefully represent New Zealand.
- 11. Do you play any other sports, or do any other activities? Is yes, what?**  
Football and Water Polo.
- 12. What do you enjoy most about swimming?**  
Mixing with all other swimmers from my club and outside my club.
- 13. What advice can you give swimmers new to the sport, or to competing?**  
Just to have fun when training, and when competing its all about doing your best.
- 14. Do you have anything else you would like to share?**  
It's a great family sport, all my family swim and help out the club.





## COACH PROFILES

We have fantastic coaches at Hamilton Aquatics, so we also thought this was a great time to profile them. In this newsletter edition we find out a bit more about our amazing Claudia Ashby.



**CLAUDIA ASHBY**

**1. What is your favourite thing about coaching?**

Over the last couple of years I have really developed a huge passion for coaching. One of my favourite things about it is all the smiles I get to see on pool deck and at competitions after swimmers have achieved something they did not think they could. Whilst my job is to coach and make swimmers the best they can be, at the end of the day it comes down to the hard work they put in so being able to see their hard work pay off through their emotions is something that I have always loved.

**2. Who is the person who inspires you the most and why?**

I am fortunate enough to have lots of inspiring people in my life, but it has always been my mum that inspires me the most. She has given up so many things for myself and my brother over the last 24 years and it is only in the last few years that she has started doing things for herself. She also puts so much effort into whatever she does, and this is something I always aspire to do. She is so kind hearted and loving towards everyone and I hope someday that I will be even the slightest bit like her.

**3. Who is your favourite swimmer and why?**

My favourite swimmer has always been Michael Phelps. I always had the dream of one day going to the Olympics and seeing him create such history and being so successful and hard working is something I always looked up to. I used to get so inspired from every race I would watch and get the goosebumps feeling whenever he would win a medal or break a world record and to this day I still go back and watch some of his races

**4. From your experience as an athlete, what is the one piece of advice you would have for aspiring swimmers?**

My advice to aspiring swimmers is that swimming is a hard sport but if you are willing to put the hard work and effort in you will be able to achieve whatever you set your mind to. I always dreamed of representing New Zealand but never thought I would because there were so many people faster than me when I was younger but over time because of my hard work I slowly started passing these people (it took a few years) and eventually I qualified to represent NZ at the World Junior Open Water Champs. So, if you have the drive and determination to do something in swimming through hard work you will get there!

**5. You are a Waikato University Hillary Scholar. Can you please explain what this is and how it has benefited you?**

The Sir Edmund Hillary Scholarship is a sports and arts scholarship at the University of Waikato that is targeted towards the top performing athletes and arts students to help fund their tertiary education. Alongside funding they also provide a lot of support whilst trying to juggle your sport and studies. We have multiple events throughout the year that help benefit your personal development for the future as well as having regular check ins with our scholarship manager who is always there to help with any issues we have. I was fortunate enough to hold the scholarship for the entirety of my undergraduate degree in which I graduated last December with a Bachelor of Health, Sport and Human Performance and now I have been lucky enough to receive the postgraduate version of the scholarship to continue my study in a Master of Health, Sport and Human Performance. Because of the scholarship I currently have no student loan and have gained some very valuable leadership and development skills that I will be able to carry with me throughout my life. I also had the chance to travel to Nepal in 2019 because of the scholarship and see the work Sir Edmund Hillary did over there which was an amazing opportunity that I learnt many valuable life lessons from.

**6. What would your dream job be?**

My ultimate dream job would be to work for a high performance sporting team as a sports scientist (especially anything to do with physiology) and get to travel with them and help them to be the best athletes they can be. As I retired from swimming I still had the goal of reaching the Olympics in some way so through my job I hope to be able to make it to the Olympics as a sports scientist for a sports team.





## WEBSITE LINKS

There have been a number of great emails and posts on social media over the last month. We thought we would share a couple of these with you as they provide some awesome tips.

- The following is a link to a series of videos featuring Waikato Olympian Helena Gasson. Helena demonstrates some creative ways to improve motor skills at home:

<https://swimming.org.nz/home-advantage.html>

- The following link is a PDF document from Swimming New Zealand about Health and Wellbeing during the lockdown:

[https://swimming.org.nz/visageimages/Managing%20Stress%20.pdf?mc\\_cid=8f23bc9f15&mc\\_eid=a7162334a2](https://swimming.org.nz/visageimages/Managing%20Stress%20.pdf?mc_cid=8f23bc9f15&mc_eid=a7162334a2)

- This is a link to a feature on World Record Holder Adam Peaty's Breaststroke. There is some great information in here for aspiring breaststrokers of all levels:

<https://myswimpro.com/blog/2018/10/17/how-adam-peaty-swims-so-fast/?fbclid=IwAR1tTKdKBMqR6D0sYbVSqYTYfuoY-ovVYACIQBZjyqUlibhaO9nHxv01zA0>

- Lastly, for the parents out there, here is a link to world renowned sports commentator Wayne Goldsmith discussing aspects of parenting young athletes. These videos are full of great advice for supporting your son/daughter to get the most out of their sports. There are also a number of other videos on his channel that will be suitable for the swimmers themselves:

[https://www.youtube.com/playlist?list=PLxw2oKwowHP\\_8dh7Pei-g\\_KGFCXLEE1lq](https://www.youtube.com/playlist?list=PLxw2oKwowHP_8dh7Pei-g_KGFCXLEE1lq)

## FACEBOOK/INSTAGRAM

Make sure you have followed us on Facebook and Instagram. We have been posting a number of articles on Facebook, and some great photos and challenges on Instagram (including things like our swimmers taking part in the 10 day, 25 a day push-up challenge).

Also, send us through (or tag us) anything you have been up to in your bubble. We love seeing what our members are up to.

**VOLUNTEER**



## COMMITTEE MEMBER UPDATE

We are excited to announce that Dave Rushbrooke and Kieran McCarthy have now both joined the Hamilton Aquatics Committee. Both Dave and Kiernan bring with them a great wealth of swimming knowledge and will be awesome additions to our committee.

We are still however looking for a Club Treasurer and Club Recorder. Full training will be provided, but the Treasurer will need to have a basic understanding of accounts, and preferably Xero.

Hamilton Aquatics is a Not-for-Profit volunteer organisation. We rely on our volunteers to operate and need someone to urgently step into these roles. If nobody takes on these roles it will mean that we will need to pay someone, which will impact on our training fees.

Please consider putting your hand up. It is a great way to get involved in your child's swimming and to get to know others in the Club – we're a pretty good bunch!!



## FROM THE TREASURER

A reminder of our normal training fees:

National Age Group	\$150 per month
Waikato Age Group	\$135 per month
Junior Development	\$120 per month
Dolphins	\$85 per month
Seals	\$60 per month
Otters	\$45 per month
Senior Fitness	\$45 per month

**All fees are due on the 1<sup>st</sup> of the month in advance, with the last day for payment to be on the 6<sup>th</sup> of the month. Please ensure they are paid on time so our treasurer does not have to chase you up.**

*Please note, in addition to the above fees there is also a \$70 Annual Membership to pay. This is payable on 1 July each year, or on joining if you join after this date. Every swimmer needs to pay this.*

**Please note: As per above, our fees are our annualised fees, worked out on a calendar year and split into 12 equal payments.**

### Lockdown Fees:

Whilst we are not swimming, we do realise that we cannot charge you the full monthly fees. However, we do need to keep the club running. Our coaches have worked hard to develop land based training programs, and organise Zoom workouts.

We have therefore significantly reduced our fees until pool swimming commences again. Fees are as follows:

- National Age, Waikato Age, Junior Development - \$60 per month.
- Dolphins, Seals, Otters - \$20 per month.

These fees will also help assist us in keeping our coaches employed during this period and will ensure we can run our programs successfully once the pool reopens.

## OUR SPONSORS

We would like to take this opportunity to once again thank our sponsors/grant providers. Without them our club could not operate. We are truly grateful for their ongoing support. Thank you to:

