Henderson-Massey Local Board

OPEN MINUTE ITEM ATTACHMENTS

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Note: The attachments contained within this document are for consideration and should not be construed as Council policy unless and until adopted. Should Councillors require further information relating to any reports, please contact the relevant manager, Chairperson or Deputy Chairperson.
The start of swimming in West Auckland

- The Western Districts Swimming Club was formed in 1962 so that the Henderson High School Pool could fully be utilized including Learn to Swim.
- 1967 The Learn to Swim moved to Henderson Primary school.
- WDSC was based at Henderson High School for 27 years.

- 1989 Western Districts Swimming Club established its home in The West Wave Pool.
- The clubrooms that the Club built at Henderson High School were donated to the school.
- Renamed Waitakere Swimming Club (Inc) to reflect the changes in the city.

A new beginning.

The swimming club with its heart in West Auckland.
A new beginning

- Waitakere Swimming Club has moved onto a fascinating new phase. We have taken on board a Professional Director of Coaching.
- Paul Kent, our Director of Coaching, has represented New Zealand at World Games, Commonwealth Games and Olympic Games.
- Paul brings with him a wealth of talent and knowledge and is tasked with building the club into one of the top clubs in New Zealand.
- We want to make West Wave a centre of excellence for competitive swimmers.
The Coaching Team

➢ Paul won gold and silver at the World Short Course Championships in 1995.
➢ Broke 39 NZ Open Records, six Australian Records and four Commonwealth Records.
➢ Was ranked number one in the world for 50m Breaststroke in 1995, 1997 and 1998.
➢ Named New Zealand Breaststroke Swimmer of the 20th century.
➢ Finalist for a Halberg Award in 1995 and also was a TVNZ Young Achiever.
➢ Paul started his Professional Coaching career in 2000. Taking the Roskill Swimming Club to second nationally.
➢ Coached the MARGS Swimming Club taking the school to their first-ever NZSS Championship in 2019.
Paul has a proven coaching record and is highly regarded in New Zealand swimming circles and has consistently produced New Zealand record-holders and national champions.

Eva Siwicka (Dryland/Swim Coach for Junior Squads) Eva is a swim teacher, who also trains in yoga and is a talented fencer.

Vasilina Shpilova (Assistant Coach for Junior Squads) Vasilina is the WSC Senior Captain and has 3 years of practical training juniors.

Coaching standards are exceptionally high. Focussed and frequent feedback is provided to all squad swimmers to assist in the development of correct technique and skills. An age appropriate dryland program has been designed for all levels of competitive swimmers.
Coaching Ethos

- WSC has a skills-based technical training program. Drills and skills are applied throughout all levels of the squads, becoming more challenging while remaining age-appropriate as swimmers develop.
- WSC’s squads are grouped around age as well as ability as this is an essential part of developing squad culture and enjoying training with the swimmer’s peers.
- Technology is utilised for age group swimmers. Silver and Gold squads use Heart rate monitors, and these details are displayed on a large screen, so the swimmers in the pool can monitor their progress.
- Video feedback is also used in real-time to provide technical instruction/correction and development opportunities for the swimmers.
- A wide variety of training aids are utilised, Boards, Cups, Paddles, pull buoys, fins, snorkel, bands, bungies, drag bags, Medicine balls, and Backstroke start ledges.
Twin Streams at the West Wave Aquatic Centre

- Twin Streams previously provided training to younger competitive swimmers at West Wave for Waitakere Swimming Club and other Clubs via council trained staff.
- West Wave management recently advised WSC that Twin Streams would no longer be offering a competitive training program for swimming.
- The Twin Streams program now caters for non-competitive swimmers, fitness training for other water sports.
- There is currently a transition period where the club has offered options to our noncompetitive club members who were previously training with Twin Streams.
- Swimming New Zealand guidelines and Sport New Zealand’s ‘balance in sport’ strategy are to ensure that clubs maintain a duty of care to all members. This is especially relevant to training being age appropriate and within SNZ guidelines for the number of sessions per week and session length for all our swimmers.
Currently we have **55 competitive swimmers across the following squads:**

**Bronze** – Younger or newer swimmers. Usually ASA level 3 swimmers, (generally primary school age). Training 2-3 afternoons per week for 1 hour at a time. 3 x 20minutes of dryland training per week to help develop the swimmers' posture, flexibility, and coordination.

**Silver** – Usually ASA Level 2 swimmers, (generally 12yrs and under/Intermediate School). Training 4-5 times per week for 1.5hrs per session, plus 3 x 50min dryland training sessions per week to help develop good posture, flexibility, coordination and core strength. Moving to the Gold squad is managed by transition and at the agreement of swimmer, parents and coach. (Only 1 early morning training per week for the Silver Squad).

**Gold** – 13yrs and over, ASA Level 1, training 6-7 x 90min sessions per week, 2-3 x 50min dryland sessions per week to help develop good posture, flexibility, co-ordination, core strength and body weight exercises. (4 early morning trainings per week).

**Gold National** – National Age Group qualifying times, training 7-8 x 90min sessions per week, 2-3 dryland sessions per week to help develop good posture, flexibility, co-ordination, core strength and body weight exercises. Strength and conditioning training 1-3 x 60min per week with professional providers. (4-5 early morning trainings per week).
The WSC Gold National Squad contains, NZ Open record holder, NZ Age group record Holder, Auckland Open and Age Group record holder, 2 x NZ Age group representatives, 8 x NZ Age group medallists, 3 x Auckland Swimming age group representatives, and 9 x Auckland development squad swimmers.
What we do within our Sport and community

West Auckland Primary School and Junior League

- Affordable fun community swimming league to encourage participation and enjoyment of swimming at primary, intermediate, and secondary school ages.
- These League teams compliment Sport New Zealand’s goals of active balanced recreation, participation for younger swimmers, and fits with the Auckland Council Community Sport plan.
- It is our intention to extend this to West Auckland Intermediate and Secondary Schools.

The swimming club with it’s heart in West Auckland
Challenges to meet our Club Objects

Lane space resources at West Wave

➢ Pre and especially Post Covid 19 has seen differences in user numbers within user groups at the pool. WSC is growing while some other user groups are reducing in numbers.

➢ The current daily lane booking sheet does not accurately reflect the daily requirement for lane space usage.

➢ A user who is based at their own private local 25m pool has 3 to 5 swimmers occupying 3 lanes at peak times at West Wave.

➢ WSC, solely based at West Wave, has as a minimum 12 swimmers with only 2 lanes allocated at the same time in the afternoon from 4.30-5.30, Mon, Wed and Fri.

➢ There should be a minimum number of users per lane.

➢ Waitakere Swimming Club has been loyal to West Wave for the 31 years. WSC fundraised for the pool to be built and been based at the pool since it was opened.

➢ The outdated lane allocations are unjustifiable and create issues with the public's perception of pool management and user groups, creating frustration for all pool users.
Challenges to meet our Club Objects

Lane space resources at West Wave

➢ WSC has insufficient lane space for our Club and squads, and we have had to turn away potential young swimmers.

➢ Additional lane space is required daily for our competitive squads. Extra lane space is required monthly for the Club to ensure our non-competitive club members can be included in club activities.

➢ Lane space re-allocation is still to take place mostly due to the issue of staffing resources at West Wave.

➢ WSC has worked collaboratively with West Wave management and other users. There is now an excellent opportunity to refine and reorganize the lane space at the pool to boost user participation, community and staff satisfaction, and the opportunity for growth throughout the whole centre.
Outcomes Sought

- A continued collaborative and co-operative working relationship with Centre Management and other user groups for the benefit of the whole community and centre.
- To provide a centre of excellence for competitive swimming at West Wave and provide a pathway to national and international success.
- Refined and reallocation of lane space based on current user requirements within the local community.
- Recognition by council of the importance of the only public pool and leisure facility in West Auckland.
- A permanent bookings co-ordinator appointed at West Wave to assist with the efficient and effective management of the space.
- To grow participation of the sport within the local community using the West Auckland Primary School and Junior League. The League offers an opportunity for underrepresented members of the community to participate.
- To promote the centre and additional programs to Club families and the local community, (gym, learn to swim, fitness, etc).
Building a better future for swimming
Chris Carter - Chair’s Report for July 2020

Kia ora koutou

As I start this September Chair’s report, I am conscious that this week, the week scheduled for our September Business meeting, is also te wiki o te reo Māori - Māori Language Week. The theme for this year’s celebration of New Zealand’s unique Maori language, Te Reo, is Kia Kaha te Reo, keep the Māori language strong.

The Henderson-Massey Local Board is aware of our responsibility to enhance Te Reo in our community. We have put this recognition of the unique importance of Te Reo into practice. New street names, decided ultimately by the Local Board, increasingly reflect connections with early Maori habitation and culture in West of Auckland. Our workshops and business meetings begin and conclude with karakia and we are fully committed to considering our Treaty partnership with Māori as we formulate policies and initiatives for our local area.

I grew up in a time in New Zealand/Aotearoa when there was little focus in education or the wider community on our country’s unique Māori language and culture. This has fortunately changed a lot and that change is accelerating. When I returned home some 18 months ago from 7 years overseas away working for the United Nations in Afghanistan and Myanmar I was struck immediately by how much NZ institutions, media, education and popular culture now incorporates a much greater recognition of Te Reo. This is a good thing as it helps to bridge the cultural gaps between different communities and celebrates a unique aspect of our NZ common heritage. Today I attended a school assembly at Tirimoana School, in Te Atatu South, to welcome Meng Foon, the former Mayor of Gisborne and now New Zealand’s Race Relations Conciliator. Meng was at the school to launch Māori Language Week and captured the attention of the pupils with a great speech using Te Reo, English and Mandarin.

Sadly Covid 19 hasn’t gone away.

The Prime Minister announced today that Auckland would remain in Covid response Level 2.5. I think many of us, concerned about the recent spate of positive cases identified among individual pupils in at least three local schools, will be relieved that the Government is taking a cautious approach.

Despite the continued Covid level 2.5 restrictions, Board members have continued to engage, of course within the Covid Level 2.5 rules, with community groups. Over the last month, Board members have been working with the Henderson/Central Park Business Association to try to bring the Henderson Christmas Parade and Henderson Christmas Festival, back into the Henderson Shopping centre. We have also been working with the Waitemata Rugby Club to see if Council can assist the Club with financial support for maintaining and potentially enhancing their playing fields. These are just two examples of the on-going activities that Board members are engaged in to help support local sports clubs, community groups and the wider cultural and environment of the Henderson-Massey area.

We remain committed to providing that support despite the pandemic and the economic challenges it has brought to West Auckland.
Finally, I want to thank Glenn Boyd, Relationship Manager for Henderson-Massey Local Board, who is leaving us shortly to take the role of Local Area Manager of the Waiheke and Great Barrier Local Boards. Glenn has been a huge support to me as Chairperson and to all of my fellow Henderson-Massey Local Board members. Glenn has been responsible for managing the Council teams that support the three West Local Boards (Henderson-Massey, Whau and Waitākere Ranges). His technical expertise on governance issues, regulations and skills as a team leader have been much appreciated by all of us. On behalf of my fellow Board members I wish him well in his new role.

Kia kaha and keep safe.

Chris Carter, Chairman
Henderson-Massey Local Board