



2018 October Newsletter

Notice from the Manurewa Aquatic Centre Manager

Thanks to everyone for adhering to the Drop-off zone rules, we have definitely seen a decrease in Club swimmer vehicles being parked in this area. We have been informed by the Centre that they will soon begin to enforce this further by clamping unauthorised vehicles parked in the Drop-off zone.

School Holidays training times

- Normal training times
- No Club night
- Junior camp – Thursday 11th 9.00am till 3pm (only for swimmers who have entered the Counties Junior Meet Oct 13-14).
Please bring lunch, 2 towels, togs, caps & goggles. There is no charge for this, but it is limited to 16 swimmers, so please give your name to Jane.

Race Nights

- **October**
 - Tuesday 23rd – Combined with Papakura (official race) 200 Back, 50 Breast, 100 Fly, 100 Free (choose 3)
- **November**
 - Tuesday 6th – 400 Free or 50 Free, 100 Breast, 50 Back
 - Tuesday 20th – 200IM, 50 Fly, 100 Back, 50 Breast (choose 3)
- **December**
 - Tuesday 4th – Combined with Papakura (official race) 200 Free, 100 IM, 50 Back
 - Tuesday 18th – Breakup night – 100 Free or 50 Free, 100 Breast or 50 Breast & Novelty relays

Please let Keith know which events you want to enter on the Monday before.

Fundraising for Division II Meet 2019 – at the Counties Junior meet October 13&14

All senior swimmers will be expected to participate in some way to help raise the funds needed to get them to Dunedin in March next year. We will be doing the following during the Counties Junior meet on the weekend of 13th & 14th October.

- Club Raffle – tickets to be sold at the Counties Junior meet in October
- Sausage sizzle to be run by the Club on Saturday 13th
- Bake sale to be run by the Club on Sunday 14th

There will be a sign-up sheet on the noticeboard, please put your name down for what you would like to assist with. If you are not available this weekend, please put your name down to bake some goods for the bake sale.

Upcoming Swim meets

To enter you can send your entries to Keith on kmelvin@xtra.co.nz or mascrecorder@gmail.com.

You **must** check with your Coach before entering any competitions:-

- **October 13th & 14th – Counties Junior Winter Meet – Manurewa. Entries close 06/10/18.**
 - Session 1 Saturday 13th Warm up 2.00pm Start 2.30pm
 - Session 2 Sunday 14th Warm up 12.30pm Start 1.00pm

- **October 27th – Pukekohe Club Night – Pukekohe. Entries close 20/10/18**
 - Warm up 5.00pm Start 5.30pm

- **November 4th – Waterhole 400s & 50s – Westwave, Henderson. Entries close 21/10/18**
 - Session 1 Warm up 8.00am Start 8.45am
 - Session 2 Warm up 2.30pm Start 3.30pm

- **November 11th – HPK Team Anton Chocolate Fish Carnival – Lloyd Elmore, Pakuranga. Entries close 03/11/18.**
 - Warm up 2.15pm Start 2.45pm

- **December 2nd – Counties Anniversary Summer Meet – Papakura. Entries close 24/11/18.**
 - Warm up 8am Start 9am

Term 3 Fees

For those families who are paying on a term by term basis – Term 3 fees (\$60 Child 1&2 or \$35 Child 3+) are due before **Friday 26th October**. Please pay into the Club fees account 12-3032-0754492-00.

Nutritionist

In the lead up to our major National swimming events it is very important to not only focus on swimming technique and speed, but also on the health of your body. Does anyone know of someone who could come and spend some time with both Seniors & Juniors to talk about Nutrition and/or have plans that could assist our swimmers to make sure they are prepared both physically and mentally? If anyone knows anyone please contact Tracey Croft (mascccaptain@gmail.com)

Counties Executive Sub-Committee

Counties would like to have one person from each Club on this Executive sub-committee. They will meet once a month to discuss issues concerning Counties swimming, and will act as a liaison between the Counties Exec and Clubs. If you are interested please have a chat to Keith or contact him on email (kmelvin@xtra.co.nz).

Term 2 finishes 28th September – Term 3 starts 15th October.