

NGĀ TAI TŪĀTEA A TARAİKA

Club Information Booklet

(2024)



Our Purpose: “to create a positive, fun and inclusive club environment that values the pursuit of excellence.”

CONTENTS

Nau Mai, Haere Mai - Welcome	3
Keep in Touch with the Club	3
Club Contact	4
Club Governance	6
Apps and Websites	7
To Tatou Korero (Our story)	8
Club Registration Process	12
Financial Policies	16
Swim Equipment	18
He Ropu "Our Squads"	19
Competition Calendar	25
Club Events	30
Uniform	32
Volunteer Program	34
Code of Conduct	35
Swimmer Contract	38
Leave of Absence + Resignation	39
Sponsorship	40

Disclaimer:

The Club Committee agree there is a lot of information contained in this booklet and recognise the challenges and effort required in collating club information. We acknowledge whilst compiling this information there may be errors or omissions in the content of this booklet. Please note, the information contained in this booklet is provided on an "as is" basis with no guarantees of completeness, accuracy, usefulness or timeliness. The dates, times and schedules within will become dated over time from when first publications are issued. Please continue to verify and confirm all information with coaches or a member of the committee. This booklet will receive a further upgrade on the 1 July 2024 – Ngā mihi

GREETINGS TO OUR SWIMMING FAMILY

Athletes Matter

Winning is the Pursuit

One Big Whanau



Nau mai, hoki mai, whakatau mai rā

Ko te mea tuatahi e mihi ana kia tatou katoa

Welcome, welcome, welcome!

Please allow us to extend a warm and friendly welcome to all our new and existing members, to your whānau, extended family, or friends who take or will be taking an interest in following you closely on your swimming journey with us. Welcome to the newest addition of swimming clubs in Wellington, New Zealand. It means a lot to us that you have selected our club to help you fulfil your swimming goals and aspirations. We are excited to host you and we look forward to making you proud to wear our logo.

Ngā Tai Tūātea a Taraika Swim Club Inc. was founded on the 18th of March 2022. This makes us very new to the swimming scene, but very excited about the contribution we will make to swimming in New Zealand. We are based in the Eastern suburbs of Wellington and take pride in being a friendly and whanau orientated club. Our values are Whānaungatanga and Manaakitanga; which simply means caring, respect, honesty and kindness we have for each other is like one big family. Our club is focused on excelling in swimming through dedication and commitment. We push our athletes to achieve their personal best not only in the pool but in all their endeavours. We also accommodate athletes who have a focus on multi disciplined events or have other aquatic interests such as surf lifesaving, triathlon, water polo, and artistic swimming.

Our Purpose: “to create a positive, fun and inclusive club environment that values the pursuit of excellence”

Therefore, we are very excited to provide pathways and opportunities for our members in assisting them to reach their full potential. We take a very keen interest in the individual but provide encouragement for them to contribute to the whole group, as the collective success of the entire program remains priority. For some members this means achieving Regional, National or International success. While for others, it is about developing water safety skills to carry throughout their life and pass on to the next generation.

Being a new club, we have the opportunity to write our own history. We aspire for our athletes to achieve at the highest levels, which includes New Zealand Age Group, New Zealand Open and Olympic representation. To be able to achieve these goals, we need to ensure the support of our parents, whanau, volunteers, coaches, sponsorship partners and the swimming community. We welcome everyone, who are keen to take this journey with us, into the **Ngā Tai Tūātea a Taraika Swim Club** Whānau. We look forward to helping your athlete reach their greatest potential.

Looking Ahead

We look forward to what the future holds, with many new members joining our ranks. However, while we take this journey together, we need your support to make this work. It is only together that we can help make our club succeed. Nau mai, hoki mai, whakatau mai rā. ***Ngā Tai Tūātea a Taraika Swimming Club Inc***

KEEP IN TOUCH WITH THE CLUB

Our club prides itself on fostering whanaungatanga (connections), the sense of belonging for all our members and families. It is important that families feel connected. We strive to have a presence on the pool deck and online. We aim to ensure we keep our members notified of all upcoming events, training times, results or at least answer any questions people might have. We have designated social media platforms as follows:



Facebook: Nga Tai Tuatea a Taraika Swim Club



Instagram@taraikaswimclub

To optimize efficiency, the club will primarily use electronic forms of communication. This will include finding updated information about the club on our website and communicating with our coaches and staff via email. Staff will be communicating via email regularly about upcoming events, schedule changes, notices, and updates. Parents are asked to ensure that they are up to date on all the information that is readily available to them via the website, as well as be in consistent communication with the Coach of their squad.

CLUB CONTACT INFORMATION:



swimming@taraika.net.nz

To avoid miscommunication, it is important for all families to follow an appropriate channel of communication depending on what information they are seeking.

For information regarding upcoming meets, schedules and any other part of the training program, parents should seek that information in the following order:

1. Ensure you are up to date on all electronic communication, including emails from Lead Coaches and information found on the Taraika website. As well, check to see if any club communications have been sent to your Spam folder in your email account.
2. Communicate with the swimmer to ensure that any information given to them is relayed to the family.
3. Contact the Lead Coach of the group in person, preferably at the end of a workout.
4. Swim New Zealand website is another great source of information for events and meets.

For information regarding your account, and/or registration with the club, parents should all seek that information in the following order:

1. In the first instance please provide an email to swimming@taraika.net.nz with your questions, or
2. Contact the Club Administrator, via email at kaiwhakahaere@taraika.net.nz
3. Communicate any issues with the Lead Coach of your child(rens) squad if any financial issues remain unresolved.

For any conflicts or disputes that may arise, please consult the Chairman, Walter Maxwell.



under.ground@paradise.ac.nz

CLUB CONTACTS

Statement from the Committee

We wish to present to you the coaching staff at Ngā Tai Tūātea a Taraika Swimming Club. These three individuals come with vast amounts of knowledge and experience in the swimming world. They continue to be students of the sport, willing to research and study to stay ahead. They remain relevant, competitive, and up to date in this modern era. The three coaches bring an international flavour to the club with both Andre and Chris originating from Canada while Benoit is a native of France. This enables freedom to think further afield, allowing standards to be developed at a true international level. Their international connections allow them to remain relevant and up to date with the latest swimming information from around the rest of the world. It means the club is fueled by the most up to date skills, techniques and methods being employed by the top swimming nations in the world. In addition to this, Benoit comes to us after spending 15 years in the learn to swim school space. Teaching 5–10-year-olds the latest commands, techniques, and skills in learning to swim. The club is extremely excited by the mix of talent, knowledge and experience we have gathered. We look forward to your support.

Coaches



Chris Paproski

Title: Senior Lead Coach

Tel: 027 840 1077

E: chris.paproski@gmail.com

Competitive swimming has been the biggest component of my life for the last 20 years and due to my close relationship and understanding of the sport, I feel privileged to be able to coach and inspire the next generation. I know firsthand the positives this sport can provide, and I pride myself in being an instrumental part of my athletes' story and their own connection with the sport. I prioritize the athletes themselves and I believe that if I can help guide them to stay healthy, happy, and progressing in the pool, they will not only swim fast, but they will continue to approach life with admirable energy and desire for success.

Whether it be set design, program structure, athlete advocacy, physiology, mental health, or the many other areas that coaching encompasses, I truly enjoy the experience of the job. It is also the opportunity I have to work with great athletes and even better people that makes me value the day to day of my role. I strive to support and motivate each individual to achieve their highest standards both in and out of the pool, and that will always remain my number one goal.

I believe success comes from a complementary combination of work ethic, accountability, structure, and culture. I aim to implement these pillars through clear direction and supportive input. It is the pleasure of a coach to spectate the growth of each individual athlete throughout their journey, and the idea of being a figure they are one day thankful for is reason enough to bring my best self to the pool every day.



Benoit Lavigne

Title: Junior Lead Coach

Tel: 027 222 7607

E: benswimcoach@gmail.com

Ben (Benoit) Lavigne started swim coaching in 1995 in Normandie, France. Over the last 25 years of continuous coaching, Ben has led swimmers both in New Zealand and overseas to set national age group records and win gold medals in national champs. Ben has coached clubs across the Wellington region. He enjoys using his strong technique development skills to consistently develop motivated, strong and successful teams where many swimmers have come away with a lifelong love of swimming.

One reason swimming is so exciting, is that being successful in it is so much about good technique. You don't have to be a high-level athlete, super strong and super fit to make huge progress and meet your goals.

Ben's Junior coaching priorities are:

- 1) Developing the best possible technique
- 2) Respecting individual growth and development
- 3) Developing a lifelong love of swimming

It takes 10 years to become an overnight success!

Farewell Coach, thank you for an awesome two years!



Andre Kudaba

Title: Resignation as Club Head Coach

Tel: 027 324 9366

E: kudaba.andre@gmail.com

Recently, Andre returned to Canada for the birth of his son Rowan and has decided to remain in Canada for the time being to be closer to the support of family. Andre has accepted a coaching role at Oakville Aquatic Club in Ontario, Canada. On behalf of the club, we wish Alissa, Rowan and Andre the very best with their life back in Canada.

Kia ora, my name is Andre Kudaba, and I am the Head Coach and a co-founder of Ngā Tai Tūātea a Taraika Swimming Club. I am a certified coach from Canada, and I have been coaching all levels of aquatics for the past decade in both Canada and New Zealand. Prior to coaching, I competed as a Butterfly specialist for my home club in British Columbia and trained with multiple University High-Performance programs across Canada. I have coached in New Zealand for 4 years and found success in both the Age-Group and Open National level with the swimmers I have mentored through the Wellington aquatics environment.

Club Administration (Kaiwhakahaere)

Sophie Irving is a current senior member of Ngaru Roa Swim Squad and has been a competitive NZ age group swimmer for well over 10 years. Currently, she is a 3rd year Law student at Victoria University while also studying Te Reo Māori. She is a member of the 2023 Wellington Pride Women's rugby team and recently competed at the Trans-Tasman challenge with the Junior Black Fins against the Aussies on the Gold Coast for Surf Lifesaving. Should you need assistance to navigate your way through this booklet or have any burning questions about the club, your membership, or swimming please do not be afraid to get in touch with Sophie.



kaiwhakahaere@taraika.net.nz

Race Secretary (Hekeretari Reihi)

TBC



CLUB GOVERNANCE



Nga Tai Tuātea a Taraika Swim Club Inc (The Club) is a non-profit swim club, registered under the Incorporated Societies Act 1908 on the 18th day of March 2022. The Club is also a registered member of both Swimming Wellington (SWGTON) and Swimming NZ (SNZ).

The Club constitution outlines the governance, roles, and responsibilities of the Club's Committee members.

The Lead Coach and the Chairman through committee lead the swimming programs and club operations. The Coaches and Assistant Coaches run the swimming program under the leadership of the Lead Coach.

The Nga Tai Tuātea a Taraika Swim Club Inc employs qualified coaches to provide swimmers with the opportunity to develop their athletic abilities through competitive swim training in a safe, fun, and whanau-oriented environment.

COMMITTEE

An Annual General Meeting is held each year to elect new members and to review financials and budgets. Committee meetings are usually held monthly.

The year's current committee members and their contact information are accessible, made available on request and will be uploaded on the Nga Tai Tuātea a Taraika Swim Club Inc website, as well as listed in the current year's registration pack.

LEAD COACH

The role of the Lead Coach is to ensure the high-quality instruction of all groups within the club to allow all swimmers to reach their potential as a swimmer. The lead coach organises, manages and operates the club's swim programme.

CHAIRMAN (Director of Swimming)

The role for the Chairman (Director of Swimming) is to provide a vision for the club and to use the club's resources to execute that vision, while remaining accountable to the committee.

TEAM MANAGER

The Team Manager is a volunteer position of the club that assists with the day-to-day operations of the club whilst travelling away to events or assisting at local events. This includes, but is not limited to, assisting with travel arrangements, organising accommodation, transport and the menu for meals while on excursion. The manager is to ensure all information is shared, up-to-date, and that the manager is the first point of contact for any general inquiries from members or families whilst away or attending local events.

APPS + WEBSITES



Our Club Website + Facebook and Instagram

<https://www.taraikaswimclub.com/>

Insta: @TaraikaSwimmClub Facebook: Nga Tai Tuatea a Taraika Swim Club



Swim Wellington

www.wellington.swimming.org.nz



Swimming New Zealand

www.swimmingnz.org



<https://www.arenawaterinstinct.co.nz/collections/nga-tai-tuatea-a-taraika-swimming-club>

Meet Mobile App

Available from both the Apple app store and Google Play store. This app for swimmers, coaches and fans, provides real-time meet results at any time. Search local or global swim meets and follow along. Flag swimmers and/or teams as “favourites” and then easily filter down to see both completed results and upcoming schedules. It is a pay -to-use service, but many parents find it helpful.

MyTogs App

Available from both the Apple app store and Google Play store. This app records your time for every race and event you swim in. Setting time related goals is easy. You can see every time you have swum a particular race, if it was LC or SC, date, and time swum, and if touch pads are used you even get splits. Parents can have up to three swimmers listed in the app.

TŌ TATOU KŌRERO (OUR STORY)



Ngā Tai Tūātea a Taraika Swimming Club

Nga Tikanga "Our Values"

THE VOICE OF TE AWA KAIRANGI

The Ancient pathway

I am the essence of all life gifted to the people of **Whanganui-a-Tara** by my ancestors – ngā wai tuku kiri o ngā mātua tūpuna. Like the blood of Papa-tū-ā-nuku (the element of earth), my waters support all people, plant life, food sources, insects and animal life across this place. My time here began with the tears of separation of our sky father Ranginui and earth mother, Papa-tu-ānuku (the element of earth). I was created at the beginning of light coming to the world of darkness. These tears flow through me from the peaks of the mountains who feed and protect me – Kaitoke, Akatārawa, Tararua, Remutaka and together we feed the waters of Raukawakawa (Cook Strait). **Kura Moeahu** (August 2019) – (Te Mahere Wai o Te Kāhui Taiao)



The name of our club is **Ngā Tai Tūātea a Taraika** this was a gifted to us by Te Atiawa iwi leader Kura Moeahu allowing us to create a spiritual connection to Taraika, the son of paramount chief Whātonga Captain of the Kurahaupō waka. The name is our story, which translates to the *'splashing waves and white caps of Taraika.'* Representing the life force, the ocean, the deep body of water, the waves, the currents, and the tides that form and surround Te Whanganui-a-Tara, the great harbour of Taraika.

In summarizing, the tears of separation that flowed from the peaks of the mountains Kaitoke, Akatārawa, Tararua, Remutaka down to the depths of Te Whanganui-a-Tara, creating the deep body of water, ebbing and flowing with the tide and currents as it washes out into the ocean deep Raukawakawa Moana (Cook Strait). This is the life essence of our spiritual connection to Te Whanganui-a-Tara and Tangata Whenua o Te Atiawa, the ancestral people of Wellington. Our name connects us to this rich history, starting with Te Au Rona and Te Au Kukume, who gathered on the summit of Pukeatua (between Waiwhetu and Wainuiomata) to summon from the depths of the freshwater lake Te-Wai-Manga (a freshwater lake before Te Whanganui-a-Tara,) two ancient phenomena. Reciting an ancient incantation, instructing the two Tupua, Ngake and Whātaimai, to pry open the mouth of the great fish of Māui, and in doing so, opting to take alternative pathways. Ngake created the eastern inner harbour pathway and therefore left us with the iconic geographical formations of Te Awa Kairangi (The Hutt River), the islands of Matiu (Somes Is), Mākaro (Ward Is), Mokopuna Is, and Te Au Nui a Tane, the channel at the entrance of the harbour, the same passage that feeds into Raukawakawa Moana (The Cook Strait). Whataimai created the western inner harbour pathway, commencing from the throat of the great fish of Māui, leaving behind the icons of the eastern harbour Horokiwi, Waihinahina (ridge tops above Newlands), Parikaranga (an adjacent ridgeline in Newlands), Paroro-

The Taniwha of Te Whanganui A Tara



rangi, Tahataharoa and Ngā Ūranga (the shoreline stretching from Ngauranga gorge to Pito-One or Petone). These two Tupua are the original creators of our harbour and are intimately tied to the landforms, waterways, people and landscapes that surround and feed into Te Whanganui-a-Tara.

The creation of the harbour is our narrative and connects us to the region of Wellington. The escape of the Tupua Ngake bashing through the sanctuary of Te-Wai-Manga the freshwater lake out onto the great maiden Ocean Hinemoana caused devastation but is the impetus for our spiritual connection. This is when fresh water met saltwater for the first time and creation of the Waiwhetu Aquifer, a natural underground water system located beneath the Hutt Valley and Wellington Harbour. Ngake's escape created the geographical features mentioned and what we see today. This formed the eastern inner harbour pathway and the landforms we recognise today such as Te Ākau Tangi (Evans Bay), Te Awa a Taia the ancestral link to Kilbirnie and Lyall Bay, Motu Kairangi the peninsula of Miramar, which was the Hau kāinga, the home of Taraika 700 years ago. If we take a look through the tunnel to Maraenui or Seatoun in the Southeast, that is where people of the time came to trade and where Taraika spent a good portion of his life. Maraenui or Seatoun as it is now known was also a gathering place of the Great Voyager Kupe and where he first landed when arriving in Wellington. This landing point in honour of his arrival carries the name Te Turanga o Kupe (the great standing place of Kupe) which stands on the foreshore at Seatoun just inside Pinnacle Rock or as it is also known Te Aroaro o Kupe. If we turn south off Seatoun out towards the entrance to the harbour, there lies Te Tangihanga o Kupe or better known as Barrett's reef and all together these features provide a great tribute and acknowledgement of the Great Voyager Kupe, the first explorer from Hawaiki to reach Aotearoa.



Our spiritual connection comes with certain responsibilities that were bestowed upon us when gifted this taonga. Kaitiakitanga or guardianship, as caretakers of the harbour and Te Atiawa stories of the great harbour are our true blessing. Although this is not our responsibility alone it is an honour and privilege to be granted and share this unique



opportunity. Today we have learned the meaning of our name and the connection we have to Te Whanganui-a-Tara. Tomorrow and as we head toward the future, we embark on our journey to write about our history and the name we carry. Let us rise and stand together as we face the next 100 years together as Ngā Tai Tūātea a Taraika Swimming Club Inc.

Nau mai, haere mai! – The Club would like to acknowledge Kura Moeahu prominent iwi leader (Chairperson for Te Rūnanganui o Te Ati Awa), for the gift of the name and the responsibilities that rest on us. Those of which was in support of the water activities that take place within the realms of Tara.

THE ARRIVAL OF THE KURAHAUPO WAKA

(Te Atiawa Iwi)

A brief history of the journey from Hawaiki across the Pacific to Whakatane in the north and then to Te Whanganui a Tara in the South.



Kurahaupo the ancestral canoe of Rangitane o Wairarapa arrived in Aotearoa during the 14th century. Headed by **Whātonga**, Popoto and Ruatea the canoe had set off from Hawaiki to find Toi Te Huatahi, the grandfather of Whātonga. After calling in at Muriwhenua the party were told to sail around to the other side of the island to Maketu (in the Bay of Plenty). Here the chief Matakana directed them to Whakatane, which is where they eventually located Toi Te Huatahi in his pa Kapu te Rangī.

After staying with Toi for a while, a group headed by Whātonga decided to look for other places to live. They finally settled at Takararoa, at the Nukutaurua Bay on Mahia Peninsula. The Kurahaupō was turned into a stone reef that can still be seen today. Ruatea and **Whātonga** moved on again while Popoto stayed on. **Whātonga** went south where he built a pa called Heretaunga, the name that is still used to describe the Hawkes Bay region.

One day **Whātonga** went on a fishing trip to Te Matau A Maui (Cape Kidnappers), the fishhook of Maui, where he caught many fish. In his kete there was a nohu (rock cod) that his wife Hotuwaipara cut her finger on. The couple's first child was named **Tara Ika** (Taraika) after this event to remind **Whātonga** of this incident. **Whātonga** would take a second wife, Reretua, sister of Hotuwaipara and together they had Tautoki. These two brothers migrated south where **Taraika** occupied Motu Kairangi (Miramar Peninsula) and Tautoki occupied Parangārahu (Fitzroy Bay).

At this point Whātonga set off again on another journey of exploration. This time he travelled down the East Coast of the North Island, to the top of Te Waipounamu (South Island), Wellington and up the west coast until he came to the mouth of the Manawatu River. Following the river inland he came upon an extensive area of forest that became known as Te Tapere Nui o Whātonga (Seventy-Mile or Forty-Mile Bush) or the great district of Whātonga.

He had been away for a lengthy period of time by now and was thinking about his home and family. As he walked out of the forest into a clearing the clouds overhead parted revealing two peaks on a mountain range. His thoughts turned to his two wives Hotuwaipara and Reretua, imagining that the mountains represented their reclining bodies, and thus called the mountains Tararua after his two wives. Following this event Whātonga began the long walk home to Heretaunga.



TE RŪNANGANUI O TE ATIWA

Thank you to Mark Pirikahu for relaying and sharing this great Te Atiawa whakapapa with us.

Whakamāoritanga (Translation)

Ngā Tai Tūātea a Taraika (Tara)

Translation

The Splashing Tides/Waves/White Caps of Tara (Taraika)

This represents the ocean deep body of water that lies within our greater harbour in Wellington. The splashing waves and white caps of Tara. For every wave that hits the shoreline there sits a guardian angel on shore watching over our people.

Te Whanganui-a-Tara

(The official Māori name of Wellington)

The Great Harbour of Tara (Taraika)

(The translation)

Taraika, Tara-Ika or Tara

The son of the Great Paramount Chief Whātonga (Captain of Kurahaupō waka).

To translate

- **Ngā Tai** (rolling tides)
- **Tūātea** (Splashing waters)
- **a** ("of" belonging to)
- **Tara or Taraika** (Tara – Taraika)

Pronunciation:

- **Ngā Tai** Ng (as in sing), are, tie, (tie a knot)
- **Tūātea** two – are – tare (tare weight)
Tū – ā – tea
- **a** are ("are" you crazy)
- **Tara or Taraika** (Ta/ra – Ta/ra/ika)

Tara – Ika: the I as in Ink



CLUB REGISTRATION PROCESS



1. To officially join the Club, you need to:
2. Please go to the SNZ website <https://www.swimming.org.nz/> and then click on "Login/Join" button on the top right-hand corner.
3. Follow the steps, signing up and please click on "New to swimming? Join". Follow the steps: 1. Swimmer (or select the category best for you). 2. Then please only click on the type of swimmer that is prescribed by the club. Please sign up for **Competitive Swimmer** or **Club Swimmer** only.
4. Please Select a Club – Select the region first and then click on the club/school tab. Carefully selected our club's name - **Ngā Tai Tūātea a Taraika Swimming Club**. Next you will be prompted to select either "Competitive Junior Swimmer" or "Competitive Senior Swimmer". Please discuss this with your coach. If not ready to race at more competitive meets, please register as "club swimmer" (no affiliation due). A limited number of meets will allow "recreational swimmers" to race throughout the year. If you do wish to race in competitive meets. The system should prompt you to pay the Swim New Zealand & Swim Wellington affiliation fee.
5. You can change to "Club swimmer" or "Competitive Swimmer" anytime during the year.
6. Please fill out the Personal Details form provided and then click next.
7. This will complete the club registration process with Swim NZ.

In the panel below, select a Region, then the Club you wish to join from the list. Your Club will only be listed if it accepts online registration.

Select Club/School

* Region

* Club/School

Back Next

CLUB REGISTRATION FEE



When the club registration process with Swim NZ has been completed above, this is your registration to become a member of Swim NZ and a member of Ngā Tai Tūātea a Taraika Swimming Club Inc. Above you would have been prompted to pay the Swim New Zealand & Swim Wellington affiliation fee which is separate to the club registration fee we are requesting here. To complete the process of joining the club and receiving club membership an invoice will be generated, sent out requesting payment which is the subscription fee required to be a club member. Please note the [Club Subscription Fees](#) for **2023/2024** are:

CLUB MEMBERSHIP

Single Membership	Family Membership <i>Two or more swimmers from the one family</i>	Associate Membership <i>Fitness squads, parents qualifying to be IOT Officials or family members who wish to be official supporters of the club.</i>
\$140.00	\$200.00	\$40.00

SQUAD FEES

SQUAD	REGISTRATION PAYMENT	+	MONTHLY PAYMENTS	=	ANNUAL TOTAL
NGARU ROA - GOLD	Club Subs \$140.00		\$200.00		\$2,678.00
	SNZ & SW Fee \$138				
NGARU ROA - BLACK	Club Subs \$140.00		\$200.00		\$2,678.00
	SNZ & SW Fee \$138				
NGARU NUI - GOLD	Club Subs \$140.00		\$140.00		\$1,958.00
	SNZ & SW Fee \$138				
NGARU NUI - BLACK	Club Subs \$140.00		\$140.00		\$1,958.00
	SNZ & SW Fee \$138				
NGARU ITI - GOLD	Club Subs \$140.00		\$100.00		\$1,251.00
	SNZ & SW Fee \$111				
NGARU ITI - BLACK	Club Subs \$140.00		\$100.00		\$1,140.00
	Optional				
SURF LANE	Club Subs \$140.00		\$160.00		\$2,060.00
	NA				
TAIA SQUAD	Club Subs \$40.00		\$90.00		\$1,120.00
	NA				

Your Club Invoice

OneShot Rule Ltd Management Company		Invoice Date 1 Jul 2023	Oneshot Rule Limited PO Box 15-515 Miramar Wellington 6022 NEW ZEALAND	
TAX INVOICE Fast Lane		Invoice Number INV-1061		
		Reference 1st Quarter - Ngaru Nui (Gold)		
		GST Number 119-392-918		
Description	Quantity	Unit Price	Amount NZD	
Fast Lane - Ngaru Nui (Gold Squad)				
EXAMPLE ONLY				
Swim NZ - New Swim Season 1 July 2023 - 30 June 2024	1.00	1,000.00	1,000.00	
Lane Hire and Coaching Fee 1 Aug 2023 - 31 Aug 2023 one month period (1st Quarter)	1.00	1,000.00	1,000.00	
Lane Hire and Coaching Fee 1 Sept 2023 - 30 Sept 2023 one month period (1st Quarter)	1.00	1,000.00	1,000.00	
		Subtotal	3,000.00	
		TOTAL GST 15%	450.00	
		TOTAL NZD	3,450.00	
Due Date: 30 Sep 2023 BANK ACCOUNT DETAILS FOR DIRECT CREDIT OR INTERNET BANK PAYMENTS OneShot Rule Limited Kiwi Bank 38-9017-0660401-00 Please reference organisation's name or the name of the person on invoice and/or invoice number if paying by internet banking Please note: Payment terms are strictly 7 day invoices				

FINANCIAL POLICIES

Ngā Tai Tūātea a Taraika Swimming Club Inc tracks all financial payments through Xero's accounting software. Members are issued quarterly invoices from One Shot Rule Ltd once they have completed registration. At registration you are expected to ensure that all of the information is accurate, including names, address, and contact information. To create efficiency and minimize administrative burden, the club uses quarterly invoicing to spread payments required by families but also to reduce the demand on administration.

TRAINING FEES - ONE SHOT RULE LTD & NGĀ TAI TŪĀTEA A TARAIKA SWIMMING CLUB INC

One Shot Rule Ltd and Ngā Tai Tūātea a Taraika Swimming Club are two separate organisations which work alongside each other. The club squad fees are payable to One Shot Rule Ltd who are responsible for the management of lane hire allocation and all coaching requirements and contracts. Any club administration fees (club funding contracts), club registration fees, or club excursions to attend swimming events where transport, accommodation or meals need to be organized the fees are payable directly to Ngā Tai Tūātea a Taraika Swimming Club Inc club account. These are administered by the club.

The training fee structure is outlined to all members upon registration. Training fees are calculated annually. They are based on lane hire rental, coaching staff costs and administration costs for the club. Fees are determined by the squad level of each swimmer registered. Training fees can be paid in a single payment upon registration or paid in quarterly instalments outlined under quarterly invoices.

If members are to pay for training fees in a single payment, the full amount of the fees will be invoiced and sent to the registered email account on the 1st of July or 1st day of the quarter. If members choose to pay in quarterly instalments, the first invoice on account will again be issued on **July 1st** or 1st day of the quarter.

If a swimmer changes groups, members will have their accounts adjusted to make the appropriate payments in the new group. Any fee increases due to group movement will be included with the letter of invitation to the new group.

QUARTERLY INVOICES:

For invoicing purposes, the club has aligned its financial year with the financial year of Swim NZ, which is 1 July to 30 June. Therefore, the dates for invoicing for each quarter are:

- The 1st quarter 1st July – 30th Sept,
- the 2nd quarter 1st Oct – 31st Dec,
- the 3rd quarter 1st Jan – 31st March, with
- the 4th quarter 1st April – 30 June.

The committee is happy for parents to come to an arrangement for payments. The decision for payments can be on a weekly, fortnightly, monthly basis or pay a lump sum. Leaving the preference for payment up to families to recognise and acknowledge that our families all have different circumstances.

Please note, **the deadline** for all quarterly payments is the last day of the quarter:

- 1st Quarter is 30th September.
- 2nd Quarter is 31st December.
- 3rd Quarter is 31st March, and
- 4th Quarter is 30th June.

PAYMENT PROCEDURES AND PROTOCOLS

Quarterly invoicing has been adopted for the benefit of our members therefore we ask families to please manage their accounts, to be kept in the positive at all times. Ngā Tai Tūātea a Taraika Swimming Club members must ensure their swim accounts are not overdue. If an account is in the negative, the arrears must be paid immediately. The member will be notified and advised, and the arrears must be paid within an agreed period, or an arrangement must be made. If the overdue account remains in arrears, the swimmer(s) faces the unfortunate situation of not being allowed to attend trainings or compete in any further meets until the overdue amount has been settled. Please talk to any committee member immediately about your situation. We are more than happy to discuss your situation and come up with a plan.

“On the last day of the quarter, please have your account up to date”.

FAMILY MEMBERSHIP DISCOUNT

The family membership is a discount offered to recognise those families who bring two or more children to register with the club. The family membership discount is applied to the 2nd member of the family, who has joined the club which is a discount on their squad fees. There needs to be two children registered with the club. If there are 3 or more children from the one family registered with the club, then the 3rd child and every additional child thereafter will be further discounted but all additional children will be discounted based on the third family member discount rate. Please discuss this option with your squad coach and notify club accounts.

SWIMMING NEW ZEALAND & SWIMMING WELLINGTON MEMBERSHIP FEE

Ngā Tai Tūātea a Taraika Swimming Club Inc competes under the rules and regulations of Swimming New Zealand. Under these guidelines, each swimmer in the club is required to pay a fee to Swimming Wellington and to Swimming New Zealand as part of registration. This fee is determined by the age of the swimmer and the category they register under upon registration. Please discuss with your squad coach if you are in a competitive or non-competitive squad.

For Ngā Tai Tūātea a Taraika Swimming Club Inc, we consider most swimmers to be competitive. We will have a handful of junior swimmers and our keep fit squads who we consider club swimmers. This is a one-time annual fee that will be charged to all members on **July 1st**.

Fee Structures for the 2023/24 year:

Category of Membership	2022/23			2023/24		
	SNZ	SW	Total	SNZ	SW	Total
All including GST						
Club fee	250.00	225.00	475.00	270.00	245.50	515.50
Competitive swimmer						
13 & over (age at 1/7/23)	66.50*	60.00	126.50*	72.50*	65.50	138.00*
Competitive swimmer						
12 & under (age at 1/7/23)	66.50*	35.00	101.50*	72.50*	38.50	111.00*
Club swimmer	60.00	15.00	75.00	72.50	18.00	90.50
Coach	72.50**	-	72.50**	72.50**	-	72.50**

MEET FEES

Swimmers who participate in any meet are subject to the meet fees as outlined in Fast Lane the online entry system shown on page 5 of this booklet. The fees will be specific to competing in the event which include entry fees, and from time-to-time administration fees for organising events or fundraising purposes. It is the responsibility of every member to be aware of all entry deadlines. If the swimmer withdraws from the meet after the registration deadline, the member will receive a scratching/ withdrawal fee from Wellington Swimming.

For each meet, swimmers will be charged a fee in addition to their entry fee, and travel costs if travelling away. This fee will be used to cover all associated coaching costs for the event.

Meet fees for travel to meets will include travel, accommodations, and other associated fees specific to those team trips. Further information about the club's Travel Policy can be found in that section of this handbook.

All charges for meets, whether abroad or domestic, will be posted immediately upon reconciliation of the event.

TRAVEL SUBSIDY

Swimmers who are participating at National level competitions may qualify for a travel subsidy that will go towards the costs of attending these competitions. In order to qualify for a travel subsidy, the swimmer must:

1. Qualify and attend the eligible competition(s)
2. Be in good financial position with the club.
3. Reach the fundraising goals if any for their group as outlined in the registration package.

The amount of subsidy the swimmer may receive is decided at the discretion of the Committee. In determining the amount of subsidy, a swimmer will be awarded, the Committee takes into account the level of competition the swimmer is attending, the number of swimmers accessing the subsidy and the total subsidy made available for each competition if any.

Ō TATOU ROPU (OUR SQUADS)



We offer a range of squads and development plans to cater to everyone. Competitive and fitness swimming, water polo focused, artistic swimming and surf lane. We operate out of WRAC and FREYBERG.

Ngā Tai Tūātea a Taraika Swimming Club Inc.

Development Plan

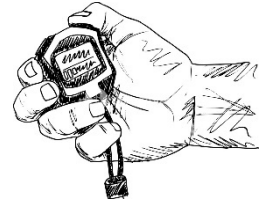
OUR SQUAD CRITERIA

Squads	Age groups	Technical objectives	Training System	Weekly Training Volume
Ngaru Iti Black	7 – 11	Technique development 4 strokes (100 m. to 200 m. I.M.) Dives and turns	Aerobic (endurance) + Sprints	2 x 1 hour
Ngaru Iti Gold	9 – 12	Stroke technique, dives and turns 4 strokes (200 m. to 400 m. I.M.) Long distances (400 to 800 m.)	Aerobic (endurance) Anaerobic Alactic	3 x 1 hour
Ngaru Nui Tier 1 meets / Wellington Champs / Div II / NAGS	13 – 15	200, 400 I.M. and 800 Free D.P.S. increase Technique work Pace work with clock Flexibility development Coordination / dynamism	Aerobic (endurance) Anaerobic Alactic Reaction Start / Turns	4 x 1h15 to 6 x 1h30 + Dryland
Ngaru Roa Div II / NAGS	13 – 18	D.P.S. and Speed increase Pace control Stroke Specialty orientation Fitness / Flexibility	MVO2 development High performance endurance	7 x 1h30 to 2h00 + Dryland
Ngaru Roa OPENS CHAMPS & INTERNATIONAL LEVELS	16 and over	Streamlined / technical research for reducing drag Specific stroke work Fitness / Flexibility / Strength	According to season plan 2 or 3 tapering per year	9 x 2h00 + Dryland

Why a criteria?

Criteria have been created to help the swimmers to:

- Assess their current level.
- Help them to target and achieve their goals.
- Show them the way to raise their swimming level by working in a homogeneous squad.



In accordance with the strategic development plan of the club, the coaching team will review the criteria every year to raise the club's performance and achieve short and long-term goals.

How do criteria work?

Progression through the Development Pathway

At the completion of the three major competition periods each year, (Age groups and Open Championships), swimmers in all squads are assessed by the coaching staff to identify which squad is appropriate for the upcoming preparation cycle.



Progression through the development pathway is determined by the coaching staff's assessment of a swimmer's progress based on a combination of:

- training commitment and attitude to training,
- technique,
- attendance,
- competition results,
- availability of a vacant position in the appropriate squad

After a move of squad takes place, a one month trial period will be in place to assess that the move is appropriate for the swimmer, with consultation some adjustment may be necessary. Swimmers are expected to train with the squad for which they have qualified. To achieve promotion swimmers in all squads must also be regularly attending competitions of an appropriate level throughout the year.

Should an individual not be able to meet the training or competitive requirements for the group for which they have qualified, movement to a more suitable group or a return to their previous squad may be necessary.

The Lead Coach retains overall discretion and may allocate swimmers to a squad where criteria have not been met.

How many training sessions should a swimmer attend?

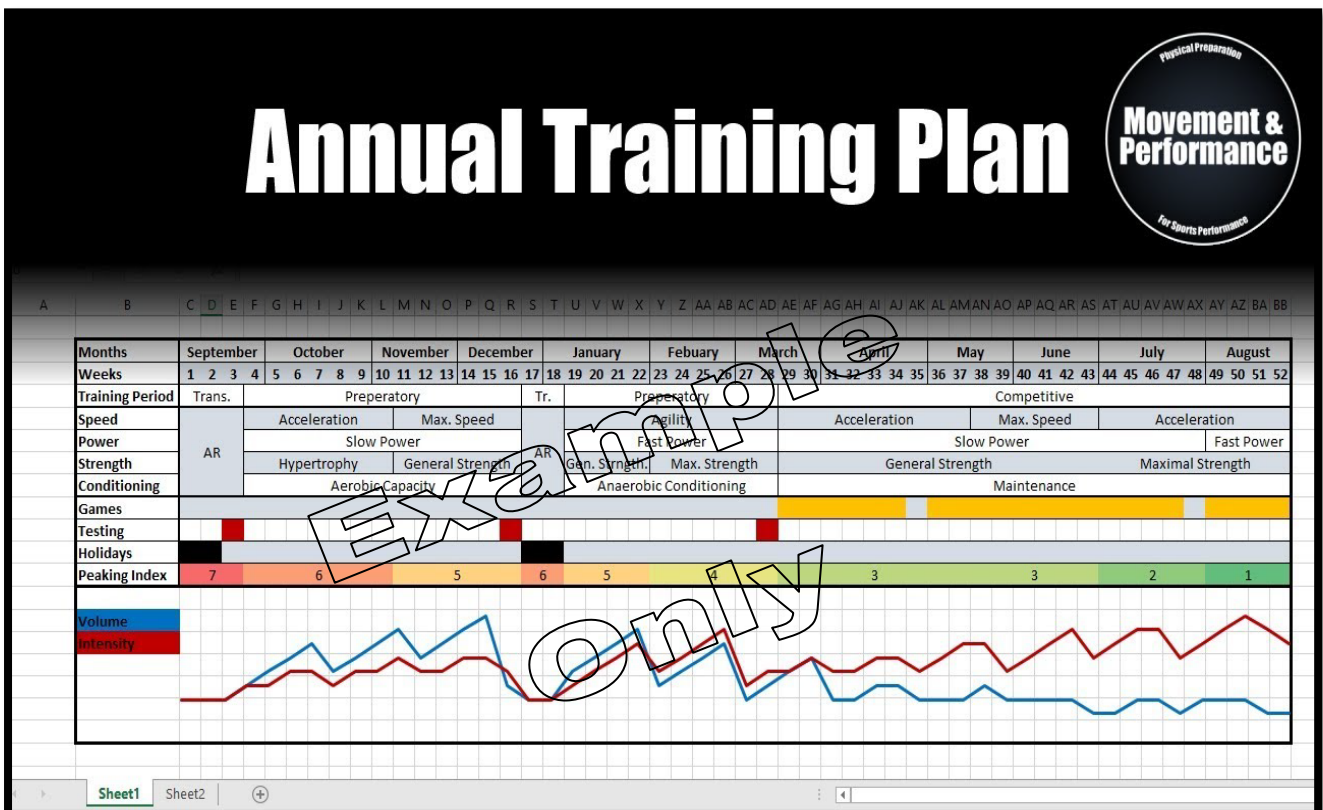
Each training squad will have specific attendance requirements appropriate for the objectives of that group. In order to obtain the maximum benefit from the program you will need to attend all recommended training sessions. If during some weeks this proves to be difficult, the Parents/Guardians/Carers and/or swimmer should discuss this in advance with the Squad Coach.

A positive attitude towards training is important and it begins with the determination to start on time and to obtain full value of the training time available. Swimmers are expected to remain for the duration of each session.



The performance coaching groups do have attendance requirements that must be met. Failure to do so may result in the withdrawal of a place in the Swimming Coaching Program or movement to a training group with less rigid attendance requirements.

During senior school and University exams, swimmers are encouraged to maintain an average of one session per day. The squad coach should be notified of examination periods in advance.



Squads:

Ngaru Iti (Black)

Translation: "In the Beginning"- Small Wave

Age group: 7 to 11 years old

Objectives: Technical development and gaining confidence in order to compete

Entry level:

1. Will usually be 11 years old or under and have shown improvement in their swimming.
2. To be able to swim 50 metres Freestyle without stopping in deep water
3. To be able to swim 50 metres Backstroke without stopping in deep water
4. To be able to do 50m Breaststroke with the correct kick.
5. To have the ability to listen and stay focused for the duration of a training session.
6. To have a good positive attitude.
7. To participate at the local upcoming champs; upcoming swim meets is expected
8. To undertake 2 training sessions per week.



Ngaru Iti (Gold)

Translation: "In the Beginning"- Small Wave

Age group: 9 to 12 years old

Objectives: Tier 2 & 3 meets

Competitions Goal: Wellington SC Champs; LC

Champs

Entry level:

1. Will usually be 12 years old or under and have shown improvement in their swimming.
2. To be able to swim the four strokes.
3. To be able to swim 200m. Freestyle without stopping.
4. To have the ability to listen and stay focused for the duration of a training session.
5. To have a good positive attitude.
6. To compete in a minimum of four competitions or meets per year.
7. To undertake to train 3 training sessions per week.



Ngaru Nui (Black) Squad

Translation: "To Grow"- Big Wave

Age group: 11 to 15 years old

Objectives: Tier 2 Champs; 3 meets

Competitions Goal: Wellington SC Champs; LC Champs, Div II, NAGS

Entry level:

1. Attendance: - To have attended 3 training sessions per week over the last 6 months with Ngaru Iti Gold squad.
2. To attend 4-5 training sessions per week
3. Have demonstrated they can take instruction and then make technique or skill changes.
 1. Be committed to training and competitions.
 2. Have the ability to read and to understand pace clock for lap times and intervals.
 3. Be able to handle an increased workload.
 4. Have a good work ethic and a positive attitude.
 5. To be able to swim:

400 meters Freestyle under 8 minutes with a correct start, tumble turns, bilateral breathing and finish 200 meters Individual Medley under 4 minutes with correct start, turns, and finish.



Ngaru Nui (Gold) Squad

Translation: "To Grow"- Big Wave

Age group: 11 to 15 years old

Objectives: Tier 1 & 2 Meets

Competitions Goal: Wellington SC Champs; LC Champs

Entry level:

1. Attendance: - Have attended a minimum of 3 training sessions per week over the last 6 months with Ngaru Iti Gold Squad
2. Attend a minimum of 4 training sessions per week.
3. Have demonstrated they can take instructions and then make technique changes.
4. Be committed to training and competitions.
5. Have the ability to read and understand pace clock for lap times and intervals.
6. Be able to handle an increased workload.
7. To be able to swim:
 - a. 400m Freestyle in under 8 mins with correct start, tumble turns, bilateral breathing and finish.
 - b. 200m IM in under 4 mins with correct start, turns and finish.

Ngaru Roa (Black)

Translation: "Ocean Deep"- Long Wave

Age group: 13 years old and over

Competitions Goal: NAGs or Div II

Entry level:

1. Attendance: - Have attended a minimum of 4 training sessions per week over the last 12 months Attend a minimum of 6 training sessions per week
2. Show a desire and capacity to commit to higher training loads and train at a consistently high level
3. Show very good commitment to training and competitions
4. Have good skills, technique, turns and rules knowledge
5. Show independence and responsibility for own training
6. Have the ability to read and to understand pace clock for lap times or intervals
7. Have the ability to handle an increased load – to step up to the next level.
8. Have a good positive attitude
9. Show effort, perseverance, guts – never giving up!!
10. To be able to swim:
 - 400 meters Freestyle under 6'00
 - 200 meters Individual Medley under 3'00
 - Consistently holding the following sets with at least 10" rest:
 - 6 x 100 Freestyle Kick on 2'00
 - 6 x 100 Butterfly Swim on 1'45
 - 6 x 100 Backstroke Swim on 1'45
 - 6 x 100 Breaststroke Swim on 2'00
 - 10 x 100 Freestyle Swim on 1'30

Ngaru Roa (Gold)

Translation: "Ocean Deep"- Long Wave

Age group: 16 years old and over

Competition goal: NZ Open National Championships

Australian Age Group & Open Champs

Oceania Championships, etc.

Entry level:

1. To be at National level (Qualified to the NAGS or Open National Champs)
2. Attendance: - Have attended a minimum of 6 trainings per week over the last 12 months
3. Show outstanding commitment to training and competitions
4. Show a very good ability to train at a consistently high level
5. Have good skills, technique, turns and rules knowledge
6. Continue to develop all aspects of stroke technique, fitness levels and race skills with a focus on race strategy
7. Show independence and responsibility for own training



8. Have the ability to understand the seasonal plan, the energy system, speed pace table, and to use them in relation to the training sessions.
9. Have short-, medium- and long-term goals and the ability to remain focused on them
10. Have the ability to handle an increased load
11. Have a good and positive attitude
12. Show effort, perseverance, guts – never giving up!

Surf Lane and Taia Squad (Swim Fit)

Our Surf Lane and Taia squads are for multi-sport athletes to swim twice to four times per week. This squad is for triathletes, surf athletes, UW hockey players, water polo players, and synchro swimmers (to name a few). Open to all aquatic athletes who can handle 2.5km of swimming in an hour session.

Swim Fit is designed to accommodate swimmers aged 13 – 17 years, who love swimming but cannot commit to a full schedule of training. This squad also suits athletes from complimentary sports like Surf, Water Polo and Triathlon. Swimming Wellington competitions are still available for those who join up as a competitive swimmer.



How to enter meets using



This is where you enter your swimmer in events: www.fastlane.swimming.org.nz/login

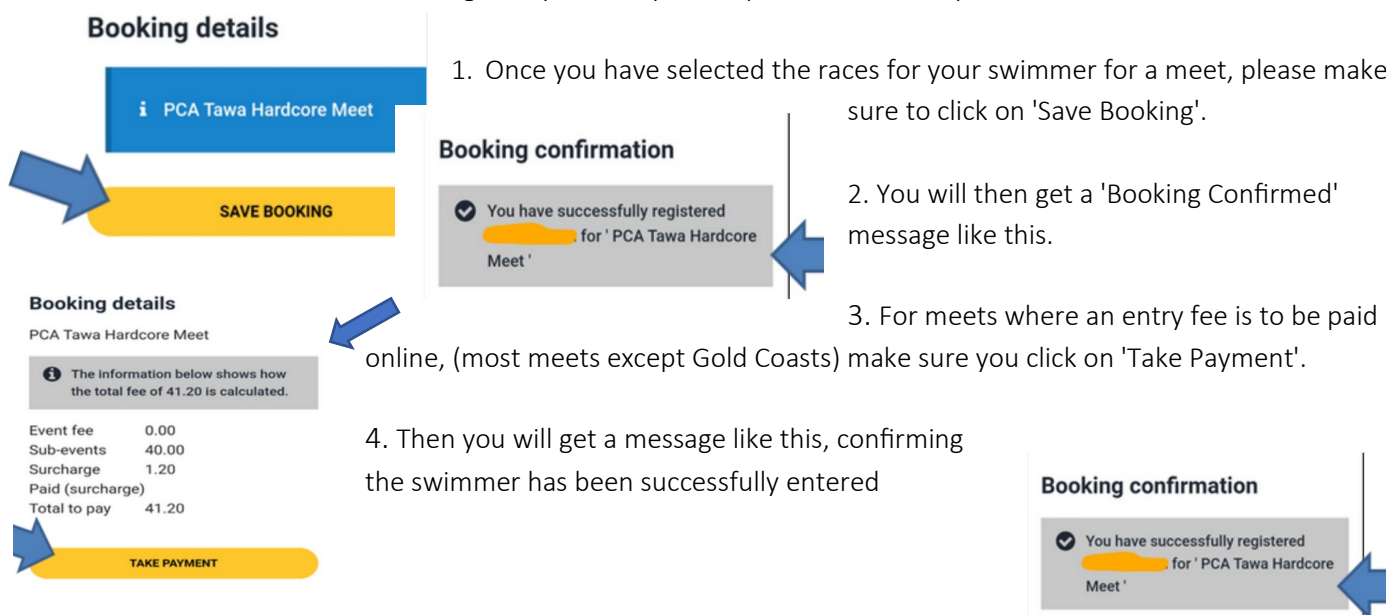
You would have been given a login when you joined the club. Each swimmer has their own login. NOTE: Qualifying for a meet doesn't mean you are entered. This is a different, separate process.



This Swimming NZ database is administered by SNZ and holds swimmers' times swum at most meets, with the odd exception like Novice Meets and Have-a-Go meets. Swimmers enter meets with their own login through this database and pay the entry fees when entering. Entry fees are generally charged for each race. For Gold Coast a flat fee is collected at the door on race night. Where meets are run in age groups over more than one day, age at the first day of the meet usually applies, unless otherwise stated in the meet information/conditions.

All participants must agree to comply with the Sports Anti-Doping Rules for all meets. For all interclub meets TARAICA is required to provide officials and others to cover various duties. Parents must be prepared to help when asked. Most swim meets are open to Para swimmers who may not be required to meet a qualifying time.

Making sure your entry is completed successfully in Fastlane:



To double check your entry has been received, if the meet hasn't closed in Fastlane, parents can check the 'competitors' in the meet and see if their child is listed.

A few days before a meet the TARAICA team manager will send out communications to all swimmers who have successfully entered the meet.

The email will include all you need to know about the meet:

1. Arrival times
2. Warm up time
3. What swimmers should bring to the meet?
4. Who the team managers are.

It may include a number of attachments - preliminary psych sheets which include swimmers' entry details, seating plans (for Championship meets only) and session reports which give you an idea of the finishing time, so keep a look out for these emails.

If you do not receive a team manager's email before the meet, first check your junk email box to see whether there is anything there; if not, get in touch with the TARAICA Race Secretary on:



reih@taraika.net.nz

to check whether your entry was successful. If there is any doubt, please get in touch early and before the meet closes, rather than leaving it to the last minute, especially for the bigger meets (e.g., Junior Champs) as late entries may not be possible.



SWIM MEETS

SWIM MEET ENTRY PROCEDURE

ALL MEET ENTRIES – To be entered and paid for ONLINE via SNZ “MyPage” – by the swimmer (self-entry) on, or before, the meet Closing Date - swimming.org.nz.

Once meet entries are processed, coaches will email out confirmed entries and place a copy on the website. It is the swimmer’s and/or parents’ responsibility to check their individual entries. If you wish to scratch from an event you will need to speak with your coach in the first instance before approval can be given. All coaches are to be advised as soon as possible of any ‘scratching’ (withdrawals).

Meets are what our swimmers train for. They work hard to improve personal bests and win medals and ribbons. We must work hard to ensuring the meets they enter are professionally run with no room for error or confusion. Nga Tai Tūātea a Taraika Swim Club Inc puts in many hours behind the scenes with training, race events and athlete care to make many things happen. Your responsibility as parents and caregivers is to enter early and provide volunteer support. Together in partnership we make sure the hours our swimmers put in are fully rewarded. Thank you for your support.

Tier 1 meets:

- Open to current, financial, competitive swimmers
- Run to FINA/SNZ rules, a national qualifying meet
- Swimming Wellington is meet organiser
- Senior meet, 13&O only.
- (currently) no qualifying times. One ‘no time’ (NT) permitted.
- Times achieved at any meet in the database can be used as entry times

Tier 2 meets:

- Open to current, financial, club and competitive swimmers
- Run to SNZ/FINA rules, a national qualifying meet
- Meets assigned on Swimming Wellington calendar. SW appoints club(s) as meet organisers.
- There are no qualifying times
- Organisers may limit ‘NTs’
- Times achieved at any meet in the database can be used as entry times

Tier 3 meets:

These competitions are available to all new swimmers. Our junior swimmers are encouraged to enter them as it is a good introduction to competition and gives the coach some idea of the swimmer’s skills when measured against other Wellington swimmers.

- Open to all swimmers, but specifically intended to cater for new or ‘novice’ swimmers.
- Meets to be run as ‘non-SNZ approved’.
- SW clubs are meet organiser, a regional qualifying meet
- No qualifying times and NTs permitted.
- For ‘non-SNZ approved’ meets organisers are encouraged to use a ‘skills correction’ sheet to help educate, encourage, and develop new swimmers.

WELLINGTON CHAMPIONSHIPS

Please refer to Swim Wellington calendar <https://wellington.swimming.org.nz/meets-calendar.html>

NATIONAL CHAMPIONSHIPS

The club attends all the National Championship meets. Please refer to our website or swimming.org.nz for more details.

WORLD AQUATIC POINTS (FORMERLY FINA CHAMPIONSHIP POINT SYSTEM)

Swimmers are allocated FINA points if they swim personal best times, at official meets from 1st July to 30th June, in the strokes indicated for age groups. FINA Points allow a comparison of results across different events. The FINA Point Scoring assigns point values to swimming performances, more points for world-class performances typically 1000 or more and fewer points for slower performances. Please refer to notice board / website for more information: <https://www.worldaquatics.com/swimming/points>

COMPETITION UNIFORM & TOGS

During competitions all swimmers must wear correct Club Uniform i.e., NTTT Swim Caps and NTTT T-Shirts. Standard club gear can be ordered and purchased through the Arena Website as aforementioned.

Uniforms are to be worn when collecting medals/ ribbons. This is club t-shirt/ club hoodie and black shorts, track suit pants. Wearing base-ball caps and/or wrap around towel or togs when accepting an award is not acceptable.



COMPETITION

The Club's primary aim is to develop competitive swimmers and all members are expected to compete. Entry to many meets is conditional upon achieving qualifying times. Swim meets within the jurisdiction of Swimming Wellington are graded according to qualifying times and referred to as level meets (Level 1, 2, 3 or Zone). Other Wellington meets, and those from other associations are classified as open or special meets.



When more than four swimmers enter a swim meet, one of the club coaches will usually attend as the Team Coach. Seating for the team at these meets is near the club's banner, which will be set up at the pool. Parents are reminded that this area is for the swimmers and officials only.

For any meet other than those advised via email or placed on the notice board swimmers must obtain permission from the Head Coach before making any entries.

We encourage swimmers to bring playing cards, games or books to keep occupied and stay off their phones as much as possible to remain present during the course of competition.

SHORT AND LONG COURSE

There are two different time standards for swimming LC (Long Course) and SC (Short Course). These relate to the size of the pool. All level 3 meets are in a short course pool which is a 25m pool. Level 1 and 2 meets have both Long Course Meets (50m pool) and Short Course meets.

CALENDAR OF EVENTS

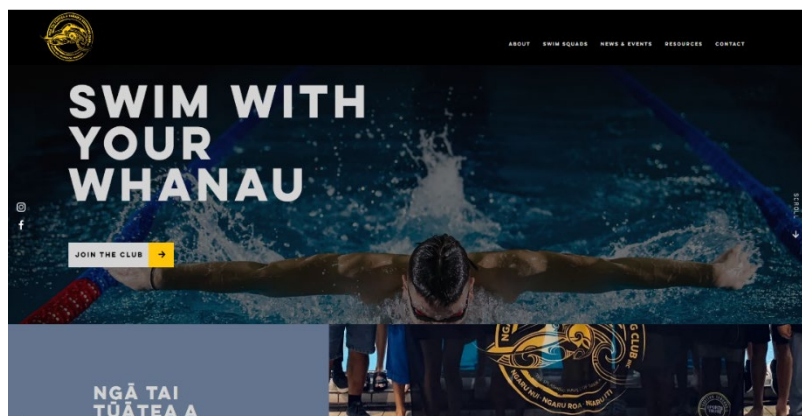
A calendar of meets is available on the website, however, if you make your first port of call the notice board then you won't go wrong.

Nga Tai Tūātea a Taraika Swim Club Inc. Website: <https://www.taraikaswimclub.com/>

Wellington Swimming website: <https://wellington.swimming.org.nz/meets-calendar.html>

Check out the club's website on the link below. You can find out a lot more on what the club is up to by visiting us online.

www.taraikaswimclub.com



CLUB NIGHT / Team Practice

Club night / Team Practice is open to all squad members of:

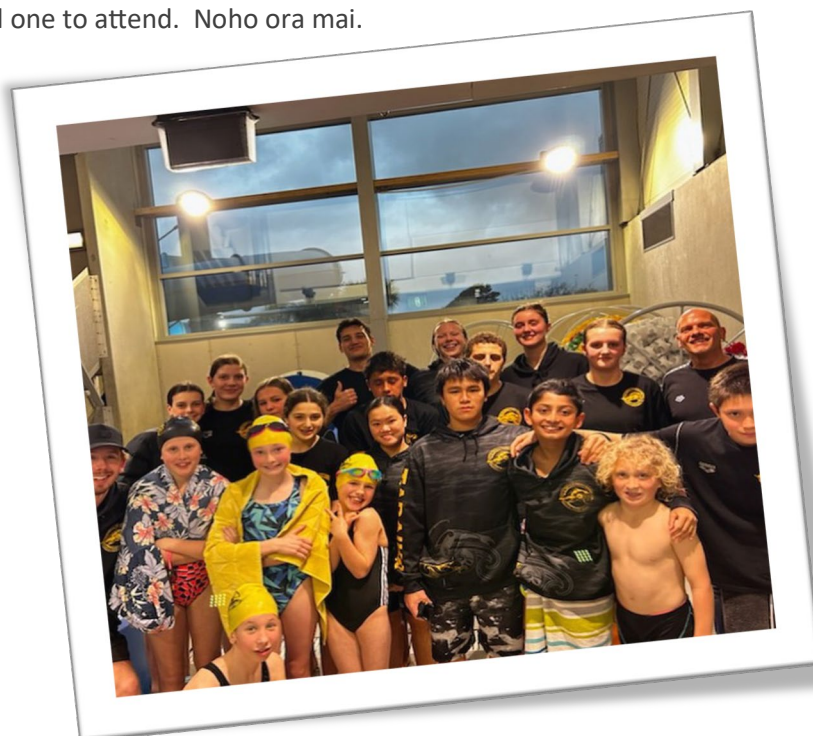
- Ngaru Roa – Black and Gold,
- Ngaru Nui - Black and Gold
- Ngaru Iti - Black and Gold
- Surf Lane, and Taia Squad



The aim of hosting club nights or team practices is to involve the whole club and participate in a club event of training, skills, racing, and relays to celebrate being a member of the club. The idea is to gather all the squads together to build whānautanga, the sense of belonging and being acquainted as part of the extended family; and manaakitanga, the ability to uphold the club's core values of being nurturing, expressing kindness, showing support and respect, and being mindful of how to treat fellow club members. Promoting and fostering the importance of looking out for one another is a big part of hosting these sessions. Club night is also an opportunity to learn about us, our connection to Te Whanganui-a-Tara, our short history as a club and for parents to involve themselves in club activities. We can also use the opportunity to encourage parents to become qualified timekeepers and IOTs, for fundraising purposes, and prize giving occasions.

At the conclusion of the training, racing, relays and fun games we would like to bring members together for a shared kai and perhaps offer some awards to help promote the club to each other. It's a great opportunity to celebrate being a new club that is creating history.







These club nights will be hosted on the last week of school term at WRAC starting with water activities at 4pm-5.30pm followed by a hākari shared kai to celebrate working hard at training, squad success within the pool, and who we are as a club. More opportunities for members and parents to come together the better. Please pencil this event into your diary and one to attend. Noho ora mai.



UNIFORMS

Please Note: We are investigating the opportunity to expand our uniform range at a future date. We had hope to have had this option available to members before going to print for this club booklet. For now, please continue to support the Arena range below but watch this space for more!

The team uniform has been sourced from Arena NZ. They act as an agent for us, and our point of contact is Accounts & Sponsor Manager Gene McNaught who has helped us streamline the process of ordering and receiving your kit. We have options for a team T-shirt and shorts, bag and also training togs for males as pictured below. Follow the link to be taken to our club order page on the Arena Website: <https://www.arenawaterinstinct.co.nz/collections/nga-tai-tuatea-a-taraika-swimming-club>

		
<p>Ngā Tai Tūātea A Taraika TL Short Sleeve Unisex Tee \$34.50</p>	<p>Ngā Tai Tūātea A Taraika Junior Team T-Shirt Panel \$34.50</p>	<p>Ngā Tai Tūātea A Taraika Men's T-Shirt Team \$48.00</p>
		
<p>Ngā Tai Tūātea A Taraika Women's Team Short Solid \$38.00</p>	<p>Ngā Tai Tūātea A Taraika Team Bermuda Panel Unisex \$48.00</p>	<p>Ngā Tai Tūātea A Taraika Team Backpack 45 Black Melange \$79.99</p>

There is an expectation that all swimmers that are competing at swim meets have, at least, a club T-Shirt. This will ensure we are identifiable on pool deck, add to the sense of belonging and ignite club pride. We are proud to be Taraika. We are proud of who we are.

Gene McNaught
Account & Sponsorship Manager
 R1 Importers Ltd t/a EAGAR FOR LEISURE
 P 04 232 2665 E gene@efl.net.nz
 Unit 9, 16 Jamaica Drive
 Grenada North, Porirua
 Wellington 5024, New Zealand - www.efl.net.nz

Ngā Tai Tūātea a Taraika Swim Club Hoodie \$110.00



Email: swimming@taraika.net.nz

If you wish to order our club hoodie, please email with sizes to swimming@taraika.net.nz until we establish the new uniform range and ordering system.

SWIM EQUIPMENT

Arena have opened their new store at 132 Oriental Parade opposite Freyberg pool in the former T3 store. We encourage all members to talk to Arena who have a stock of fins, pull buoys, kick boards and paddles available for swimmers to buy. Please ask coaches for assistance. Once a swimmer reaches the Ngaru Roa and Ngaru Nui squads some personal gear will need to be purchased. A basic gear list for a swimmer should include:

1. Goggles

- As we all come in different shapes and sizes, there will be different goggles for everyone. You can most likely buy these at your local pool and at any sports store or swim shop. Goggles should fit snugly around the eye, and you should feel a slight sucking sensation around the eye socket.



2. Drink Bottle

- Hydration is particularly important when swim training. It is essential that every swimmer has a drink bottle with their name on it and uses it every session.



3. Togs

- The type of togs that you train in doesn't matter, the only thing that we recommend is that you invest in chlorine resistant togs. Brands like Speedo, Funky Trunks and Jolyn provide this.



4. Swim Cap

- Taraika caps are to be worn every training session and at all competitions or race events.



IN YOUR GEAR BAG:

1. Pull Buoy

- Allows swimmers to have an elevated body position in the water. Isolates upper body movement.



2. Kick Board

- Kick boards improve the stability of the body and strengthens the legs. They can also be used by trained swimmers for strength or technique training.



3. Snorkel

- These are great for technique and drill purposes. They allow the swimmer to focus on body and stroke position without having to worry about breathing cycles. Also great for stroke drills.



4. Paddles

- The key to using paddles is making sure that you know what size the paddles should be. The paddles should be no larger than 1cm wider than the swimmer's hand size.



5. Short Fins

- Short fins with a soft, flexible, medium sized blade are best when starting.



6. Mesh Bag

- A mesh bag is useful for carrying all your wet gear.



AWHINA – VOLUNTEER PROGRAM

Swimming is run by volunteers. Swimming needs a large number of officials for any meet to take place and our club policy is that every child swimming requires a parent or caregiver, aunt or uncle or sibling who can act as an official or volunteer for the club.

OFFICIALS AND THE ROLES OF PARENTS

All new and existing members are required to volunteer in the capacity of official or for the other roles of parents. We encourage all parents to support their child(ren) and Ngā Tai Tūātea a Taraika Swimming Club Inc by helping out at swim meets. Your reward is the best seat in the house, food and drink to help keep you going, and the notion that you are doing a great job to support your club. When you enter your child into a meet, the parents' names are automatically entered onto our club list of 'Officials' required for the meet. This always begins with timekeeping. You will be advised by email within 1 week of the meet. If the parent cannot carry out this duty, then they **must find a replacement so the meet can still run smoothly**. Please be aware of your requirements for entering meets.

Timekeeping is the first step and once a parent has done timekeeping 5 times, they become qualified. After timekeeping you can progress to further roles: Inspector of Turns - Judge of Stroke – Starter – Referee - AOD controller.

We hope in the next 12 months we can ask parents of Level 1 & 2 swimmers to lead the running of a Level 3 meet on behalf of the club.

Timekeeper - The best seat in the house. They use stop watches to record official times for the swimmer in their lane. The club needs your support. Please lend a hand when required.

Inspector of Turns (IOT) - These people are some of the technical officials who are poolside during a race to assess whether a swimmer is starting, turning and finishing correctly during a race.

Team Manager - The Team Manager is responsible for ensuring the swimmer is in the right place at the right time (e.g., warm-up, marshalling). This job is made easier when swimmers sit together as a team. Any concerns (including any queries on any disqualification) that a parent may have during the meet are to be directed to the Team Manager. Team seating at meets is allocated based on swimmer numbers, and parents will be required to sit in the public area.

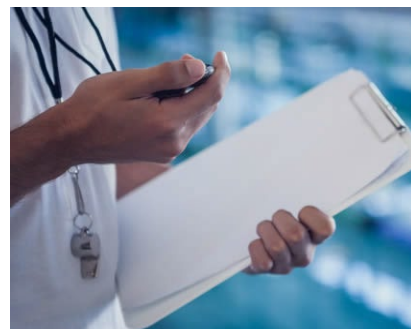
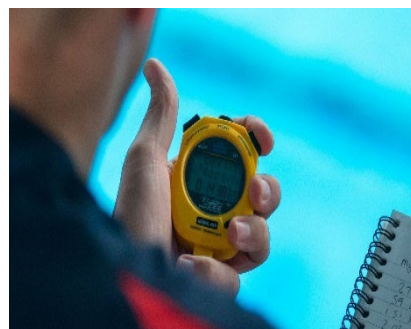
Marshall - When the swim event has a marshalling area, there is an official putting the swimmers into lane and event order.

Judge of Stroke - These people walk alongside the swimmers, assessing whether a swimmer is swimming correctly during a race.

Starter - The starter is responsible for giving all swimmers a fair start. The starter will start the race by saying 'take your mark,' waiting until there is no movement from any swimmer on the blocks and giving the start signal (usually a high pitch "beep").

Referee – The head official at a swim meet.

If you are down to help at the meet and can no longer make it, it is your duty to find a replacement and also please advise our club Race Secretary (Hekeretari Reihi).



CODE OF CONDUCT

At Ngā Tai Tūātea a Taraika Swimming Club Inc, we want to ensure the safe instruction and enjoyment of all swimmers in the club. The following lists our Codes of Conduct for Parents, Swimmers, and Coaches. It is expected that all parents, coaches, and swimmers adhere to these codes to allow the club to deliver the best program possible to all its members. The code of conduct stipulated within is guided by the **Values and the Objects** on page 2 of our Constitution.

2.1 *He Whānau Kotahi tātou*

- a. *We pride ourselves on acceptance and tolerance.*
- b. *We develop and maintain positive, diverse relationships based on inclusion.*
- c. *Our interactions with you and each other are meaningful and genuine.*

2.2 *He kaupapa mō te katoa*

- b. *Support for our wider whanau (Aquatic Sports Hub & The Swimming Community) is what we stand for.*
- c. *Our whānau is unified and focused on your well-being.*
- d. *We create an environment of manaaki.*
- e. *Our Purpose: "to create a positive, fun and inclusive club environment that values the pursuit of excellence".*
- f. *We are inclusive, we have an open-door policy and welcome anybody through our door seeking to belong.*
- g. *We believe in the principles of restorative justice promoting healing and preservation of mana which speaks directly to "He kaupapa mō te katoa". To behold to these values contravenes the workings of the ineligibility rule describe in point 12.6 and 12.7 the Suspension of Club Committee Member. We are clear, the well-being, the health and safety of our whānau is paramount but under such ruling the practice of Manaakitangi must guide whanau, the club when addressing such matters ensuring the Club remains aligned to the cultural narrative of Whakawhanauatanga.*

COACH CODE OF CONDUCT

All Ngā Tai Tūātea a Taraika Swimming Club Inc Coaches must be registered and active members of, and in good standing with, the New Zealand Swim Coaches and Teachers' Association (NZSCTA). All coaches must understand and abide by their Code of Professional Conduct.

Coaches must ensure that swimmers treat each other with respect and speak up if they or someone else is being harassed or involved in acts of an inappropriate manner. Our coaches are expected to set an example of appropriate behaviour at practices, meets and club events, and must deal with situations of misconduct or harassment immediately upon becoming aware of them, whether there has been a complaint or not.

PARENT AND SWIMMER CODE OF CONDUCT

The following pages include copies of the Codes of Conduct for parents and swimmers. These shall be included in the registration pack, and it is required for all parents and swimmers to sign a hard copy of the agreements in order to finalize their registration. These signed copies shall be kept on hand to ensure the accountability of all members and coaches.

PARENT/GUARDIAN COMMITMENT TO YOUR SWIMMER:

1. Provide your swimmer with encouragement and support.
2. Ensure that your swimmer gets to practice and meets on time - minimum ten minutes before. Ensure your swimmer meets the attendance requirements in order to remain in their group.
3. Ensure your swimmer is prepared for practices and meets with appropriate equipment. Label all of your swimmer's equipment
4. Encourage your swimmer to eat healthy food and discourage them from eating junk food, which will interfere with performance.
5. **Review the *Team Rules and Club Code of Conduct with your swimmer.***
6. Educate yourself about swimming through the NTTT website and other resources. **If you have any questions, contact the Parent Liaison, your coaches or other parents.**

TO THE COACH

1. Let the coach be the coach. Allow coaches to provide the required technical and critical direction. Respect the experience and decision of the coach to place swimmers in groups, meets and events that are appropriate for that swimmer.
2. Talk to your coach if your swimmer has any injury or illness or any issues that prevents them from training or competing that may affect their performance or attitude. Please discuss any injury treatment or rehabilitation with your coach. Give advance notice about absences and family and school events.
3. During practice, do not talk to coaches and stay off the deck so you do not disturb the practice and take up valuable pool time. Wait until practice is over, and the coach is ready, to talk to the coach or schedule a time in advance.
4. Sign up for meets and return forms before the deadline. Inform the coach when your swimmer is unable to attend meets.
5. Do not record practices unless you have approved it with the coach.
6. Respect the privacy of coaches. Call them at their place of work or via email. Please avoid calling coaches on their personal phones or out of normal hours except as required for meets and reporting absences.

TO THE CLUB, NGĀ TAI TŪĀTEA A TARAİKA SWIMMING CLUB INC

1. Meet the club's expectations to get involved and volunteer. Actively participate and volunteer in swim meets and other team events. Earn at least the required volunteer points for your group - review requirements on the website. (volunteer points system idea to be developed once all is up and running)
2. Increase your officiating skills every year. At least one person from each family must officiate at club hosted meets. The first requirement is to become qualified as a timekeeper by timekeeping at 5 or more events and then progresses from here on to qualifying as an IOT (Inspector of turns). The club will need to organise a parent workshop led by our local RTOP (Regional Technical Panel) to bring our club up to speed with qualified officials. Being a new club, we are very light in this department for an active and competitive club.
3. Attend group and club meetings. Read your group emails (usually weekly) and check regularly for paper notices at the bottom of the swim bag.
4. Meet all financial commitments and support fundraising activities.
5. Read the Ngā Tai Tūātea a Taraika Swimming Club Inc *Club Booklet* and abide by all Club policies.
6. Abide by the *Parent Code of Conduct* at all times (located within this document).
7. If you have any suggestions or concerns, contact your coach, the Chairman, or a committee member through the Club Kaiwhakahaere (administrator).

Parental Code of Conduct

The Code of Conduct identifies Ngā Tai Tūātea a Taraika Swimming Club Inc commitment to making everyone's involvement in the Club a positive experience. It defines the obligations and standards of behaviour for interactions with all Club Members. As a Ngā Tai Tūātea a Taraika Swimming Club Inc member, you are expected to consistently display high personal standards and abide by the Code:

1. Respect and treat all persons equally and as you would wish to be treated.
2. Practice teamwork and cooperation with all parents, swimmers and coaches and support the values of discipline, loyalty, commitment, and hard work. Support all swimmers in all situations, show team spirit, integrity, team loyalty and unity. Provide positive comments that support and encourage, never ridicule or put down swimmers.
3. Demonstrate good sportsmanship by conducting yourself in a manner that earns the respect of your child, other swimmers, parents, officials and the coaches at meets and practices. Encourage swimmers to play by the rules and resolve conflicts without resorting to hostility or violence.
4. Do not coach or instruct any swimmer at a practice or meets, from the stands or any other area, and do not interfere with or confront coaches on the pool deck.
5. Keep off the deck during swim meets unless acting in an official capacity and do not interfere with events or calls. Respect the decisions and judgments of officials. Do not question their judgment or honesty.
6. Maintain self-control at all times. Abusive or threatening language or gestures toward any coach, official, swimmer or team member will not be tolerated.

Failure to follow this code of conduct will result in disciplinary action at the discretion of the Committee and Head Coach in the following manner.

1. Verbal Warning
2. Written Warning
3. Probation
4. Dismissal from Club

See the Ngā Tai Tūātea a Taraika Swimming Club Inc *Disciplinary Policy pages 7-8 of the Constitution and Swimming Wellington Harassment Policy*.

THE PARENT/GUARDIAN MUST SIGN THIS CODE OF CONDUCT AND COMMITMENT ANNUALLY AT REGISTRATION

Name: _____ Signature: _____

Date: _____

Swimmer Code of Conduct

This Code of Conduct outlines the expectations regarding standards of behavior, and discipline resulting from inappropriate behaviors, during all Ngā Tai Tūātea a Taraika Swimming Club Inc events, training sessions or competitions. Swimming New Zealand requires that this Code of Conduct is clearly communicated to all team members. As a Ngā Tai Tūātea a Taraika Swimming Club Inc member, you are expected to consistently display high personal standards and abide by the Code.

1. Respect and treat all persons equally and as you would wish to be treated.
2. All swimmers are expected to meet the obligations outlined in their group descriptions.
3. Practice teamwork and cooperation with swimmers and coaches and support the values of discipline, loyalty, commitment, and hard work.
4. Support your teammates in all situations, show team spirit, integrity, team loyalty and unity. Provide positive comments that support and encourage. Never ridicule or put anyone down.
5. Demonstrate good sportsmanship and play by the rules. Display respect, honesty and sportsmanship toward fellow competitors, coaches, officials, administrators, and parents. Respect the decisions and judgments of officials. Do not question their judgment or honesty.
6. Profane, offensive, insulting, violent, abusive, or threatening language or behaviour will not be tolerated. Maintain self-control at all times.
7. Do not engage in any illegal or other activities which would reflect negatively upon the Club. Refrain from any immoral, inappropriate, or unacceptable behaviour during any team activities; including,
 - a Curfew violations
 - b Unsportsmanlike conduct
 - c Public misconduct
 - d Use of alcoholic beverages
 - e Drug use (see below)
 - f Smoking
 - g Sexual activity
 - h Property damage and vandalism
8. Do not use drugs other than those prescribed by your physician. Use of drugs banned or restricted by the IOC, FINA, Swimming NZ or any Act of Parliament is PROHIBITED
9. Keep team areas clean and orderly.
10. Failure to follow this Code of Conduct will result in disciplinary actions according to the Ngā Tai Tūātea a Taraika Swimming Club Inc *Discipline Policy* and may result in any or all of the following:
 - Verbal Warning
 - Written Warning
 - Loss or privileges
 - Suspension from competition for remainder of event
 - Probation
 - Dismissal from Club
 - Swimmers on Team Travel may be sent home at their own expense.
 - Suspension from Swimming NZ, Swimming Wellington, Ngā Tai Tūātea a Taraika Swimming Club Inc teams or competition
 - Suspension of all or any portion of Swimming NZ, Swimming Wellington, or Ngā Tai Tūātea a Taraika Swimming Club Inc funding

By signing below, I acknowledge that I have read and agree to abide by the above *Code of Conduct*

NAME: _____ SIGNATURE: _____

PARENT SIGNATURE: _____ DATE: _____

LEAVE OF ABSENCE / RESIGNATION

WITHDRAWAL POLICY

If a swimmer wishes to withdraw from the program, please discuss this with your coach or send a notice, to the Chairman at swimming@taraika.net.nz.

Upon receiving the withdrawal, the swimmer will be permitted to swim in the club until the completion of the 30 days notice. Members will be expected to pay the full training fee amount up to the date of withdrawal or 30 days after the club receives notification. The Swimming NZ or Swimming Wellington Registration Fee are all non-refundable. Any outstanding debts on the account will need to be cleared by the withdrawal date.

The last date for withdrawal is June 30th of the current swim season.

If a swimmer withdraws prior to the completion of the first full week of training for their group, all funds except the Swimming Wellington Registration Fee, are refundable and will not be charged to the account.

ILLNESS, VACATION AND INJURY POLICY

All squad fees are determined on an annual program. Therefore, refunds for vacation, illness or injury will need to be discussed with your squad coach and club Chairman. Credits can be considered for extended absences of 30 days or more, again please discuss with the appropriate person because this will require approval of the Chairman, and Head Coach.



SPONSORSHIP



Michel Tuffery – The creator behind the Club Logo Design. Thank you sincerely.



Biography

Manuia le aso. Kia orana. Ia ora na.

Michel Tuffery is a New Zealand-based artist of Samoan, Rarotongan and Ma’ohi Tahitian heritage.

Within his art practice he plays the role of working “in between” people and places, and focusing a fresh lens on environmental, community, cultural and art historical divides.

Tuffery is a passionate educator who openly shares his kauapapa and knowledge to empower our youth through residencies and workshops for school-aged children in New Zealand and abroad. He

exhibits worldwide and has undertaken research and community residencies throughout the USA, Germany, France, United Kingdom, Asia, India, Australia, as well as Aotearoa and the Pacific.

In 2008 Michel was appointed as a Member of the New Zealand Order of Merit for his services to art—his ongoing rewards come from enriching communities through his art.

Enjoy the website and keep checking in as art, current exhibitions and his latest project news lands here.

Mauruuru ora

Michel and Team Tuffs - <https://michel-tuffery.co.nz/about-michel-tuffery/>



<https://www.arenawaterinstinct.co.nz/collections/nga-tai-tuatea-a-taraika-swimming-club>

Gene McNaught

Account & Sponsorship Manager

R1 Importers Ltd t/a EAGAR FOR
LEISURE

P 04 232 2665 E gene@efi.net.nz

Unit 9, 16 Jamaica Drive

Grenada North, Porirua

Wellington 5024, New Zealand -

www.efi.net.nz



Eastern Suburbs Sports Trust

The Club wishes to thank Lisa & Dean Galt along with the board of the Eastern Suburbs Sports Trust for the wonderful work and support they provide for all the sports within the Eastern Suburbs but in particularly the support they have shown us in our very short history. Ngā Manaakitanga.



Thank you to Water Safety NZ for the opportunity to deliver our water safety programme Manaaki Mai Manaaki Atu to nga rangatahi of the Eastern Suburbs of Wellington under the guidance of Te Waipuna model. Sharing the importance of making a spiritual and holistic connection for our people to wai.



Thank you to Roof It Ltd for your support with the establishment of our new swimming club in Wellington and also for assisting with the development of the logo, swim caps, club signage and banners.



The Club would like to thank WHIPA for supporting high performance aquatic sports in Wellington and for the support they have shown to our club with sponsoring athletes to gain access to a high-performance dry land gym programme. Without their support opportunities to develop swimming to a national or international standard could not be achieved. Thank you to Luvaine McDonald, Mark O'Connor and John McBeth for their wonderful support. Noho ora mai.

2023 SWIM WELLINGTON SHORT COURSE CHAMPS

