



SPRING



HA CLUB NEWS



NEWS FROM YOUR COMMITTEE

Kia Ora,

I am very excited to welcome Alison Fitch to the coaching team and trust we'll all make her very welcome. Aly's reputation, experience, easy manner and commitment to swimming will be a huge asset for Hamilton Aquatics.

For the first time we'll be running after school learn to swim and water safety lessons out of both Hillcrest Normal and Hamilton West school pools over two summer terms. Sarah Gutsell is running this programme and has a nice group of new and previous instructors on the team. Thanks also to Charlie Helliwell for coming on board enabling Hamilton Aquatics to pick up a contract with Swim Waikato to run their in schools Swim Safe programme.

I particularly want to acknowledge and thank Maree McNaulty for keeping this club viable through years, championing our community grant funding applications. Maree is transitioning out of this role, but we are in good hands with Deahnn Tinsley picking up these reins.

Roll on a busy season.

Janine Broekhuizen
President

BOOK
YOUR
TEAM
Now

DOES YOUR TEAM HAVE WHAT IT TAKES

TO BE THE SMARTEST?



QUIZ NIGHT

FUN NIGHT OUT
TEAMS UP TO SIX
RAFFLES
SPOT PRIZES
AUCTION

\$15 pp

OCTOBER 26 - 6.00 PM - QUIZ STARTS 6.30PM
THE COOK
7 COOK ST, HAMILTON EAST
TICKETS - ADMIN@HAMILTONAQUATICS.NZ

grassroots
TRUST



THE LION
FOUNDATION
Here for good



As we close another term, its exciting to be looking forward to the summer months ahead where our swimming opportunities really ramp up.

All levels of our program have opportunities for some quality racing over term 4 with junior swimmers targeting the Aquaknight Zonal Competition and our senior athletes tackling challenges such as Waikato Championships, Queensland Championships, HBPB Championships, NSW Open Water as well as a World Championship trial meet in Auckland. These competitions are sure to provide challenges for all our swimmers and its exciting to be able see what we can do against not only the best in New Zealand but also dip our toes into Australian waters.

As the weather heats up we also welcome back Open Water competitions initially with the Banana Boat series followed by the NZ Championships in Taupo during January. These are always a fun way to experience a different side to swimming and perfect for the whole family with a multitude of distances. I encourage everyone to pick one of the competitions below and to make a weekend of it, even parents have the chance to dust off the togs and give it a go. What a way to begin summer in style and get in some fitness work at the same time.

Our swim schools based at Hillcrest Normal School and Hamilton West once again open which allows us to really work hard at the grassroots of swimming where we can teach local school kids to swim and enjoy the water safely. If you have any younger siblings looking for a Learn to Swim program or would like the chance to teach within our schools please reach out to Sarah Gutsell who manages these schools asap, we are always on the lookout for new staff!

Good luck to Sophie Hay, Pippa Mihaka and Olivia Emmett who will represent New Zealand next week at the Tri-Series competition. This competition pits the best of NZs age group swimmers against their peers from Victoria and Western Australia.

Finally, we are lucky to have Alison Fitch joining our coaching team at the beginning of term 4. Alison has a wealth of experience in the sport both in coaching and also as an Olympian (training at Waterworld). Alison will really inject some new ideas into our programs and will challenge all our swimmers to continue their development in the sport. Please make sure you welcome Alison once she starts and get to know her!

Have a great weekend, enjoy school holidays and keep working hard in pursuit of your goals!

WAIKATO SWIMMING RECORDS - JUNE - AUGUST



SHORT COURSE - MALE

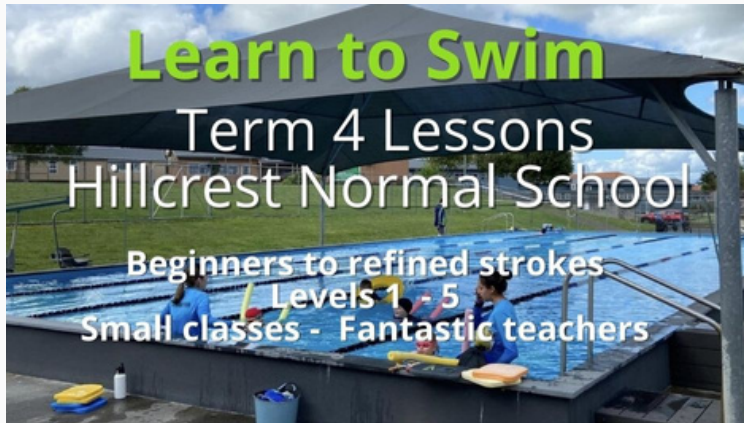
SHORT COURSE - FEMALE

15 Years - 200 Free - Olivia Emmett - 2:02.05
 15 Years - 400 Free - Olivia Emmett - 4:19.00
 15 Years - 800 Free - Olivia Emmett - 8:58.11
 15 Years - 100 Fly - Chloe Peters - 1:02.00
 16 Years - 1500 Free - Sophie Hay - 17:09.52

16 Years - 50 Back - Ethan McDonald - .26.00
 16 Years - 100 Back - Ethan McDonald - 56.96

16 Years - 100 Back - Pippa Mikaha - 1:01.95
 19+ Years - 200 Back - Gina McCarthy - 2:09.17
 19+ Years - 200 IM - Gina McCarthy - 2:11.85
 19+ Years - 400 IM - Gina McCarthy - 4:39.43
 Open - 200 Back - Gina McCarthy - 2:09.17
 Open - 400 IM - Gina McCarthy - 4:39.43

THE LEARN TO SWIM TEAM IS READY TO GO FOR TERM 4



Monday | Wednesday - From 4pm

L1 - L3 \$175 per term

L4 - L5 \$185 per term



Enquires & Bookings- Its@hamiltonaquatics.nz



Tuesday | Thursday - From 4pm

L1 - L3 \$175 per term

L4 - L5 \$185 per term



Enquires & Bookings- Its@hamiltonaquatics.nz

Its@hamiltonaquatics.nz

THANK YOU!



Thank you to Hamilton City Council for the \$2000 grant towards supporting our Learn to Swim Program. This program offers high-quality swimming instruction to numerous young Hamilton children and in addition, this provides an excellent opportunity for our older swimmers to help teach the next generation their love for the water.

SARAH GUTSELL - LEARN TO SWIM COORDINATOR

I first joined Hamilton Aquatics in 2019 as a swimmer and began as a learn to swim instructor for the club in 2020. I loved the community feel of the club and so even when I stopped competing in 2022, I was stoked to have the opportunity to continue on as both a learn to swim coach, a squad coach and most recently the learn to swim coordinator.

I will always love the sport of swimming and I am so lucky that I have a job which allows me to work with the next generation of swimmers.

I am currently studying toward a law and business conjoint degree at the University of Waikato which makes me appreciate my job even more as it is a complete change of pace to my studies!

A fun fact about me is, after being completely opposed to running for my entire life, I entered the Hawkes Bay Half Marathon in August. While it's something I certainly won't do again, I'm proud to say that I survived! That's all from me, I look forward to seeing you all on pool deck at some point!

MEET YOUR COACHING TEAM



MAT WOOFE - HEAD COACH

Head Coach Mat Woofe oversees the Hamilton Aquatics swimming program plus trains our national competitive teams in the program.

Mat joined Hamilton Aquatics from Swimming New Zealand, where he was the Lead Coach of the Swimming New Zealand National Training Centre. He brings a wealth of knowledge, including a deep understanding of swimming at the highest level.

Mat has placed several swimmers onto senior national teams, including the Olympic Games, Paralympic Games, Commonwealth Games and World Championships. Mat has been a member of the New Zealand coaching staff at the 2018 Commonwealth Games and 2021 Tokyo Paralympic Teams, among others and has been appointed Head Coach for the New Zealand team competing at the Queensland Championships this December.

Before these roles, Mat worked as a National Coach in one of Australia's most renowned programs, Melbourne Vicentre Swimming Club in Melbourne.

ALY FINCH - AGE GROUP COACH

Hi everyone,

A little bit about me for those who haven't met me before. I was a swimmer myself representing NZ at 2 Olympic games 1996 as a 16 year old and 2004 alongside 5 world championships and winning a Commonwealth Games Bronze medal in 2006.

I retired from Swimming with a MNZM for my services to the sport of swimming and spent 10 years advocating for athletes as a member of the NZ Olympic Committee athlete commission. I have a business and sports degree from Waikato University.

I have spent the last 10 years working at St Peter's Swimming club initially as junior coach, 5 years as lead age group coach and then full circle the last 2 years as lead of STP junior program.

I volunteer a lot in the sport and love the perspective that being involved in lots of aspects of the sport gives to my coaching.

So looking forward to sharing my experiences with you all.

Mat Woofe



Aly Finch



Sarah Gutsell



Abby Walsh



SAVE THE DATE - HA CASH MEET JANUARY 27TH 2024



The meet emphasis is to provide a competition that will play a crucial part in preparing swimmers and coaches leading into the 50m national summer competitions. We aim to provide age groups and open-level swimmers with robust competition.

**\$1000 CASH BONUS
TOP FEMALE & MALE**



THE OPPORTUNITY - This meet draws over 300 swimmers from across New Zealand.

Logo placement; Meet program, social media, poolside + MC shoutouts.

- Your company will be recognised as the "Major Sponsor of Hamilton Aquatics Cash Meet.
- Your company logo will be displayed on the footer banner of the Hamilton Aquatics Cash Meet flyer.
- Your company logo to be displayed on all email communications to ALL entrants & clubs.
- Major sponsor acknowledgement on screens and programmes at the Hamilton Aquatics Cash Meet.
- Available space for signage at the Meet.
- Profiling through our social media channels.

Please spread the word and direct your interest to Janine - president@hamiltonaquatics.nz

NZ OCEAN SWIM SERIES

NZ OCEAN SWIM SERIES - DISCOUNT - Swim Club Discount Code - SWIM Z10

With daylight savings starting, it means summer is on its way and the first open water event of the 2023/24 season is just around the corner.

Use the above code to get a discount of on Individual swim entries; with new swims this season there is something for everyone!

Swim schedule:

- Beach to Bay – 11 November – Russell
- Rangitoto Swim – 26 November – Auckland
- The Epic Swim – 13 January – Taupo - New Swim
- Swim the Lighthouse – 28 January – Wellington - (New start location)
- Bean Rock Swim – 10 February – Auckland
- La Grande Swim – 24 February – Christchurch - Afternoon Swim
- Harbour Crossing – 9 March – Auckland Harbour - New Swim
- Legend of the Lake – 16 March – Rotorua
- The Mount Swim – 30 March – Mount Maunganui - (Easter eggs!)

HAMILTON AQUATICS CHOCOLATE MEET



We recently hosted our highly anticipated annual Hamilton Aquatics Chocolate meet, a favorite event among our young swimmers. It's no wonder why! We extend our heartfelt gratitude to all the dedicated club volunteers who generously gave their time to organise and oversee this grand affair. A special thank you goes to **Whittaker Chocolates** for their kind donation of chocolates to our heat winners, and to our lane sponsors for their unwavering support in covering the costs and providing delightful prizes for all the participants. In 2023, our Chocolate meet reached new heights of success, with an impressive turnout of over 200 junior swimmers.

The Chocolate Meet demonstrates the immense joy and excitement that swimming can bring. We are confident that we have successfully inspired the next generation of swimmers to pursue and excel in this sport.



SWIMMING WAIKATO - 'HAVE - A - GO SWIMMING CLINIC

Hamilton Aquatics was thrilled to be invited to partner with Swimming Waikato in hosting the inaugural 'Have-A-Go Swimming' Event in Hamilton! These Gallagher's events provide an opportunity for aspiring swimmers to dive into the world of swimming.

The event is designed to cater to swimmers of all levels, ensuring a delightful swimming experience for everyone involved. Kids can participate in short races and each participant is awarded a finisher's ribbon along with their official swim time!

With an impressive number of over 100 registrations, the day was filled with joy, learning, and, of course, lots of swimming! Our dedicated team of coaches and senior swimmers from Hamilton Aquatics worked tirelessly to introduce eager participants to the wonders of swimming.

A heartfelt thank you goes out to everyone who joined us for this remarkable day, making it an event to be cherished. We eagerly await the arrival of our new members as they embark on this exciting swimming journey.

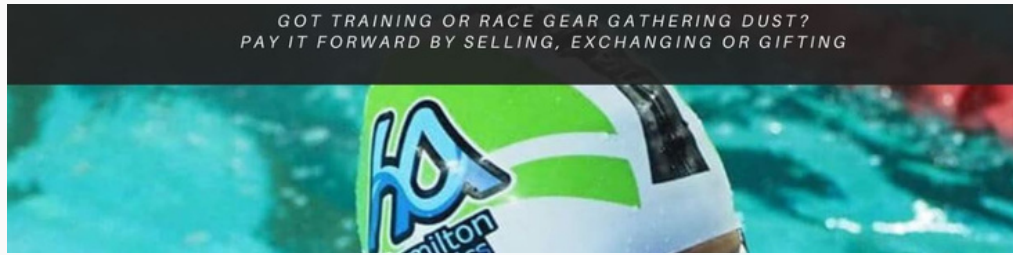


UNIFORMS

Represent your club in style and comfort.

Please view our range on our website and follow the link to order your uniform to deliver it directly to your door. www.hamiltonaquatics.nz/page/member-info/

To buy or sell used gear, refer to our Buy, Sell & Exchange page on FB



Club Handbook - www.hamiltonaquatics.nz/page/member-info/

Please refer to our club handbook for any club, general swimming and competitive swimming information. If you cannot find the answers to your questions, please contact us directly, as we are always here to assist you and your swimmers.

FUNDRAISING

Rewardhub **SHOP ONLINE & HELP YOUR CLUB**



HAMILTON AQUATICS RECEIVES OUR DONATIONS

Brands make a free donation to us and it doesn't cost you a cent.



SIGN UP

SIGN UP - its free and takes 30 seconds.



FIND US

<https://rewardhub.co.nz/hamilton-aquatics-swimming-club>



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Shop online as usual from 100+ brands, and enjoy usual prices, discounts and offers.

ABBY WALSH - ADMINISTRATION

At Hamilton Aquatics, Abby Walsh is in charge of administration.

In 2016, I completed a research paper for a Sports Science degree with Ace Swimming Club which led to an assistant coach position. I held this position for several years before Hillcrest Swim Club and Ace Swim Club merged to form Hamilton Aquatics.

In the club, my involvement has evolved from squad coaching to running the Learn to Swim program, and more recently I am purely administrative.

Whether coaching, managing, or competing, I've always had a passion for health and wellness. Over the years, I have been involved in many sports, including rowing, cycling, and Ironman. The focus of my life has now shifted to raising my two beautiful children, who are my world.

One fun fact about me is that I hold the record for the fastest female to swim across the Apolima Strait in Samoa, a 22.3km swim from Upolu to Savai'i. HAHA I definitely can't swim that far now, but I aim to get back in the pool and on my bike once the kids are older.

Anyway, enough about me. Take care and happy swimming everyone.