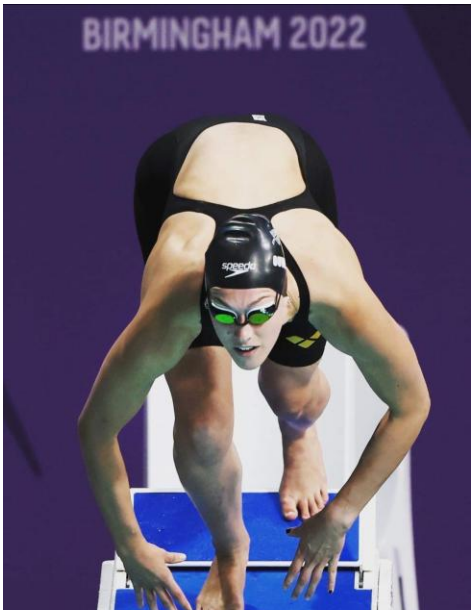
PLANET PHOENIX

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

NewsFlash! NewsFlash! NewsFlash! NewsFlash! NewsFlash!

Vanessa Ouwehand at the World Champs in Fukuoka 2023



Congratulations to Vanessa Ouwehand on her New Zealand Record in the Mixed Medley Relay and for her individual swims in the 50m and 100m Butterfly.

Welcome to Planet Phoenix – keeping you informed and up to date with all the happenings, results, interviews and more that is going on in the Phoenix world.
Whether you are a new member or if you have been with us for many years, I hope you will find something new and interesting on these pages and 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.
Let's start with a brief history of Phoenix Aquatics:

Phoenix Aquatics was registered as a club in December 2018 and began competing at the Anthony Mosse Classic in January 2019. The club was the vision of our Head Coach and former G.B, China and New Zealand National team coach David Lyles and is focused on performance development helping swimmers achieve the highest possible level of swimming.

Together with the parent company of NZL Swim Ltd – who manage the pool and run the swimming lessons, there are over 400 swimmers in the pool each week, training in 6 squads and employing 6 full time or part time coaches.

In a relatively short period of time, the programme has been home to Olympic and World Championship swimmers as well as several National Junior Team members, National Record holders and National Team staff.
A brief summary of our achievements to date are:
Olympic Games Tokyo 2022 – Hayley Macintosh
World Championships: Michael Mincham (2016); Bobbi Gichard (2017); Vanessa Ouwehand (2018, 2022, 2023); Hayley McIntosh (2018); Team coach David Lyles 2022
Commonwealth Games 2016 – Bobbi Gichard / Team staff - David Lyles; 2022 Vanessa Ouwehand
New Zealand Junior Pan Pacific Games Team 2018 – Matthew Holder; 2022 Rebecca Wilkins
New Zealand Junior Representative Team 2018 – Bailey Wang; 2023 Jasmine Lyles
New Zealand Record – Matthew Holder 2019; Vanessa Ouwehand 2023
New Zealand Team Coach – California 2023 – Ryan Lockwood
Auckland Coaching staff: Ryan Lockwood & Michael Mincham

Hopefully, with this level of achievement and performance support, you too can be inspired to reach for international success by working hard, listening to your coach and sharing your dreams and ambitions with your parents and coaching staff:
T ogether.
E veryone
A chieves
M ore

PARIS 2024

Upcoming Events	Results at a Glance
CCY Level 1 & 2 Meet (19 August 2023) Coast Level 3 Meet (20 August 2023) Phoenix Aquatics Awards Evening (February 17 2024)	ASA SC Champs Individual 14 Gold, 11 Silver, 12 Bronze ASA SC Champs Relay 1 Gold, 3 Silver

Club short course records set in July

Hope Wang	Women 12-12	200m Freestyle	2.16.87	09-Jul-23
Hope Wang	Women 12-12	400m Freestyle	4.47.73	09-Jul-23
Hope Wang	Women 12-12	200m IM	2.31.15	09-Jul-23
Hope Wang	Women 12-12	400m IM	5.23.34	09-Jul-23
Jasmine Lyles	Women 15-16	100m IM	1.06.55	09-Jul-23
Vanessa Ouwehand	Women Open	50m Butterfly	26.25	09-Jul-23
Lucas Wang	Men 10-10	200m Freestyle	2.31.67	09-Jul-23
Lucas Wang	Men 10-10	50m Backstroke	36.42	09-Jul-23
Lucas Wang	Men 10-10	200m Backstroke	2.48.05	09-Jul-23
Lucas Wang	Men 10-10	200m IM	2.48.30	09-Jul-23
Jerry Yang	Men 12-12	100m Backstroke	1.07.56	09-Jul-23
Troy Blijlevens	Men 13-14	50m Freestyle	24.54	09-Jul-23
Osbert Gu	Men 13-14	100m Freestyle	54.31	09-Jul-23
Troy Blijlevens	Men 13-14	50m Butterfly	27.74	09-Jul-23
Osbert Gu	Men 13-14	100m IM	1.01.43	09-Jul-23
Osbert Gu	Men 13-14	400m IM	4.54.55	09-Jul-23
Brandon Holder	Men 15-16	50m Freestyle	24.16	09-Jul-23
Brandon Holder	Men 15-16	100m Freestyle	53.15	09-Jul-23
Brandon Holder	Men 15-16	100m Backstroke	57.88	09-Jul-23
Brandon Holder	Men 15-16	100m IM	59.97	09-Jul-23
Brandon Holder	Men Open	100m Freestyle	53.15	09-Jul-23
Brandon Holder	Men Open	100m Backstroke	57.88	09-Jul-23
Brandon Holder	Men Open	100m IM	59.97	09-Jul-23
Max Zhao	Men 9-9	100m Backstroke	1.28.62	23-Jul-23

The BIG Interview: Matthew Phillips

Saturday 15 July 2023 was a bittersweet day as we said farewell and bon voyage to our dear friend and dedicated coach Matthew Phillips. Matt has been an integral part of the inception, growth and development of Phoenix Aquatics.
Matt has achieved so much and contributed plenty more in both his coaching and his teaching spheres. Swimmers that were under his tutelage still gleam with pride and endearment when they speak about coach Matt.

Having moved to Auckland in 2015 to pursue his swimming goals, Matt was identified as coaching potential by David and Jenny when teaching a lot of private lessons in the water.

In October of 2017 Matt started coaching alongside David with some junior swimmers – several of whom are still in the Phoenix programme today! When he finally finished up his swimming career at the end of 2017, he was helping out with the ten swimmers that were a part of the Performance Squad. The squad consisted of some famous names in the history of Phoenix like Matthew Holder, Bailey Wang, Michael Mincham and Bobbi Gichard – who all went on to become NZ International swimmers. At this time, the budding Stars programme was being run by David and all the club's members fitted in to just 6 lanes!

When the Northcote pool was aquired by NZL Swim in 2016, the pool was mainly used by the learn to swim programme and some fitness/recreational and masters swimmers. Facilities were basic, starting blocks were antiquated and dangerous and lane ropes were made of string! Over the years, David and his team have implemented many changes, including the installation of proper racing blocks, the gym and the tent over it as well as the Swim office. Throughout all these developments, Matt has been alongside, digging, drilling and helping wherever possible to ensure the swimmers had the best possible chances for success.

Matt reflects on his time with Phoenix with such pride; his fondest memories are of the swimmers achieving all that they wanted and deserved. Matt always felt like coaching was his re-energising portion of his day; he may have been having a hard day at school but as soon as he stepped into the building with the swimmers and his fellow coaches, he would feel invigorated.

When asked what advice Matt would give to a young swimmer he said, “Making that commitment to yourself, to being consistent, just showing up, it is so very crucial. I wish I had listened more to the coaches’ advice that we give on the pool deck, it is so valuable. Be open to feedback and embrace constructive criticism and use it as a tool for growth. And work hard, working hard gets you a lot of the benefits from swimming! Embrace the challenge.”

When asked what Matt’s future looked like, he stated that he is emigrating to the UAE to be a teacher at an international school. They have their own pool, so Matt plans on introducing himself and possibly starting his coaching back up there.

We, at Phoenix Aquatics, wish Matt all the very best and we will miss him dearly! Matt has told us in no uncertain terms that he will be visiting his home club in the future, so we will definitely look forward to that

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Quote of the month

"The only one who can tell you that you can't win, is you, and you don't have to listen."
Jessica Ennis-Hill – who is she?

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