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Achievers Board Top 10

Laura Quilter	620
Ben Quilter	384
Pavaris Kakanat	100
Te Haukopa Ehau-Taumaunu	86
Joel White	82
Nick Te Puni	80
Francois Nanai	80
Daniel Northover	68
Mitchell Griffiths	60
Breigh Biddle	50



East Coast Champs Info

Good luck to all Comet swimmers who the East Coast Champs this year. Unfortunately Greg and Andrew due to the one year anniversary of Andrew's Dad, Guy Bull's death will be unable to attend. Rose Finucane will be head coach at East Coast Juniors and Rochelle Skuse will be head coach at East Coast Seniors.

Clive Power will be attending this swim meet and will be holding a Parents forum. This is a perfect opportunity for Comet parents to question Clive on any swimming matter you have and our role as a swimming parent. Also feel welcome to ask Clive's reasoning on the current change in HBPB Winter Champ structure. Most importantly Clive will enlighten parents as to what is required in a swimmers life to reach full potential. This should not be missed

HBPB Winter Champs Thanks

Norman Weiss, Massage Therapist, had a hugely successful weekend as the Comet Swim Team massage therapist. If you would like a sports massage which helps flexibility, helps recovery and fatigue, fixes niggles and soreness and prevents and treats injuries then give him a call: 8672790 (32 Douglas Street, Okitu) He is offering a special price to all Comet Swimmers, \$15 for 30min, \$25 for 60 min

Upcoming Events:

- 4 Regions Grand Final (Senior Swimmers): Friday 3rd September - Sunday 5th September, Rotorua
- East Coast Champs: Saturday 11th September - Sunday 12th September, Napier
- NZ Winter Age Groups: Sunday 26th September - Thursday 30th September, Christchurch
- Commonwealth Games: Starts Wednesday 13th October, India
- Comet Fastwater: Starts Saturday 4th December - Sunday 5th December, Gisborne
- 4 Region Senior Camps: Start Friday 13th December - Sunday 15th December



Please note that Comet Swimming Club Squad Fees are increasing from \$55 per month to \$60 per month. The majority of this cost is due to the increase of GST to 15%. Stroke Groups fees will also increase to \$95 per school term and our Learn to Swim fees will also increase by \$5 per term.

### Desperately Seeking Help

The club is reliant on **parents** putting their hands up to be actively involved i.e. If your child is swimming then you need to help out regularly. Other than the Coaching staff everyone else is a volunteer.

There are a number of ways you can help out at club nights.

1. Timekeeping
2. Working the BBQ
3. Marshalling the swimmers up to the blocks
4. IOT (Inspector of turns)

Talk to Greg or Andrew for more information.

### New Clubnight Format:

Special Thanks to our parents Suzzie Sparks, Catherine Kepa, Toni Durston and others for new initiatives to improve clubnights.

Big Thanks to Keith Allen appliances and SE Systems for their sponsorship. And they did a fantastic job on the BBQ.

Please note there have been some changes to time table and squad lists for the last three weeks. This is in preparation of the Winter season so that we as coaches can see who will swim in what squad. Some sessions have been extended in time. New timetables and squad lists will go into action on Monday 6th September.

Winter Season will finish on Friday 24th September.

Found: Black Shoes, they are now sitting out side Coaches office. Are they yours?



Laura Quilter, Greg Meade  
Petra Sparks, (Right)  
Hinemaia  
Dewes (Left)

If you have any swimming photos and wouldn't mind us putting them in the newsletter please send them to [cometnz@ihug.co.nz](mailto:cometnz@ihug.co.nz)





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## Business Name

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Your Address Line 4

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Fax: 555-555-5555

E-mail: [someone@example.com](mailto:someone@example.com)

Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You

may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.



**Caption describing picture or graphic.**

If space is available, this is a good place to insert a clip art image or some other graphic.