# PLANET PHOENIX

**September 2023**

All the news, results, and information you need
To keep up with New Zealand's hardest working swim team

BREAKING NEWS BREAKING NEWS BREAKING NEWS BREAKING NEWS BREAKING NEWS BREAKING NEWS BREAKING NEWS BREAKING NEWS

## Amazing results by Phoenix Aquatics at NZ Short Course 2023

Congratulations to the swimmers and coaches for placing 5th in the overall Age Group club awards. This is an awesome result achieved with only 12 swimmers!

Medal winners were:

| | |
|---|---|
| Arrisa Liu | 7 medals (gold 50/100/200 Bk + 100 IM) |
| Jasmine Lyles | 4 medals (gold 200 Br) |
| Brandon Holder | 3 medals (gold 50 Bk) |
| Osbert Gu | 8 medals (gold 200 Bk) |
| Charles Heathcote | 3 medals (gold 1500 Fr) |
| Jethrow Yoon | silver 200 Br/bronze 100 Br |
| Bryan Xiong | bronze 50/100 Br 50 Fr |
| Joseph Shin | bronze 100/200 Br |
| Yeenok Zhang | silver 100 Bk/bronze 50 Bk |
| Troy Blijlevens | bronze 50 Fr |
| Bruce Shen | bronze 200 Bk |

Welcome to the second edition of Planet Phoenix – your place for news, reviews and articles about your club and your sport – we aim to keep you informed and up to date with all the happenings, results, interviews and more that is going on in the Phoenix world. Id there is anything you want to see, or if you would like to contribute something – please contact the editor (Calvin).

As usual, if you want to know more, please check out our webpage: www.phoenixaquatics.com where you can see our club records, hall of fame members and order your club uniform.
I thought that after outlining the brief history of Phoenix Aquatics in edition 1, I would take a look back over the career of our intrepid leader – Head Coach David Lyles:
Did you know, for example, that David has been coaching for over 35 years! and that he started his career whilst still studying and training at University?
To date, David has coached 45 swimmers to international teams in the UK (21), China (8) and here in NZ (16); won 10 World/Olympic medals and coached 1 World record holder as well as placing swimmers on 6 different Olympic Games teams 1992-2021. Watch out for a full interview with David in our next edition.

The Junior Talent Camp is open to all swimmers from the Rising or Aqua Stars groups as well as Age Group swimmers aged 13/under. DON'T DELAY – APPLY TODAY

| Upcoming Events | |
|---|---|
| NSS Level 3 17 September<br>Swim Fest 13-15th October | |

## Club short course records set in July/August

| | | | | |
|---|---|---|---|---|
| Arissa Liu | Women 13-14 | 200m Backstroke | 2.26.58 | 23-Jul-23 |
| Jethrow Yoon | Men 13-14 | 50m Breaststroke | 31.47 | 23-Jul-23 |
| Brandon Holder | Men 15-16 | 100m Freestyle | 52.64 | 23-Jul-23 |
| Brandon Holder | Men Open | 100m Freestyle | 56.64 | 23-Jul-23 |
| Randal Li | Men 15-16 | 200m Freestyle | 2.01.55 | 23-Jul-23 |
| Brandon Holder | Men 15-16 | 50m Backstroke | 26.71 | 23-Jul-23 |
| Brandon Holder | Men 15-16 | 100m Backstroke | 57.87 | 23-Jul-23 |
| Brandon Holder | Men Open | 100m Backstroke | 57.87 | 23-Jul-23 |
| Charles Heathcote | Men 15-16 | 200m Butterfly | 2.17.47 | 23-Jul-23 |
| Charles Heathcote | Men Open | 200m Butterfly | 2.17.47 | 23-Jul-23 |
| Arissa Liu | Women 13-14 | 50m Freestyle | 27.70 | 12-Aug-23 |
| Arissa Liu | Women 13-14 | 200m Backstroke | 2.22.53 | 12-Aug-23 |
| Jasmine Lyles | Women 15-16 | 50m Breaststroke | 33.07 | 12-Aug-23 |
| Jasmine Lyles | Women 15-16 | 100m Breaststroke | 1.09.55 | 12-Aug-23 |

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|---|---|---|---|---|
| Jasmine Lyles | Women Open | 100m Breaststroke | 1.09.55 | 12-Aug-23 |
| Jasmine Lyles | Women 15-16 | 200m IM | 2.21.60 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 50m Freestyle | 24.50 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 100m Freestyle | 53.26 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 50m Backstroke | 27.26 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 100m Backstroke | 59.20 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 200m Backstroke | 2.09.05 | 12-Aug-23 |
| Jethrow Yoon | Men 13-14 | 100m Breaststroke | 1.08.92 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 100m IM | 59.94 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 200m IM | 2.13.78 | 12-Aug-23 |
| Osbert Gu | Men 13-14 | 400m IM | 4.47.60 | 12-Aug-23 |
| Troy Blijlevens | Men 15-16 | 50m Freestyle | 23.87 | 12-Aug-23 |
| Charles Heathcote | Men 15-16 | 800m Freestyle | 8.41.53 | 12-Aug-23 |
| Charles Heathcote | Men Open | 800m Freestyle | 8.41.53 | 12-Aug-23 |
| Brandon Holder | Men 15-16 | 50m Backstroke | 26.13 | 12-Aug-23 |
| Brandon Holder | Men Open | 50m Backstroke | 26.13 | 12-Aug-23 |
| Brandon Holder | Men 15-16 | 200m Backstroke | 2.05.11 | 12-Aug-23 |
| Brandon Holder | Men Open | 200m Backstroke | 2.05.11 | 12-Aug-23 |
| April Lin | Women 10-10 | 200m Breaststroke | 3.05.79 | 19-Aug-23 |
| Helena Yule | Women12-12 | 200m Butterfly | 2.43.61 | 19-Aug-23 |
| Lucas Wang | Men 10-10 | 100m Freestyle | 1.09.80 | 19-Aug-23 |
| Lucas Wang | Men 10-10 | 200m Breaststroke | 3.14.64 | 19-Aug-23 |
| Max Zhao | Men 9-9 | 100m Backstroke | 1.25.06 | 20-Aug-23 |
| Max Zhao | Men 9-9 | 200m Breaststroke | 3.36.06 | 20-Aug-23 |

# The BIG Interview: Hazel (Vanessa) Ouwehand

Hazel Ouwehand is fast becoming an institution at Phoenix Aquatics and is currently the most senior – and most successful - swimmer in the programme. While juggling work and studies, Hazel still manages to train and compete at a World level and in the past 12 months has competed in the European Mare Nostrum Tour, Birmingham Commonwealth Games, World SC Championships and most recently - Fukuoka, Japan, World Championships!

Hazel's started swimming competitively when she was just 6 years old, competing for Te Awamutu Swimming club in the Waikato. At 17, she realised she needed more and moved to St Peters Swimming Club for 4 months before transferring to the High-Performance Centre in Auckland where she qualified for her first World SC Championships in 2018.Unit.
It was here when Hazel first met coach David Lyles who brought some senior Phoenix swimmers to train at the centre a few times each week as well as helping out with some of the performance sessions.
When Swimming NZ closed their Performance Centre, Hazel chose to join newly formed Phoenix Aquatics straight away and when asked why she chose such a new, small club, Hazel was very clear: "I already had an established relationship with him (David) and knew how he operated. I also truthfully don't trust any other coach in New Zealand with my swimming. I think David has the most experience out of any coach I know, has been to multiple Olympic Games, world championships etc. and has produced various medalists across a range of events.".
Hazel has competed in some of the most prestigious competitions around the world, including the World Short Course Championships in China, 2018, World Short Course in Melbourne 2022, Commonwealth Games in 2022 as well and of course the most recent meet, World Long Course Championships in July 2023 Fukuoka, Japan.

Leading into Fukuoka, Hazel was very positive, and her training pace was on par for what she wanted to achieve. "I was hitting some really good times in training. I swam my first ever 28's of 50m butterfly from a push in training, so it was making me feel very confident going into the competition."- Hazel recounts.
Although we at Phoenix are very proud of Hazel's results, she was not entirely happy with her times as the leadup to the competition promised much more. She reflected, "I expected a lot more from myself, and so it was disappointing in that respect.".

When asked about her experiences in Fukuoka, she had a few memories and insights that she wanted to share:
Competition times for these big meets can be a shock to some swimmers especially if they are not used to the lateness of them: session start times were 11am in the mornings and sometimes 8pm for the evenings, “so on the one hand there were opportunities for a sleep in, but also frequently very late nights.”

When travelling for international competitions, Hazel has some tips for young, first-time swimmers:
“Always pack a pair of training togs, racing togs, a cap, a pair of goggles and a shami towel in your carryon luggage. You never know what could happen during travel, and if you were to lose your luggage it is good to have one of everything on hand so that you can still compete.”

“When flying long haul, I also highly recommend the purchase of a ‘humidi-flyer’ - a mask specifically for flying which helps keep your breath hydrated whilst on an air-conditioned flight, allowing you to arrive in the best possible health.”

Hazel watched most of the racing in Fukuoka, and one of her most memorable moments was seeing Sarah Sjostrom (Sweden) break her own world record in the 50m Freestyle in a time of 23.61s after winning her 50m Butterfly race.

When asked about her goals for the next 5 years, Hazel replied: “I’m not 100% sure what the future holds for me, but I don’t intend on retiring anytime soon. I do have my eyes on the Paris Olympics 2024, Commonwealth games 2026, Olympics 2028 and everything in between.”.  We at Phoenix Aquatics cannot wait to see what Hazel brings to the mix!

Finally, I asked what advice Hazel might give to a young, aspiring swimmer; her response was very insightful: “There will always be a session when you just don’t want to be there, but those are the most important sessions where you need to think about the bigger picture. Find one then to focus on and make that one thing perfect every time. e.g. 6 kicks off every wall, breathe every 3, perfect stroke skills, whatever; just pick one thing and be the best at it.”

Thanks for your time, Hazel; we look forward to seeing your future blossom at Phoenix Aquatics!

# ANNUAL AWARDS

Dear members,

**SAVE THE DATE for the first ever Phoenix Aquatics Annual Awards dinner – FEBRUARY 17th, 2024**

After all our success over the past 4 years – from local, regional, National, World and Olympic swimmers, we feel the time is right to launch our Annual Awards dinner.

This is a great chance for our whole club membership to get together and celebrate the success of our club and the swimmers who make our programme so unique. Parents, grandparents, siblings, friends, and neighbours are encouraged to attend and support our athletes.

We will be recognising every level of achievement from level 3, through to Auckland region, National Championships and from 2023, International team selection and World Championship performances.

**SAVE THE DATE for the first ever Phoenix Aquatics Annual Awards dinner – FEBRUARY 17th, 2024**

The is event will be held in the newly refurbished hall at Northcote College and award certificates will be presented to swimmers who have competed at level 3, won medals at Regional Championships, or represented Auckland/New Zealand.

In addition, cups, shields and trophies will be awarded to the swimmer of the year from each squad as well as the Phoenix Spirit Award and the overall Phoenix Swimmer of the year.

**SAVE THE DATE for the first ever Phoenix Aquatics Annual Awards dinner – FEBRUARY** 17th, 2024

As a club, we want to inspire our members to reach up high, work hard and achieve their goals but equally important is the ability to socialise together as a team, strengthen our bonds and join together with all families in our swim community.

**SAVE THE DATE for the first ever Phoenix Aquatics Annual Awards dinner – FEBRUARY 17th, 2024**

Further details will be released over the coming months – watch this space and get your tickets to attend this amazing evening of aquatic celebrations.

# RACE DAY

## SUNDAY SEPTEMBER 24th

**Open to all members of Advanced classes and ALL SQUADS**

Race Day Information-
ENTRY FEE: $10 per swimmer (including spectator admission and 2 general raffle tickets)
Food stalls/BBQ, Swim Shop
Grand Prize raffle draw (tickets purchased on the day)
Warm Up: Group 3 8:30-9:00am
Groups 1&2 9:00-9:20am
Racing will start 9:30am – finish approximately 11:00

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We Chat- CoachFu

CLUB UNIFORM: Please go to our website to order: www.nzlswim.com/shop

# Quote of the month

*"Persistence can change failure into extraordinary achievement."*
*Matt Biondi (Olympic Swimmer)*

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