WORLD RECORD HOLDERS

# North Shore Amateur Swimming Club Inc

Founded in 1897
"BE THE BEST YOU CAN BE"

# Welcome to Our Club

Operating out of the following:
AUT Millennium
Sir Owen G. Glenn National Aquatic Centre
Takapuna Aquatic Centre
Milford Primary School Pool
www.nss.org.nz

**Proudly supported by:**

## Mission Statement

To provide a swimming environment where members can strive to achieve their best, make friends and enjoy the sport of swimming.

## About the Club

NSS is New Zealand's largest and BEST swim club. Ranked No. 1 club in the country we have a proud tradition reaching back over 100 years. From 7 year olds, just out of learn to swim classes, all the way through to current Olympians, we offer swimmers a special environment which allows for the identification of talent and a progressive pathway towards excellence.

The club has approx **270 members** of all ages and a professional approach to swimming, with **top coaches** who receive the latest technical information, interchange ideas and who **care.** The club boasts **270 positive volunteers** and we provide a platform for swimmers and parents to make life-long friendships through sport.

At NSS we strive to train and motivate young swimmers to be confident in the water, to be the best they can be in an environment of enthusiasm and care and to provide a regular evaluative process. We aim to bring children and parents from the community together to enjoy the healthy and fun sport of swimming.

## LOCATION

Our office is situated on the First Floor of the:

AUT Millennium
17 Antares Place
Mairangi Bay

Our Postal Address is:
PO Box 302-145
North Harbour
Auckland

## NSS Board of Directors

| | |
|---|---|
| **President:** | Sonya Cowen |
| **Secretary:** | Henry Wiseman |
| **Treasurer:** | Alesha Keeler |
| **Members:** | Sham Hurbuns |
| | Roger Twose |
| | Andrew Wong Woo |

NORTH SHORE SWIMMING

## Event Coordinator

| | | |
|---|---|---|
| Tonya Osborne | tonya@nss.org.nz | Phone: (09) 477 2039 |

## OTHER

| | |
|---|---|
| Financial Queries | finance@nss.org.nz |
| Enquiries/Support | support@nss.org.nz |

## NSS COACHES

**Andy McMillan** – Head Coach
Email: andy@nss.org.nz
Phone: 022 389 9095

**Ryan Skinner** – Assistant Head Coach
Email: ryan@nss.org.nz
Phone: 022 602 0335

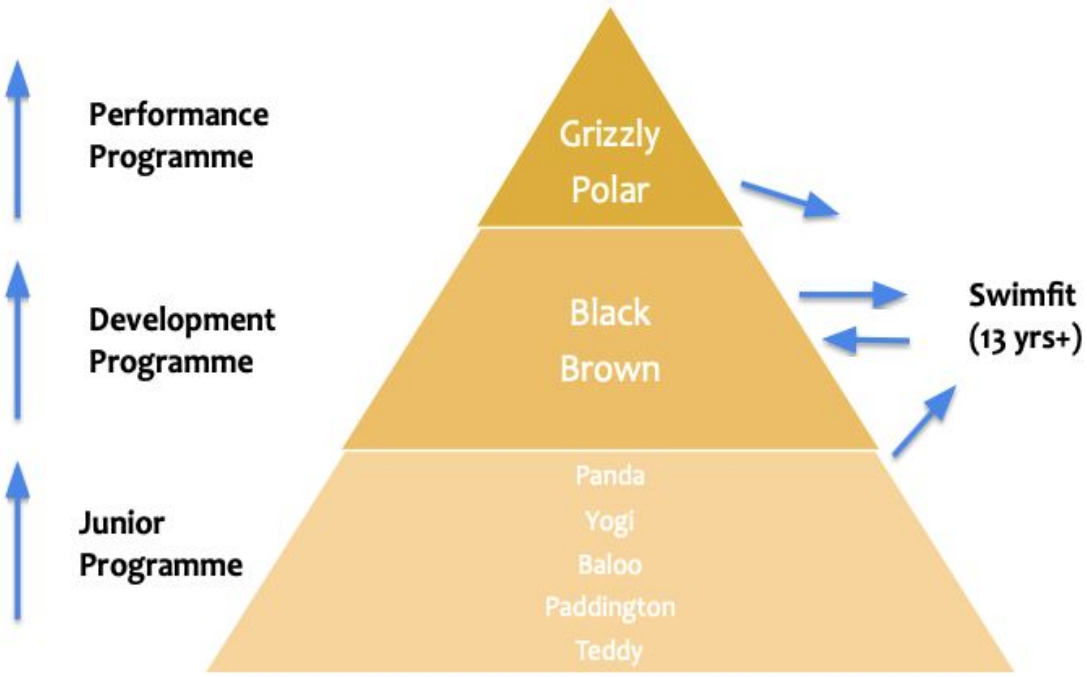
**Monique Williams** – Junior Head Coach
Email - monique@nss.org.nz
Phone: 021 536 887

**Michelle Kinney** - Performance Pathways Coordinator
Email: michelle@nss.org.nz
Phone: 021 142 1481

**Young Swimming Academy**

NORTH SHORE SWIMMING

# Swim Squad Progression Chart




NORTH SHORE SWIMMING

# Junior Programme

## Teddy Bears

**Squad trains at:** AUT Millennium

This is the first level of competitive swim training offered within North Shore Swimming. The Teddy squad is geared towards young swimmers who are new to competitive swimming. The swimmers will begin to develop fundamental skills of all four competitive strokes in a fun and encouraging environment. Swimmers will begin to compete at Club Night, Club Champs and at Level 3 inter-club competitions. There are three streams for this group allowing a choice of training times.

## Paddington Bears

**Squad trains at:** AUT Millennium

This is the second level of competitive swimming offered within North Shore. The Paddington Squad is geared for swimmers who are competing at Level 3 competitions. Swimmers are taught the base technical foundations for all four strokes, starts and basic turns in a nurturing environment. The swimmers will enter races at Club Night, Club Champs and Level 3 inter-club competitions where they will be able to further develop the skills of starts and turns and evaluate their progress. The goal of this squad is to qualify swimmers for Level 2 and Auckland Junior Championships. The emphasis is still to develop skills and techniques through a positive, fun environment.

## Baloo Bears

**Squads train at**: AUT Millennium

This is the third level of competitive swimming offered within North Shore. The Baloo squad is geared towards swimmers who are at the Level 3 stage, and those accelerated 8 year old swimmers who have achieved Auckland Junior qualifying standards. Swimmers continue to master the technical foundations for all four strokes with new technical milestones introduced, as well as well as more advanced starts and turns. Swimmers will compete at Club Nights, Club Champs and Level 3 competitions. The goal of this squad is to qualify swimmers for Level 2, Auckland Juniors and NZ Juniors.

## Yogi Bears

**Squads train at:** Takapuna Aquatic Centre & Sir Owen Glenn National Aquatic Centre (NAC)

This is the fourth level of competitive swimming offered by North Shore, and is for swimmers who have either Auckland or NZ Junior qualifying times. The Yogi squad is for swimmers who are displaying good levels of skill and technique and who are performing at Level 2. Swimmers begin to learn the fundamentals of how to train, how to set goals, and are now competent at all four strokes. Swimmers will compete at Club Night, Club Champs, and Level 2 and represent North Shore at Auckland Junior Champs and NZ Junior Nationals. The goal of this squad is to achieve Auckland Junior/NZ Junior time standards in the next age bracket.

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## Panda Bears

**Squad Trains at:** Sir Owen Glenn National Aquatic Centre (NAC) & Takapuna Aquatic Centre

This is the fifth level of competitive swimming offered by North Shore, and is for swimmers ages 11-12 who have either Auckland or NZ Junior or Level 2 qualifying times. Swimmers train up to six times a week with daily afternoon sessions of up to two hours, working diligently to perfect their stroke mechanics/technique. Swimmers begin to learn how to manage their school work as well as learning the mental aspects of training and racing. Swimmers will compete at Club Night, Club Champs, Level 1 (or 2) and represent North Shore at Auckland Junior Champs and NZ Junior Nationals. The goal of this squad is to lay the technical groundwork before the swimmers move to the Age Group System where they will experience a large increase in training load. They will also seek to improve their own national rankings, achieve Level 1 and achieve National Age Group qualifying times.

# Development Programme

## SwimFit Squad

**Squad Trains at:** Sir Owen Glenn National Aquatic Centre (NAC) and AUT Millennium (AUTM)

The SwimFit squad focuses on developing the athlete's technique and cardio vascular system to prepare for the next stage of training. Swimmers will train to be able to swim with correct technique for longer distances and at greater speed. The outcome is a building of the aerobic system, while establishing efficient technique across all strokes and skill sets. Swimmers are encouraged to compete at Level 3-1 competitions, Club Champs and other sports.

## Age Development Squad – Brown Bears

**Squad Trains at:** Sir Owen Glenn National Aquatic Centre (NAC) and AUT Millennium

Swimmers in the age development squad are working towards qualifying for national meets. The squad focuses on developing the athlete's technique and cardio vascular system to prepare for the next stage of training. Swimmers will train to be able to swim with correct technique for longer distances and at greater speed. The outcome is a building of the aerobic system, while establishing efficient technique and skill set. Introduced to the BEAR culture and starts to embody this during training

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## Youth Development Squad – Black Bears

**Squad Trains at:** AUT Millennium, Sir Owen Glenn National Aquatic Centre (NAC).

Swimmers in the Youth development squad are qualified and committed to NZ Division two or NAGS. The squad focuses on building the cardiovascular system through endurance work. Training manages a fine balance between swimming longer distances, aerobic interval work, while retaining a continued focus on technique and skills as well as an emphasis on the racing skill set. Embodies BEAR culture during training and racing.

# Performance Programme

## Performance Squad - Polar Bears

**Squad Trains at:** AUT Millennium, Sir Owen Glenn National Aquatic Centre (NAC).

The Performance squad comprises of swimmers who have qualified and are committed to NAGS. At this stage, athletes will be completing their growth spurt, and find great returns on higher energy system training. Technique should now only need refining. Training continues to target aerobic capacity, with a greater focus on race pace work and the anaerobic system. Swimmers should be committed and independent, as well as ambassadors of the BEAR culture.

## Elite Squad - Grizzly Bears

**Squad Trains at:** Sir Owen Glenn National Aquatic Centre (NAC).

The Elite squad comprises of swimmers who:

- Have qualified and are targeting NZ opens.
- Have a professional and committed approach to training and performance
- Are targeting various international meets

This is the final stage of athletic preparation. The emphasis is on specialization and performance enhancement. All of the swimmer's physical, technical, tactical, mental and ancillary capacities should now be fully established with the focus shifting to producing the best possible performance. Swimmers are trained to peak for specific competitions and major events, therefore, all aspects of training should be individualized for specific events. These athletes should be true professionals' consistency displaying excellence both in and out of the water.

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## Joining and Club Policies

On completing and signing the application form, Club Members undertake to abide by all NSS club policies and procedures and to uphold the Club Mission Statement.

## NSS Code of Conduct

Have respect for yourself, your family and your Country. Show respect for your coach, your teammates and your competitors, your club and all officials.

## Poolside Policy "No Parents on Pool Deck''

North Shore Swimming encourages all parents to have a sit by the pool-side and watch their child progress as both swimmers and athletes, and take this opportunity to meet and interact with other North Shore families. We do ask however for parents not to approach the coach during practice. Coaches and swimmers function best when they can focus on the task at hand without outside interruption and distraction. If you have any questions or comments, please arrive 15 min prior to the scheduled training time to speak with your coach, or contact them directly to arrange a mutually convenient time.

Safety is an important issue around pools. Please supervise your children and ensure they know the rules regarding the pool, no running for example.

## Swimming Gear

Each junior swimmer will require a kickboard, pull buoy, flippers and snorkel.

Each age group swimmer will require a kickboard, pull buoy, short fins, snorkel, paddles (selection of sizes) and band.

All NSS Club uniform is compulsory for competitions – Cap, T-shirt etc

All gear needs to be clearly marked so it can be returned if misplaced. Swimmers are responsible for their own gear.

## Meet Expectations

No matter where the meet is swimmers come under the direction of club coaches and managers. Full cooperation and respect is required. This will make trips, meets and camps enjoyable and safer for everyone.

Swimmers are **required** to wear NSS Gear when competing for NSS.

All swimmers, coaches and parents are expected to follow the principles of FAIR PLAY.

Coaches aim to make the sport challenging and enjoyable while taking reasonable steps to ensure that the physical and emotional safety of each swimmer is maximised.

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## Club Night

Club Nights are **once a term on Wednesdays (dates to be confirmed each year – see website for timetable www.northshoreswimclub.org.nz)** at Sir Owen G. Glenn National Aquatic Centre for 1.5 – 2 hours. This provides both swimmers and their coaches a great opportunity to evaluate their times, technique and skills in a fun familiar atmosphere.

**An annual fee of $46.00 is** levied on all Junior Squads. Swimmers must enter via the Swimming NZ MyPage. The cut-off date is usually 7 days prior to Club Night. All Junior NSS swimmers are encouraged to enter and compete in this fun night. Any withdrawals (scratchings) must also be advised as soon as possible to the office to avoid empty lanes at club night.

For parents this is a chance to learn what it takes to be an official. Every parent at NSS is required to participate so take up the opportunity and get to know other parents along the way. You can see your swimmer while helping all others.

Results are available on our NSS website, usually within two days.

## Parent Participation

Each swimmer (family) who enters a competition is **required to assist** in the running of that competition.

Each swimmer (family) is required to volunteer should the club running the meet need officials**.** It is expected that if you enter your child into a swim meet, you make yourself available to work should you be called upon. You will not always be called upon, but it helps with the running of the roster.

Assistance may take the form of help in any one or more of the following;

- Timekeeper (TK)
- Turn Judge (IOT)
- Kitchen or Catering Duty
- Set-up and Set-down
- Chairs
- Computing (AOD and Admin room)
- Door Sales
- Split Sheets
- Marshalling
- Team management

These are not onerous tasks if spread amongst many. It only becomes so when only a few come forward to help. Helping at meets helps your swimmer and ensures meets run to schedule and finish on time.

Parents are required to take a turn in supporting the functioning of the club by assisting in the running of the meets. Many hands make light work. Come forward, you will enjoy the experience.

NORTH SHORE SWIMMING

## Entering Swim Meets

All Competing Swimmers must be registered with our local swimming association, Auckland Swimming (ASA), and New Zealand Swimming. Subscription/registration is paid annually on July 1st through the MYPAGE portal on Swimming New Zealand website.

Race meets help evaluate swimmers performances and provide the opportunity to meet other club members and enjoy competition with other swim clubs. ENTER all meets via the Swimming NZ MyPage. Notification of entry close off dates is available on the NSS website, NSS newsletter, Club email NSS Facebook page and also on SNZ MyPage.

After Club Night, regional meets are an important stage in your child's development. Wearing the club uniform will give a sense of belonging to your swimmer and they will soon realise the benefit of swimming for the number one club in the country.

Auckland Swimming is divided into three levels of INTERCLUB COMPETITIONS.

**LEVEL 3**

Held monthly in and around Auckland they require no qualifying times. Entries are required on an official form with entry money by the due date so they may be processed and recorded. Meets are usually one session of about 3 hours. Times swum at Level 3 meets can be used to qualify for Auckland Championship Meets and moving to level 2 or 1. Please note that times for level 3's cannot be used for National Meets.

**LEVEL 2**

Swimmers need to qualify for these meets and qualifying times are available on the Auckland Swimming website. The **minimum distance for qualifying for Level 2 is 100 metres**. Swimmers are encouraged at each level to evaluate their improvement themselves. These meets usually include two sessions of 2 - 3 hours.

**LEVEL 1**

Advanced qualifying standards are required for this level and from here swimmers may begin to compete nationally. These meets usually include two sessions of 2 - 3 hours. The **minimum distance for qualifying for Level 1 is 100 metres.**

Level 1 and 2 qualifying times can be found here;
https://auckland.swimming.org.nz/qualifying-times.html

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## Leaving and Rejoining

Should you decide to **leave NSS**, we require you to give in advance **1-months paid notice** in writing to our Financial Controller. During this time the swimmer is able to train as normal. This benefits all members by giving us time to ensure that squad numbers are stable and correctly balanced. You will of course need to make sure all fees due are up-to-date before leaving.

If a swimmer wishes to take a **break from training**, for a period greater than one month, the first month's fees must be paid and a **$65 re-joining fee** will apply upon successful application to re-enter. Breaks of less than one month will not incur any fee reduction.

For example, a swimmer wishes to take three months vacation, the first month's fees will need to be paid. Upon the swimmers return the swimmer will need to apply for re-entry and will need to pay the re-joining fee.

There are **no guarantees** that a swimmer will have access to the same squad they vacated as each squad has a finite number and the club will continue to intake new members. If a swimmer wishes to maintain their place within the squad they may choose to continue to pay fees as usual. In this instance their place in the squad will be held for them.

In case of an **injury or illness** preventing you from swimming, you need to advise finance@nss.org.nz before the due date (7th of the month). **Medical certificates** presented will ensure you do **not need to pay** for the period missed. Otherwise fees are due as normal.

## Transferring

Transfers to another club must be cleared by NSS. All fees must be up-to-date before clearance is given. All trophies are to be returned to the NSS.

## Fees

All fees are paid **1 month in advance**, due on or before the 7th of each month in advance. As a non-profit organisation and in fairness to all members, fees must be paid on time. Swimmers who are overdue will be unable to train until all fees are paid. Please avoid this embarrassment for your child.

If fees are not up to date a third time in any two year period, membership will be terminated. Swimmers are **not eligible** to swim in any events the club participates in, unless fees are **up to date**. This includes all meets, club nights, camps and away trips.

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## Fee Structure

Fees current as at 4th December 2019
Fees are payable 7th of the month in advance.

**Swimmers are not eligible to swim in any events the club participates in, unless fees are up to date. This includes all meets, club nights, camps and away trips.**

All fees must be paid by Automatic Payment. Our Bank Account is **ANZ 01 0274 0013810 000**.

| | | |
|---|---|---|
| | **One Off Fees** | |
| 1 | **NSS Joining Fee**<br>Includes T-Shirt and NSS Cap | **$100.00** |
| | **Annual Fees (Non-refundable)** | |
| 2 | **NSS Administration Fee**<br>Invoiced mid March for 1 April - 31 March<br>50% if Joining between 1 October - 31 March or joining SwimFit. | **$196.00** |
| 3 | **NSS Club Night Fee**<br>Invoiced mid March for 1 April - 31 March | **$46.00** |
| 4 | **Auckland & New Zealand Swimming Registration – no reduction available**<br>Due to SNZ on July 1st – pay subs via MyPage Portal **(includes NSS Levy of $2.50)** | **$108.50** |
| 5 | **Prize Giving Levies** | **$20.00** |
| | **Monthly Fees** | |
| 6 | **Squad Fee**<br>Due on 1st invoice and thereafter on the 7th of each month in advance. | **See Chart** |

The chart below represents which of the above fees are payable for each squad. Column 4 is payable to SNZ as above.

| Squads | Monthly Squad Fees | | | | | |
|---|---|---|---|---|---|---|
| **Teddy Bears** | ☑ | ☑ | ☑ | ☑ | ☑ | **$106** |
| **Paddington Bears** | ☑ | ☑ | ☑ | ☑ | ☑ | **$143** |
| **Baloo Bears** | ☑ | ☑ | ☑ | ☑ | ☑ | **$172** |
| **Yogi Bears** | ☑ | ☑ | ☑ | ☑ | ☑ | **$222** |
| **Panda Bears** | ☑ | ☑ | ☑ | ☑ | ☑ | **$229** |
| | | | | | | |
| **SwimFit** | ☑ | ☑ | | ☑ | ☑ | **$165** |
| **Brown Bears** | ☑ | ☑ | | ☑ | ☑ | **$241** |
| **Black Bears** | ☑ | ☑ | | ☑ | ☑ | **$241** |
| | | | | | | |
| **Polar Bears** | ☑ | ☑ | | ☑ | ☑ | **$257** |
| **Grizzly Bears** | ☑ | ☑ | | ☑ | ☑ | **$257** |

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