



FROM THE PRESIDENT

Hello Hamilton Aquatics (HA) Members

I know I have already said this but thank you for all the great support and patience. We really appreciate it.

WOW.....how cool was the Rovers Chocolate Festival! I would like to say a massive thanks to the perseverance of Russell Strange, he was the one that made this event happen! I would also like to thank Kaye-Marie, our Club Recorder. Kaye-Marie does an endless amount of work in the background and is key to organising such a great day. Finally, a big thank you to all the mums, dads, grandparents, supporters, coaches and officials who helped on the day. We could not have done it without you. What a great team spirit!

We are all looking forward to our Learn to Swim program starting up again next term. It's always great seeing all the young happy faces.

The 5 x "S's".....**S**pring is here, enjoy the **S**un, be **S**afe, **S**mile and **S**wim heaps.

Take care

Richard Coombes
Club President.

Upcoming meets

Below are some upcoming meets. Fingers crossed they all happen.

- **AON 2020 New Zealand Short Course Championship** – Waterworld, Hamilton – 6th to 10th October - **this meet is for swimmers aged 13 & over only.**
- **2020 NZ Secondary School Champs** – Waterworld Hamilton – 15th to 18th October – **Restricted to secondary school students.**
- **Fairfield XLR8 Meet** – Waterworld Hamilton – 15th November.
- **St Peters Festival Meet** – St Peters, Cambridge – 22nd November.
- **Swimming Waikato Christmas Meet** – Waterworld Hamilton – 5th December.
- **Our famous Splash Nights** – We will email out details on these when it is available. Our team our busily working on new dates.

All meets are entered through the Swimming NZ database via your Fastlane login:

<https://fastlane.swimming.org.nz/>

If you do not have a login, please contact Abby on hamiltonaquatics@gmail.com.

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.



COACHES CORNER

Hi team,

I hope you are all enjoying a well earned holiday and you all get a chance to spend time with loved ones.

It has been a very different term as we have navigated through various COVID alert levels which have meant that we have been very spread out with number caps on the lanes.

The final weekend of the term however saw Hamilton Aquatics host the Rovers Chocolate Meet. This competition has a storied history and we saw another chapter as it quickly became the first competition a number of swimmers competed in for 2020. It was great to see our younger swimmers and coaches take centre stage and shine.

The swimmers who attended swum really well with many challenging themselves with new events, spent time in the grandstand getting to know each other out of the pool and of course enjoying the fruits of their labour or in this case chocolate!!

This week, Hamilton will be hosting the New Zealand Short Course Championships. This event is for athletes 13 years and over and we will have 19 swimmers who are representing Hamilton Aquatics. For those interested in following our swimmers you can keep up to date via our Facebook and Instagram pages or watch the racing live via the Swimming New Zealand livestream. This is found at <https://www.swimming.org.nz/>

The start of term 4 means we can turn our attention to long course racing and open water competitions. Open Water is a really entertaining way to enjoy your sport and is a whole family activity for those brave enough. This is something that you can put on your bucket list for the end of 2020 and the start of 2021.

Mat Woofe, Head Coach

CELEBRATION OF THE NZ PARALYMPIC TEAM SUPPORTERS – PARALYMPICS NZ

If you haven't already, head over to our Hamilton Aquatics Facebook page and read this fantastic article on one of our own HA swimmers, Nikita Howarth:

<https://paralympics.org.nz/news/celebration-nz-paralympic-team-supporters/>



A FEW EVENTS

We haven't had too many opportunities to compete throughout the year, but our swimmers have been making the most of every chance they get.

Our "Hamilton Aquatics Secondary School Champs" was a great success. Swimmers achieved some great times and PBs, and heaps of fun was had.

It was also great to see a couple of our juniors competing at the BOP Classic and posting a 100% PBs. A massive thanks to Swimming Bay of Plenty for letting them compete.



Congratulations to all our swimmers that have been selected for the Waikato Caro Cup team.

The Caro Cup is a relay event where Waikato compete against Auckland. It is for swimmers aged 13 years and under. Swimmers are selected by Swimming Waikato to represent the Mighty Waikato based on their results throughout the year. It's a great event and heaps of fun.

This years' Caro Cup is on the 8th November in Auckland. Go the Mighty Waikato!

GOOD LUCK

Good luck to all our swimmers competing at the NZ Short Course Champs and the Secondary Champs over the next few weeks. We know you will be awesome. We will be watching the live streaming and cheering you all on. Go team HA!





CHOCOLATE ROVERS FESTIVAL

Our Chocolate Rovers Festival was held on the 26th September at the Te Awamutu Aquatic Centre. It was a fantastic day and so great to see all the swimmers back in the pool. Our swimmers swam some great times, winning that all important chocolate bar! We loved seeing all your smiling faces.

We would like to thank our many helpers, technical officials, lane/raffle/chocolate sponsors, the swimmers, the coaches, the Te Awamutu Events Centre, the behind the scenes crew (Russell Strange and the HA committee), our amazing recorder Kaye-Marie and all the supporters/parents for making this such a great meet. Well done team Hamilton Aquatics!





OUR SPONSORS

We were fortunate to have some awesome sponsors for our Chocolate Rovers Festival. Without them this meet would not have been as great as it was.

On behalf of Hamilton Aquatics, we would like to thank our lane, raffle & chocolate sponsors for the Rovers 36th Annual Chocolate Festival. Fantastic support from all of these businesses

OUR LANE SPONSORS

Lane One	
Lane Two	
Lane Three	
Lane Four	
Lane Five	
Lane Six	
Lane Seven	
Lane Eight	

OUR CHOCOLATE & RAFFLE SPONSORS

As a Not-for-Profit organisation, Hamilton Aquatics is reliant on grants, sponsorship and fundraising to keep running. Without these the club simply would not be able to operate, and we would not be able to keep your fees at the level they are.

Due to COVID-19 grants are now extremely difficult to get, some have even stopped. We are therefore in urgent need of sponsorship and some fundraising ideas – everything will be considered.

We have a great team out there. If you, your business, or anyone else you know may be in a position to offer sponsorship, please get in touch with the committee – every little bit helps!

If you have any fundraising ideas, please also let us know. It doesn't have to be our committee that look after this, we'd love for other members of the club to get involved as well. It's a great way to get to know others, support your child's swimming, help out the club and have a bit of fun.



SWIMMER PROFILES

In this newsletter we profile senior swimmer Gina McCarthy, and junior swimmer Orlando Hardie.



GINA McCARTHY

1. At what age were you when you first started club swimming?

I was 6 years old and actually got turned away from one club because I was too young. I was so upset that I couldn't swim so mum contacted other coaches. I was invited to do a trial with the Ace Swimming Club and was accepted into their junior squad.

2. Why did you decide to take up club swimming?

I can't really remember, but I think it was because I loved swimming and wanted to race.

3. What was the first meet you competed in, and how old were you?

My first swimming competition was the Ace Novice meet in 2009 and I was 6 years old. One of the older swimmers took me to marshalling, helped me get to the right starting block and brought me back up to the team after the race. According to mum and dad, I cried through the whole race, but said that I loved it.

4. How many sessions a week do you train? Do you do mornings, evenings or both?

I swim 5 mornings and 4 afternoons for 2 hours each session, as well as 2 1 hour gym sessions.

5. What stroke and distance are your favourite?

My favourite event is the 200m backstroke because I can breathe the whole time, but I would class myself as an individual medley swimmer.

6. What is the best swimming advice you have been given, and by who?

I can't remember who told me this, but it has always stuck with me: "there is always someone out there training harder than you to try to beat you".

7. What is the most common thing said to you by your coach?

There is something always wrong with my arms, so Mat always has something to tell me about them!

8. What do you do to calm your nerves at the beginning of a race?

I like to talk a lot to my friends before my races or I like to figure out what dance move I'm going to do behind the blocks.

9. What is your most memorable swimming moment?

I have so many memorable moments, but the one that is most memorable to me is when I was warming up at the World Short Course Championships and I was doing build and I was swam over by the world record holder Katinka Hosszu who was doing easy drills!

10. What are your aspirations?

I would love to go to the Olympics one day whether that be as an athlete or as an official, I don't mind!

11. Do you play any other sports, or do any other activities? If yes, what?

Nope, I live and breathe swimming.

12. What do you enjoy most about swimming?

I always get asked this question and I never know how to answer it. I just love swimming!

13. What advice can you give swimmers new to the sport, or to competing?

The most important part to swimming is to have fun, it doesn't matter about your placing or time.





ORLANDO HARDIE

1. At what age were you when you first started club swimming?

7 years old

2. Why did you decide to take up club swimming?

I wanted to take my swimming to the next level and also I had a slight influence from my older brothers.

3. What was the first meet you competed in, and how old were you?

The first swim meet I competed in was the Rovers Chocolate Meet and I was 8 years old.

4. How many sessions a week do you train? Do you do mornings, evenings or both?

I train 5 times a week and I do both.

5. What stroke and distance are your favourite?

My favourite stroke is Butterfly and my favourite distance is fifty meters.

6. What is the best swimming advice you have been given, and by who?

That you can be faster, it's just that there is a mental barrier, but you have to get past that. My dad said this.

7. What do you do to calm your nerves at the beginning of a race?

Looking down or straight ahead, taking deep breaths and focusing on the race.

8. What is your most memorable swimming moment?

When I broke my first Waikato record.

9. What are aspirations?

My aspirations are to get into New Zealand Short Course next year and to eventually make it to National Age Group (NAGS).

10. Do you play any other sports, or do any other activities? Is yes, what?

In the summer time I play tennis at school and in the winter time I play hockey.

11. What do you enjoy most about swimming?

Swimming is fun while you make friends and get fit.

12. What advice can you give swimmers new to the sport, or to competing?

That it may seem to get a lot harder as you go on but that all of the hard work will eventually pay off, and also if you think that you're not going to get any faster that's the wrongs frame of mind because you can be a lot faster but only if you are able to drop those mental barriers





COACH PROFILES

In this edition of our newsletter we profile our wonderful coach Ella Kennedy



ELLA KENNEDY

1. What is your favourite thing about coaching?

Watching people learn how to swim and grow their skills and knowledge of swimming.

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

The person who inspires me the most is my older brother Hamish Kennedy as I have always copied every sport he did and he is always achieving so much that I want to be just like him and achieve in swimming.

3. Who is your favourite swimmer and why?

Andrew Jeffcoat because ever since I started club swimming he has always been the person there that amazed me. Also when I got to train with him, it was amazing seeing how amazing he was at backstroke

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

That there will be ups and downs throughout life and your swimming career so learn to overcome and succeed.

5. What would your dream job be?

To be a lifeguard at Bondi beach in Australia.

6. Tell us a bit about your swimming history?

I started swimming at the age of 4 at Hilton Brown. At the age of 6 I moved to the Fairfield Swim Club. This was then my club for 9 years where I swam under the coaching of Todd Rice and Ken Nixon. I was really good at long distance swimming as well as open water. The first time I got a pair of race togs I ended up putting them on through an arm hole and just about missing my race. In the end I ended up doing a 30 second PB on my 800 free at the age of 13. I then moved to Hamilton Aquatics last year and have been enjoying it a lot.

7. What made you get into coaching?

The reason I started coaching was because my old coach Ken Nixon needed another coach for the toddler's pool at Fairfield College. At that stage I was only 12 and I enjoyed it so much I've done it ever since.

8. What is your most memorable swimming moment?

My most memorable moment in swimming was getting to compete at the 2017 New Zealand Shot Course where I got to race my favourite events, the 400m and 800m freestyle - all at the age of 13.

9. What are your interests outside of swimming?

My interests outside of swimming is being a surf lifeguard at the Raglan Surf Club and running my own sustainable business.





FEES UPDATE

Below is a reminder of our monthly training fees. All fees are due on the 1st of the month in advance, with the last day for payment to be on the 6th of the month. Please ensure they are paid on time so our treasurer does not have to chase you up.

Our fees are our annualised fees, worked out on a calendar year and split into 12 equal payments.

National Opens	\$150 per month
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

In addition to the monthly training fees there is also an \$80 Annual Membership to pay. This is payable by 1 August each year, or on joining if you join after this date. Every swimmer needs to pay this.

Important: Before emailing Abby or our Treasurer with any fees queries, please login to your Friendly Manager Accounts first.

FAMILY DISCOUNTS

As a club we understand that if you have multiple swimmers from the same family swimming, monthly costs can add up. We have therefore decided to offer a discount to those families with 3 or more swimmers enrolled with Hamilton Aquatics – this includes Squad and Learn to Swim swimmers.

From October a 15% discount will be applied to the third swimmer in the family, and any subsequent swimmers in that family. The discount will be applied to the swimmer in the lowest squad.

As an example:

A family has a swimmer in the National Age, Junior Development and Seals. The 15% discount will be applied to the swimmer in the Seals. If the third swimmer is in a Learn to Swim squad, then the discount will be applied to the Learn to Swim Term fee.

If you would like to discuss this further, please do not hesitate to contact us.





LEARN TO SWIM

We are super excited to announce that our Learn to Swim program will be running again from the first week of Term 4 at the Hillcrest Normal School.

For more information, or to enroll, please email Abby on lts@hamiltonaquatics.nz.



Start: First week of term 4

Levels: One - Five

Location: Hillcrest Normal School

Price: \$160 per child

Duration: 10 weeks

FREE: Swim Assessments



[Lts@hamiltonaquatics.nz](mailto:lts@hamiltonaquatics.nz)
www.hamiltonaquatics.nz

MASTERS SWIMMING

Are you a Masters swimmer looking for a squad to train with? If so, Hamilton Aquatics is the place for you.

Maybe you'd like to have a go at some of the summer series open water events, or you would just like to get fit and ready for summer. If this sounds like you, head to our website and register your interest:

<https://www.hamiltonaquatics.nz/fitness-squads/>

We look forward to seeing you in the pool!
