

AUCKLAND WINTERS PLATINUM AND GOLD TOUR THE FINAL WRAP



Platinum and Gold Squad Auckland Winters Team

Back L to R: Reagan Pitt, Chris McFadden

Middle L to R: Campbell Kershaw, Thomas Moot, Matt Phillips, Ben Anngow, Gendi Roberts, Lucy Clough

Front L to R: Caitlin Rennell, Emily Rennell, Angus Syme, Ebony Maikuku, Felicity Lowen

The Auckland Winter Champs tour with the Gold and Platinum squads was very successful.

The flights had to be altered as Auckland changed their programme which meant one less day off school which was good. We flew Friday morning at 8.30am (This enabled David and I to both attend our home programme training prior to travelling). Upon arrival it was very straight forward to collect the vans and we headed towards Auckland and stopped for lunch on the way. We arrived at the pool by about 12pm and all the athletes had a good opportunity to familiarise themselves with the pool and get any flight stiffness out with a training session.

We then headed to the accommodation and checked in. The accommodation was very good. It is very handy to the pool and the athletes were two to a room. There was a big area where we could eat and athletes could hang out together. We had a couple of hours to chill and organise ourselves and then we were off to the pool for the first session.

There were some very good swims over the whole weekend from the group. It was very valuable for them to see where they are at four weeks out from NZSC and will enable them to go back and focus on the things that were identified to help them swim faster at NZSC and SI Champs.

There was a lot of learning through the whole weekend - Right from the airport when some were worried their bags weren't going to come through as the conveyor wasn't working. I asked who had everything in their carry on to do the job they came to do. There was a number that didn't so we discussed the importance of having their suit etc. on hand as they could survive the weekend without the rest but not the essentials they needed in the pool.

There was a lot of discussion around warm-up and warm-down and as with most things hopefully by hearing from a different source it will add substance to the messages they are getting in their home programmes.

We also looked at under water kick with some significant improvements over the weekend especially off the last wall.

David and I worked hard to instil and push the skills that are required to be an elite athlete and to remind the swimmers it is never too early to start working on these.

The sheer fact of going up on the Friday and back the Sunday is also something for these athletes to get used to as competing outside the region and across the Tasman will be important in their on-going development. It is important for them to realise that you can travel, swim and travel again without it having to take a lot of days away so we can maximise the experience while minimising the interruption to school and university. I believe that exposure to competition like this would be really beneficial approximately three times through the season.

The food was excellent. The athletes organised their own breakfast which they all handled well. Lunches and dinners were delivered and set out and cleared away by the delivering chef. The food was very tasty and there was plenty of it so this worked very well especially on the Saturday when we only had an hour turn around.

I would like to thank David for all of his organisation prior to departure which was impeccable and also his input while away which all the swimmers enjoyed.

The team were a great bunch. We had not one issue to deal with which was brilliant. They all got on extremely well and supported each other both at and away from the pool. We have an awesome group of athletes that we can be extremely proud of. These swimmers are the cream of our Canterbury Squads and they were reminded of the importance and significance of this.

The Coaches Group have looked to have something a bit more for the Platinum Squad members and interestingly they asked that they travel to Australia as a combined team next time as they enjoyed the comraderie of all being together.

Thank you Swim Canterbury for the foresight to support the Canterbury Squad initiative. It is certainly appreciated by the athletes and coaches and is the envy of quite a number of regions.

Following the return we asked the athletes and their parents to complete a questionnaire. The summarised results of the survey along with the swimmers results are attached.

Many Thanks

Brigitte Mahan
Head Coach

Sometimes, things don't go to plan. There are always disappointments, mistakes, challenges, ups and downs.

Most people only see the times you do well...not the times when it's hard. And it's often more hard than easy. More losses than wins. More aches and pains than feeling in top shape. More defeat than victory.

Experience is a hard teacher. It gives you the test first, and the lesson after.

It's ok to lose, just never lose the lesson.

Apply the lessons daily, when the sun isn't shining, the birds are not singing, when it's dark and cold and windy and raining and every muscle is aching.... Because THAT is when you get results.

The greatest rewards in life are found OUTSIDE your comfort zone, where it's hard and stressful, and risky and full of anxiety and pressure.

If you train or if you are working your butt off and things are not going the way you want them to be... sit back, analyse, look, learn, watch others, ask Q's, watch videos, seek out better competition, seek out people who inspire you and spend time with them, eat better, look after yourself more, find the happiness and joy in what you are doing, be grateful to have the opportunity.... and apply what you learn to everything you do.

Winning is great but TRYING to win, is what makes you a better all-round person.

It's not what you GET from what you do...it's who you BECOME from what you do.

LISA CURRY

(Lisa Curry is a former Australian swimmer. Curry won 15 gold, seven silver and eight bronze international swimming medals and is the only Australian swimmer to have held Commonwealth and Australian records in every stroke except backstroke)