PLANET PHOENIX

December 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

Phoenix aquatics crowned asl champions for 2nd consecutive year

Welcome to the fourth edition of Planet Phoenix, The Xmas Edition – 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. If there is anything you want to see, or if you would like to contribute something – please contact the editor (Calvin).

As per 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.

In our last edition, we had kicked off with the BIGGEST interview with David Lyles, in this edition, we carry on that interview as there was just too much information to cover in just one edition.

We also wanted to make this edition a celebration of the achievements that our swimmer and coaches have achieved in the year of 2023 and more specifically the past 2 months.

MEET RESULTS:

Swim Fest 2023

A massive congratulations needs to be awarded to all the swimmers who competed at the 2023 Golden Homes Swim Fest! Phoenix Aquatics managed to secure top club for the THIRD year in a row!!! We had 12 top 3 Age Group placings, 5 of which were 1st in Age Group! Angelina See (1st), Eason Li (1st), Flora Chen (1st), William Tong (3rd), April Lin (1st), Melody Zhao (3rd), Aaron Zhang (2nd), Hope Wang (1st), Jade Lyles (3rd), Michael Yang (2nd), Bryan Xiong (2nd), Osbert Gu (2nd), Jethrow Yoon (3rd)

Bayley's Auckland Swim League

Phoenix Aquatics selected swimmers to compete in the Auckland Swim League held over two dates– 28 October 2023 and 25 November 2023, with a tremendous team effort, Phoenix was able to attain a victory, beating North Shore by over 250 points, with Central City in 3rd place.

Junior Festival 2023

Junior Festival Phoenix Aquatics had a whopping THIRTEEN club records broken at this event with many of the swimmers going up to claim their ribbons for their stellar swims! With 61 Athletes entered for a single meet, this was our highest attended meet for 2023!

CARO CUP 2023

We also would like to congratulate all swimmers selected to represent Auckland against Waikato for the Caro Cup 2023. Auckland were successful in retaining the trophy. Special congratulations to coaches Bridget Maher and Calvin Schaanick who were also selected to coach for the Auckland Team.

ASL Champions again!

Junior Festival winners

Swim Fest Champions 2023

Fri, 26 Jul 2024 – Sun, 11 Aug 2024

UPCOMING EVENTS	
Anthony Mosse Classic	19-21 January 2024
Roskill L1/2	10&11 February 2024
NSS Level 3	18 February 2024
Auckland Champs	14-17 March 2024
NAGS (National Age Group Champs)	15-19 April 2024

Club Records set November 2023

April Lin	Women 10-10	50m Breaststroke	39.79 (SC)	05-Nov-23
April Lin	Women 10-10	100m Breaststroke	1.27.65 (SC)	05-Nov-23
Jade Lyles	Women 12-12	50m Freestyle	28.62 (SC)	05-Nov-23
Hope Wang	Women 12-12	200m Freestyle	2.14.82 (SC)	05-Nov-23
Jade Lyles	Women 12-12	100m Butterfly	1.09.10 (SC)	05-Nov-23
Hope Wang	Women 12-12	100m Individual Medley	1.08.71 (SC)	05-Nov-23
Hope Wang	Women 12-12	200m Individual Medley	2.28.90 (SC)	05-Nov-23
Eason Li	Men 8&u	200m Freestyle	2.57.77 (SC)	05-Nov-23
Eason Li	Men 8&u	50m Backstroke	242.34 (SC)	05-Nov-23
Eason Li	Men 8&u	100m Backstroke	1.31.49 (SC)	05-Nov-23
William Tong	Men 8&u	50m Breaststroke	46.57 (SC)	05-Nov-23
Max Zhao	Men 9-9	50m Freestyle	34.06 (SC)	05-Nov-23
Max Zhao	Men 9-9	200m Individual Medley	3.05.42 (SC)	05-Nov-23
Bruce Shen	Men 13-14	50m Backstroke	28.62 (LC)	12-Nov-23
Troy Blijlevens	Men 15-16	50m Freestyle	24.93 (LC)	12-Nov-23
Brandon Holder	Men 17-18	100m Freestyle	54.79 (LC)	12-Nov-23
Brandon Holder	Men 17-18	100m Backstroke	1.01.42 (LC)	12-Nov-23
Brandon Holder	Men Open	100m Backstroke	1.01.42 (LC)	12-Nov-23

Club Records Continued:

April Lin	Women 10-10	200m Backstroke	2.45.34 (SC)	03-Dec-23
April Lin	Women 10-10	50m Breaststroke	39.17 (SC)	03-Dec-23
April Lin	Women 10-10	100m Breaststroke	1.23.90 (SC)	03-Dec-23
April Lin	Women 10-10	200m Breaststroke	3.01.46 (SC)	03-Dec-23
Makki Fong	Women 11-11	200m Butterfly	3.07.41 (SC)	03-Dec-23
Hope Wang	Women 12-12	200m Butterfly	2.35.80 (SC)	03-Dec-23
Osbert Gu	Men 13-14	50m Freestyle	24.47 (SC)	03-Dec-23
Osbert Gu	Men 13-14	200m Freestyle	1.59.82 (SC)	03-Dec-23
Osbert Gu	Men 13-14	50m Butterfly	27.21 (SC)	03-Dec-23
Jethrow Yoon	Men 13-14	100m Breaststroke	1.08.17 (SC)	03-Dec-23

Awards Evening
Northcote College Hall
February 17th 2024

PHOENIX AQUATICS

Join us in a fun, family-friendly evening to celebrate an awesome year for Phoenix Swimmers

Awards for **ALL SWIMMERS** including; Certificates, Trophies and Cups awarded to swimmers at Levels 1-3; Junior Festival; Auckland Champs; NAGS/NZSC

Main awards: Squad swimmer of the year, Overall club swimmer of the year, Phoenix Spirit award

Dinner included in ticket price - dress code: smart casual

Highlights include Head Coach address; Swimmer's speeches;

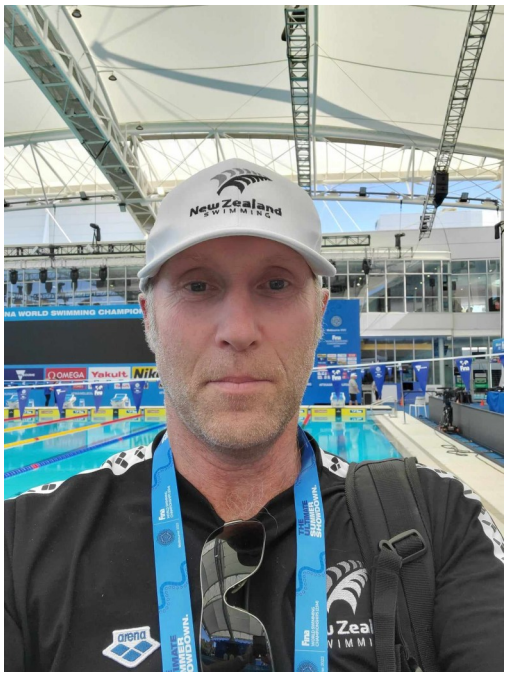
Fundraising raffle, auctions and photo opportunities for your swimmers and their friends

Why not sponsor a club trophy, or the whole event? Place your family name or business at the heart of Phoenix Aquatics and support our swimming community:

Contact david.see@hotmail.co.nz for further details

BUY YOUR TICKETS HERE: https://www.trybooking.com/nz/events/landing/10678

THE BIGGEST INTERVIEW: David Lyles



In our last edition of Planet Phoenix, we had the great privilege of getting to know David Lyles as he progressed through the early stages of his swimming career and coaching career. In this edition, we will get to the core of what makes David Lyles so successful at what he does, additionally, we gain some insights into David's coaching philosophies.

Whenever any successful coach is questioned as to their coaching style, they seem to get a bit squirrely or defensive but David, when asked, answered perfectly, "I think coaching styles change as you age and gain in experience. I know for a fact that in my early days I was very autocratic and confrontational: It literally was "my way or the highway". I am probably still quite confrontational, but I recognise that different situations and different swimmers require different approaches.

I coach to win – it's that simple. I would describe my style as passionate but at the end of it all, I want to win at everything. I want those around me to win and I have a hard time understanding people who don't give everything they possibly can to make themselves successful. I want to inspire younger swimmers and coaches; I encourage them to reach for the stars and believe they can do anything they want to as long as they commit to the idea.

David Lyles at World Short Course 2022

I like FAST swimming; I love skilful swimming and I really love skilful swimmers who can move fast! Since being in NZ, I have coached Lauren Boyle – World record holder in the 1500m Freestyle – she was a super hard trainer and very fast at everything from 200-1500 Fr; Matthew Holder (yes, older brother of Brandon!) who broke the NAG record in the 50m Breaststroke – he was seriously fast as an age group swimmer) and now we have Vanessa – NZ Record Holder in the 50m Butterfly.

It really doesn't matter what swimmers walk through our door – if they have the talent, attitude and commitment, I am confident we will get the best out of them."

When asked if David is still learning and open to trying new methods, he had this to say, "Absolutely, yes; Adapt or die is a motto I use often. Your core philosophy might remain, but the ways of achieving the results now are influenced by watching, reading and listening to others. With advanced age comes the benefit of being able to figure out what is worth listening to and what is not. There are some real "snake oil" salesmen out there (google that!) but also some amazing coaches. Some of the people who have influenced my thinking over the years have been Bob Bowman (coach to Michael Phelps), Eddie Reese (University of Texas), Denis Cottrell (Miami Gold Coast), Michael Bohl (Griffith University, Australia), Jon Urbanchek (University of Michigan) and Vern Gambetta (USA Conditioning coach).

Every swimmer requires something a little different, even if they are training for the same stroke or same event. You can't have a "cookie cutter" approach at an international level and you learn something from every swimmer you work with.

The internet has made it easier to find information; you just need to appreciate which information is useful and coaches are posting a lot of training information on-line through Facebook which can challenge the conventional wisdom and make you consider changes to your programme.". I couldn't have said it better myself!

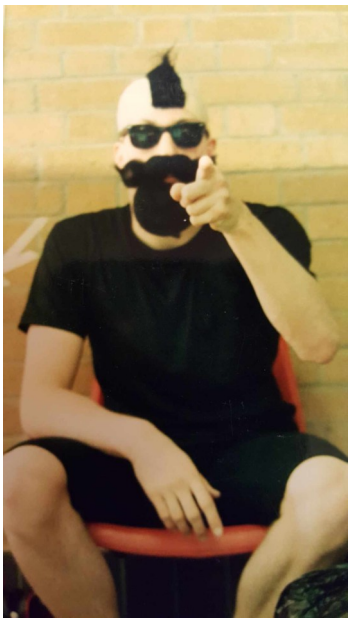
All coaches plan differently and have different end goal's, that being said, there is SUBSTANTIAL planning involved in each successful coach's mind for each and every swimmer that they take under their wing. David had the following to say when queried about his plan for the next couple of years, "That's an interesting one and difficult to answer fully here: The best way to do this with all athletes is to start with the end result– whether that may be winning the Olympics or qualifying for NAGS. We can then work out want is required in terms of time (years) commitment (hours) work (intensity) and external (school, nutrition, gym etc). It's a daunting process and one I only do thoroughly with those who show either real potential or commitment. If the readers want to know more, they will need to improve their attendance and performances; then book an appointment with me!"

Swimming is not all about the top-end (Olympians and World Champs), the young swimmers are just as important if not, more so! It is always refreshing to ask an experienced coach what they like to see in young athletes for their future, David said this, "Another great question: As coaches, we talk a lot about skills, but that is often in relation to a stroke or technique in the water such as streamlining or under water kicking ability. To me, one of the key skills any young athlete needs is resilience. There's a great line from an old Aerosmith song (Dream On): "You gotta lose to learn how to win." It is so very true; children are more protected now, they are all considered winners; "loser" is seen as a bad, negative and critical word and students are awarded participation medals, team player certificates and very few people know the pain of losing. If you don't experience loss, if you can't handle someone doing better than you, I am sure it will have a serious impact on your character and psyche growing up. In life there are winners and losers and that is why I love sport so much. It is pure, it is final, and in many situations, it can be brutal. There is nothing wrong with losing if you gave your best. Some people will always be better than you, taller, faster, stronger, smarter, richer etc. Results don't always matter if you do what you do as well as you can. Learn to lose, learn to win and above all, learn to be proud of who you are and what you have achieved!"

With the young swimmers still fresh in our minds, when David was asked what insights he may offer to young athletes, considering he has worked with Olympic athletes, his reply was the following, "That swimming and sport in general is an amazing journey and you don't know when you start how far that journey can take you. Too many young athletes quit way too early, either through their own lack of growth or maturity, or through pressure from school, family, or friends. I don't believe girls peak physically or mentally until at least 15 and boys probably around 19 or even later so if you stop sport before you finish University then, to me, you have stopped short and we will never really know what could have been.

I think we all need to remember that sport is a hugely important part of life; it teaches our young people many things they don't learn in school, and it offers opportunities for success in areas other than academic ones. Sport is pure, it is personal and it is for life!"

David Lyles: Tales of the Rabble Rouser and mischief maker



David, as many know is somewhat of a wordsmith and as such when asked what other career path's David may have considered aside from swimming coaching, he had this to say, "I don't think it would surprise anyone who knows me, that my original thoughts were around a career in journalism - particularly radio - sports reporting and broadcasting. I actually went as far as spending time with local sports news teams and was very close to applying for a journalism course at one point.

Of course, if a career in broadcasting had failed, then I would be the lead singer of Iron Maiden, although I think their popularity and career longevity would not be what it is today. Either way, I like to talk, I like to help people and I am excited by sports performances."

David has been coaching for a great many years as outlined in our last edition and when you have such a long and successful career, there are bound to be some issues, and obstacles you may encounter along the way. When David was asked about his obstacles in his career, he stated, "There have been many challenges and obstacles along my career journey. Life is quite often like a puzzle, and you need to figure out where the various pieces go. Honestly, I can think of 2 main challenges in my career, both with equal levels of complexity:

Firstly, learning enough Mandarin to be able to communicate and coach swimmers sufficiently well to win races at international level. I would never profess to be proficient or fluent in Chinese, but I knew enough of the right words to get the job done!

Secondly, working in swimming in NZ. I love living here, I love my life and I am passionate about Phoenix Aquatics; however, I have issues with everything from the way the sport is organised to the way it is funded and the opportunities it offers our young athletes.

I'm not one to sit around quietly complaining, and apart from my roles with NZL Swim and Phoenix Aquatics, I am also chairman of the Auckland Coaches group, sit on the Swimming NZ High Performance Coaches panel, am a member of the SNZ National Events Advisory group and am on the working group for Coach education and development. It's hard going but I am determined to help NZ improve and for our swimmers to have the best possible experience, opportunities and results from swimming." Wow, what a workload and utter commitment to Phoenix Aquatics and swimming in general, we are so proud of you, David and we are so happy that you are on OUR side!

When asked, David had this to say regarding his most fond memory of swimming, "There have obviously been many, but the one that stands out comes from my time in China. Their sports system is amazingly strong but extremely brutal. Swimmers can be cut from the National Team for just one poor set of results. They are then sent back to their provincial team and labelled as a failure.

After I had worked in China for a couple of years, I saw this happen several times in the lead up to the Beijing Olympics, and I took 3 older swimmers who had been "rejected" by the National team. No other coaches wanted them, and the management had no faith in the potential.

Over a 3-year period, these 3 swimmers – all in their late teens or early 20s won a total 10 medals at Asian Games, World Championships and 1 of them made it to the London Olympics.

From rejection to salvation and on to elation, those are some of my proudest and fondest memories with some of the hardest working swimmers I have ever coached." Truly awe inspiring to see such a dedication to the sport and the swimmers, no matter what.

And so we come to the final question, and possibly the most titillating subject to some, "What are your plans for the future of Phoenix Aquatics?"

David answered, "My goals now are radically different to when we started the swim programme at Northcote in 2016 and when we launched Phoenix Aquatics in 2019. In 2016, it was pure survival; will swimmers come, and then, will they come back?

In 2019 I was just hoping to have a strong junior club, but we are so much more than that now. Who would have thought we would be a top 5 club (NAGS and NZSC 2023), or capable of producing swimmers at international level (2016-2023) or have an Olympian from our programme (2021). Why shouldn't we? Remember – If not you, then who? If not now, then when?

Swimmers who have helped shape Phoenix Aquatics and swimming at Northcote along the way are: Michael Mincham, Matt Holder, Bayley Wang, Bobbi Gichard, Hayley McIntosh and Vanessa Ouwehand and Ruby Matthews. Look at Rebecca Wilkins and Jasmine Lyles who have been swimming in the Northcote pool since they were 10 years old or younger. Both girls have gone on to represent the NZ Junior team and I am sure many more of our current youngsters will follow in the footsteps.."

We are so proud of David Lyles and all that he has accomplished, we know for a fact that he will lead us to victory and glory by his passion, knowledge and prowess! Thank you David, for all that you do for us all!

Junior Talent camp January 2024. This camp is aimed at Rising and Aqua Stars who are in the age ranges of 9 and 13 years old, this camp is designed as meet preparation for the Anthony Mosse Classic (19-21January 2024). Our focus will be on essential aspects of competition such as meet warm-up, specific race strategy, and achieving success

Coaches Ryan Lockwood and Michael Mincham

Swimming New Zealand recently launched a new coach education and mentoring programme called Coach-TED (TED stands for Training, Education and Development). Renowned sports coaching mentor— Wayne Goldsmith of Australia is leading the programme to assist our coaches in further developing their skills. All coaches will receive a tailor-made, individualized, learning and professional development programme and we are delighted that both Ryan and Michael are part of the 20 coaches selected from across New Zealand.

How to Be an Awesome Swim Parent

As a parent, we all play a critical role in our child's development, successes and experiences in sport but do we ever stop and consider how our actions, emotions and decisions affect our child. As a coach with 2 active swimmers I often question what I am doing and how I am managing and treating my 2 girls and I hope you all find the following article helpful in ensuring you help your child have the best possible experiences from their involvement in swimming.

There are all of the early morning practices, the weekend-long swim meets, the fundraising, helping with the committee, chaperoning, the fees, the carpooling, and the food, *ohmagod*, all the food. And most importantly, there is the most fundamental and irreplaceable role you have as a swim parent: cheerleader and support staff to your little athlete.

All parents want the best for their swimmers, for them to enjoy the process of improving, but are often unsure what to do. It's an awkward two-step of wanting to encourage their kids to be better, but to be better without having to be pushed. Some recent research on elite athletes have shown that top performers have parents (and coaches) who are supportive, but who still allow the young athletes to own their sport and subsequent performances. With that in mind, here are some ideas on how to be an awesome swim parent:

1. Encourage accountability.

At the end of the day you want swimming to be your swimmer's sport. Their thing. Let them take ownership of the sport by letting them have their own goals, and encourage them to evaluate and track their workouts to further instil a sense of control of their swimming. If they have their own reasons for swimming and showing up every day to work hard they are going to be more intrinsically motivated to stay (and succeed) in the sport.

2. Avoid over-identifying with your swimmer's performance.

How they swim isn't a reflection of you. Don't fall into the trap where your child's swim performance is a reflection of you, leading you to ignore how they feel about the sport and focusing on your feelings. Taking the burden for their swimming also removes accountability on your swimmer's part. The more likely it's their thing, the more likely they are to be successful.

3. It's the process.

If they are getting better, and learning the process of mastering something they are learning and benefiting far more than just having a win-at-all-costs attitude. It's what they do every day—mastering the process of becoming a better swimmer—that matters more than what they do at meet-time. A swimmer who is able to master the grind will always outperform an athlete who magically shows up at meet time.

4. Set the standard for how they should react.

I cringe when I see a parent who lacks emotional control at swim meets. You can see the discomfort of those nearby as well, as in, "Jeez buddy, it's just a swim race." These parents not only tend to end up bumping and spitting all over nearby parents and swimmers, but also provide a classic example of poor sportsmanship and set a low standard of self-control for their own swimmer to emulate. It is contradictory and confusing for children to be told to have self-control, to stay calm and focused in moments of high pressure when their parent is screaming at the coach and losing their chlorinated mind from the stands. At the end of the day you are your swimmer's strongest role model.

5. Don't mistake sacrifice for investment.

Swim parents are absolutely unbelievable in terms of sacrifice: They spend a metric ton of time, energy and money in helping the sport go round. From all of the time spent organizing fundraisers, driving back and forth to the pool, countless swim meets, hotel rooms, flights, and more we sacrifice a lot for our swimmers. And so it's tempting to have this sacrifice sometimes blur into a sense of investment, causing parents to expect measurable dividends of some sort (college scholarship, sponsorships, etc). Swimming (and sport in general) isn't something that can and should be measured in terms of dollars and cents. The time spent in the pool now shouldn't come with a balance sheet later. The gold medals they don't win today still translate into healthy lifestyle choices they carry with them for life.

6. When issues come up with coach, address them privately and directly.

There will be times where as a swim parent we have questions or concerns regarding our kid's swimming. Over the course of a swim career this is unavoidable. Maybe your swimmer hasn't improved at all in a couple months and we'd like to know more about why this is. Or perhaps she is being held back a group. Or you have questions about the plan for the team. Too often when a parent has an issue with coach they will sit in the stands gossiping and complaining to other parents, which does nothing but create a divisive environment for all involved. Set a time to meet with the coach that you can talk distraction-free (blindsiding them on the way to their car after practice doesn't count).

Undermining the coach, whether it's giving contradictory technique and training instruction out of the water, only serves to confuse and put your little swimmer in a place where they have to choose between listening to you or coach when they are at practice. In ideal situations, parents parent, and coaches coach.

7. Let them unplug outside of the pool.

Swimming isn't and shouldn't be the only thing in anybody's life. Once they leave the pool in the morning or at night-time they should be able to leave it behind. Constantly having to rehash practice or meets in the car, at home, and over the dinner table is mentally exhausting. Have some perspective about where swimming truly ranks in the scheme of things. Being a great swimmer is cool, but being a young person with enough perspective to realize that it's just a race or just one practice is even better.

8. The facilities don't make the athlete.

It's natural to want the absolute best for our swimmers. The best coaches, the best facilities, the best of everything. But removing all obstacles in their talent development ends up having an unintended consequence: an inability to deal with adversity later on in their careers. After all, having been robbed of the lessons, humility and resiliency that comes from adversity means that when it does finally happen these athletes have a hard time adjusting. Being on a star-studded team doesn't guarantee success. Just like how training out of a dark, cramped 22-yard pool doesn't promote failure. The lessons and skills can be and are picked up in different environments and if anything, the "less than" athlete is going to be at an advantage when it comes to dealing with hardship.

9. Just be there for them.

More than anything, your little swimmer just wants you to be there for them. To be a shoulder to cry on and to provide a moment of levity when they add time to their PB. To whisper words of encouragement when they are injured. To share the moment when they finally do succeed. Win or lose, all they really want to know is that their swimming, and by extension their identity, isn't a prerequisite for you being there for them. Don't make your love conditional on how they swim. All they want to know and feel is that first or last, whether they are world record holder or local sharks-and-minnows champ, that you will love 'em.

!!! new coach Announcement !!!

We are delighted to welcome coach Daryl Pettus to the Phoenix staff. Daz started at the end of November on a casual basis, working primarily with our junior squads however his enthusiasm and passion for swimming is clear to see and I am sure he will become a familiar figure around the pool over the coming months.

Coach Daz has a wealth of aquatic experience from his days as a competitive swimmer in America through to skippering yachts and public ferries in Auckland, Doubtful Sound, the Mediterranean, California and the Great Lakes, USA, and across the Pacific Ocean.

As a student at Birmingham High School, Daz swam on the school team that was Los Angeles High School City Champions for thirteen consecutive years. In 1961 he set LA City High School records in the 200m individual medley and the 100m butterfly (1:00.5).

Daz went on to compete for the University of California, San Diego in the 200m butterfly and the 400m individual medley winning three NCAA medals before graduating with a double major in Molecular Biology and Music. During his time at school, Daz worked as a swimming instructor and swim coach for age group competitors, as well as a beach lifeguard in Malibu.

A Permanent Resident of NZ since 1976, Daz has had a number of positions as a secondary teacher for many subjects: Physics, Chemistry, Biology, Mathematics, Graphic Design, Computer Studies, Music and the Performing Arts. Eventually, he became a lecturer at the Auckland University of Technology in 3D Modelling and Animation.

Daz has been a sailor since childhood, and for the last twenty years has worked as a professional maritime captain and offshore sailing instructor, but has never lost his passion for competitive swimming. We are grateful to be able to call on his skills and commitment to inspire the next generation of New Zealand swimmers.

RACE DAY

SUNDAY FEBRUARY 4th

Open to all members of Advanced classes and ALL SQUADS

An exciting introduction to racing in a low-pressure environment.
Races from 1 length depending on age & level.
Events on all strokes across a series of "mini meets" spread over each term.
Great opportunity to see how our club progresses across all junior levels & ages.

Groups: 1. Advanced & Minnows
2. Junior Phoenix / Rising Stars
3. Aqua Stars/Age Group squad 14/under

EVENT PROGRAMME

1.	Group 3	6L Fr	7. Group 3	3L Bk
2.	Group 2	2L Fly	8. Group 2	1L Fr
3.	Group 1	2L Bk	9. Group 1	1L Fr
4.	Group 3	2L Fly	10. Male Relay	
5.	Group 2	4L IM	11. Female Relay	
6.	Group 1	1L Fly		

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
Parents will be required to assist with time keeping and marshalling.
Swimmers should bring warm clothing, footwear & spare towel to keep warm & dry between races.

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We Chat- CoachFu

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

Quote of the month

"Winning actions…and the key to it all is action. Winning thoughts are easy to think. Winning words are easy to say. But winning actions….they require something different: they require your energy, your enthusiasm, your commitment and you taking responsibility to make your dreams real."

(Wayne Goldsmith– Coaching Professional having worked with multiple Olympic Athletes, coaches and teams with over 28 years of experience)

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www.newworld.co.nz

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All Information correct to the best of our knowledge, if anything is incorrect, please contact Calvin at phoenixadmin@nzlswim.com