

This performance programme is supported by:

NZCT
NZL Ltd
Wellington City Council
NZAS
Swimming NZ

Games double boost ...



Two Wellington swimmers from the HPU have won selection to the New Zealand team to the 2010 Commonwealth Games after an exciting, and sometimes controversial, Open Championships recently.

Tash Hind (20) and Gareth Kean (18), both from Capital Swim Club, have been named in the twelve strong team to go to New Delhi in October and the Pan Pacific Championships in California in August.

This is possibly the first time Wellington has had two swimmers selected to compete at the Commonwealth or Olympic Games at the same time.



Capital's first two Aquablacks

"It really is a fantastic result for our programme and the city. Its just reward for the faith shown in us by our supporters at NZCT and Wellington City Council" remarked Head Coach, Gary Hurring.

"Tash was our first international to emerge from the HPU programme and Gareth has followed suit, in reaching the high standard required by Swimming New Zealand to represent your country."

Tash is now based with the national squad at the Millennium Institute in Auckland, but is a regular visitor to her home town and frequently trains with the HPU squad at Freyberg Pool on Oriental Bay.

Both swimmers have come through the Capital Swim Club development system, starting as 8 year-old juniors at Kilbirmie, and have been coached by Gary since the age of twelve.

Tash has been selected for the 200m freestyle, and for the 4x200m and 4x100m freestyle relay teams, and Gareth selected for the 200m back.

HPU Results – 2010 NZ Reps

2010 Commonwealth Games:

Tash Hind and Gareth Kean

2010 Pan Pacific Championships:

Tash Hind and Gareth Kean

2010 Junior Pan Pacific Championships:

Georgia Hind, Gareth Kean, Samantha Lee

2010 Oceania Championships:

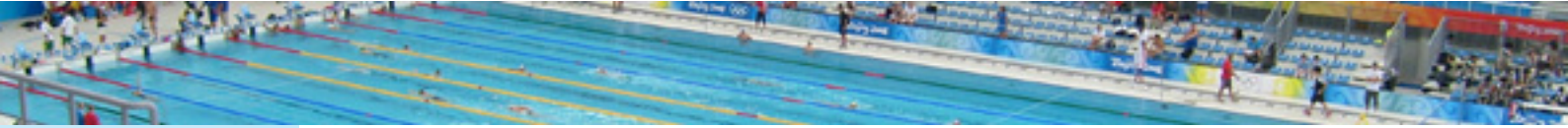
Claire Benson and Samantha Lee

2010 Trans Tasman:

Yet to be announced.

continued over ...

SWIMMING



[continued ...](#)

Both swimmers reached the qualifying mark in their target events. There was some controversy surrounding the qualifying times required to make the team. The effect of the body suits had been under-estimated by most swimming nations and as a consequence most have had to modify their qualifying criteria to allow for the new rules, which ban body suits.

They have already started their preparation for the Games and will have to check their passports are up-to-date. In the next few months they will be in France, Spain, California and Dubai as part of the build up to the Games in India.

"I can't quite believe it. I have dreamed of this for years and when you finally achieve it, after years of hard work, it takes a day or so for it to sink in. My family were up supporting me and it was a roller coaster ride for them, especially when they announced the team," said Gareth.

"Its great for me and Gareth, both born and bred in Wellington, to be in the team and its fantastic for Gary and the club too. I hope the junior swimmers will be inspired to believe they can also achieve their goals if they work at it," said Tash.

The Commonwealth Games swimming programme starts on Monday, 4 October and concludes on Saturday, 9 October. Full coverage on Sky/TVNZ.

Three more don the silver fern ...

Not only did the HPU provide two swimmers to the Commonwealth Games team, but three other swimmers performed superbly well last week and were selected for NZ teams for 2010.

Samantha Lee (17) and Georgia Hind (18) are off to represent their country at the Junior Pan Pacific Championships, along with Gareth Kean, in Hawaii, competing against the best U19 swimmers from USA, Japan, China, Canada and Australia.

"This is one of the toughest junior competitions in the world," noted their coach, Gary Hurring. "Typically all these countries have large junior development programmes and are extremely well funded, we on the other hand have to rely primarily on user pays and raising funds locally."

Also selected to represent New Zealand is Claire Benson (18) who will be travelling to Samoa in July for the Oceania Championships to join Samantha and a large NZ squad to compete against Australia and other Oceania nations.

"It's tremendous for our HPU programme to have so many swimmers wearing the silver fern this year, I think its important that we are able to support and enable them to reach this level. Swimming is a tough sport and you have to be prepared to dedicate yourself to the training in order to achieve, so for them to get recognition, like this, is important."

Fresh talent

The Performance programme has a few new faces this year with some talented swimmers joining the squad.

Jordon Moratti (18), Claire Benson (18) and Kendall Reidy (18) have all decided to come and make their mark on the Wellington swimming scene and contribute to the vibe that is flowing through the group.

"Its important to have a senior group that can support each other and provide a social structure to exist in. The athletes 'life mix' of study and swimming leaves little time for socialising, so to have a group of friends with you at the pool really is critical," remarked HPU manager, Steve Hind.

SWIMMING
WELLINGTON
UNIVERSITY



Swimming with sharks is all part of the HPU training for these tough guys!



Taupo marathon

Stephanie Bennington showed tremendous endurance and willpower when she became the youngest person to complete the Lake Taupo swim in just under 12 hours this month.

She covered the distance of 40.2km at a rate of approximately 3.4km per hour to put herself in the record books as only the 25th person to successfully swim Lake Taupo.

Stephanie has already swam the Cook Strait (as a 13 year-old) and still holds the record for the youngest female to achieve that feat.

Pathways to success

Its important that any organisation, involved in sport at the top level, can provide a developmental pathway for young talented athletes to progress along. The swimming pathway is littered with promising individuals who never progressed beyond age group level, sometimes because the support structure was not in place to help them.

Whilst nurturing young swimmers is important, it is also necessary to build a clear route, with achievable steps marked out along the way, to enable them to progress as far as they are able. At senior level they must have access to support services, when they require them, to further develop and achieve their goals.

Creating such an environment takes time, money, skill and dedication from a group of like-minded individuals. The progress of the HPU in approximately two years is encouraging and with the continued level of commitment from those involved, will continue to provide that extra difference to those who want to achieve.



*The Capital team at the Commonwealth Games Trials 2010, Auckland
From left: Gary, Georgie, Samantha, Kelsey, Georgia, Ali, Emma,
Jordan, Ben, Gareth and Sam [missing Tash and Claire]*