

The Bottom Line

QEII UNDERWATER HOCKEY CLUB
NEWSLETTER – AUGUST 2004



My Word!

In an effort to get this massive newsletter out quickly, I'm not saying a lot this month (okay, okay, stop the cheering). I think the newsletter says it all for itself with a total of eleven pages this month.

Thankyou to Matt, Dave, Bryn, and Mike for submitting articles and/or notices this month. Matt has been quite topical this month and is sure to evoke some response from a few people, but that's what it's all about. If anyone has an opinion that they wish to have noted then get it in to me. I'm more than happy to publish whatever you have to say (as long as there is nothing of an offensive or malicious nature).

Personally, I am enjoying being back in the pool after having to lay low for what seems like forever. I have noticed a distinct lack of fitness however and found Mike's article on Training/Fitness (p.3) to be very interesting and hopefully it won't be long before I have whipped up a great big can of Whoopass of my own to bring to the pool (refer Matt's article p.5).

Good luck to all with the QEII and STAC teams at their respective Nationals Competitions during the next month.

Moosh

Junior UWH

The QEII UWH Club has agreed to support junior UWH by offering the 7.30pm - 8.30pm session on Thursday nights to youth. This session will be run by Jacqui Spencer, Bryn Thompson and Allan Brown with the support of the Club Committee and club members.

The session will start promptly at 7.30pm, so all players will need to be there by 7.20pm so we can pull the lane ropes out. The session will end promptly at 8.30pm so all senior players should be warmed up and ready in teams to play from 8.20pm.

The junior session will be based around playing in both school teams and mixed teams. We will be running a schools competition as soon as we have enough teams and players coming down.

We will still be running our Schools night on Friday from 6pm - 7pm and our beginners session on the Saturday 4pm - 5pm. All players are encouraged to come on the Tuesday, Thursday and Sunday club sessions.

Christ's College, St Margarets and Rangī Ruru are in need of some help with their programmes so if there are any club members that can help with coaching and/or managing, please contact Bryn.

Saturday Roster to Help Hamish 4-5pm

IT IS IMPORTANT THAT YOU MAKE IT TO THE SESSIONS YOU HAVE BEEN ASSIGNED TO OR HAVE SOMEONE ELSE THERE IN YOUR PLACE. I CAN'T DO THESE SESSIONS ALONE!

21 August	Mark Heberd, Julia Jenkins	23 October	Ray Hall, Aaron Hannah
28 August	Matt Toohey, Sam Broad	30 October	Gary Kearns, Pete Thomson
4 September	Alan & Nicole Brown	6 November	Adam Coates, Murray Greig
11 September	Jeff Bartels, Matt Neale	13 November	–
18 September	–	20 November	–
25 September	Ian Barker, Sam Pipe	27 November	Steve Lee, Dennis Chen
2 October	Lars Jacobsen, Ian Soutar	4 December	–
9 October	John Dunlop, Steve Brown	11 December	Aaron Smith, Penelope Spencer
16 October	Glenn Clark, Chris Glasson	18 December	Bryn & Cassandra Thompson



A Message from your President

Well it's great to be back in the water again even if it is like starting again.

I hope the Thursday 12th August meeting didn't raise too many concerns with any of you - it just seemed a good chance to have a meeting with as many members as possible when we didn't have pool time. It was great to get such good support and very positive response to future events and tasks ahead for the balance of the season. We can see that things are going to be rather busy over the next three months, as the minutes that Ray Hall has compiled indicate.

A couple of things that were agreed upon were that – Thursday club nights now will start 7.30pm to 8.30pm for schools competition, warm-up time, Refereeing and coaching for open players. This will be followed by our own club competition, including schools players who wish to continue. Then, hopefully, a graded competition for those that wish to play more competitively. Some of this format is still to be finalised re: Club competition etc. The main benefit is to give better pool times for younger players, and allow for better balance of numbers on Tuesday nights.

Congratulations to those players representing QEII at the National tournament. It's fantastic to see new players moving up the grades. The team has asked that we assist them with games, coaching and with their fundraising ventures if possible.

QEII also wish to congratulate the St Andrews College Underwater Hockey team for not only forming a team this year but also qualifying and going to The National



Secondary Schools Competition in Wellington this week. Well done Bryn and your team – we wish you all the best.

We still need some enthusiastic people to organise our next social event. Please contact me if you have any ideas.

Thanks to Hamish for the fantastic job on the newsletter and for the outstanding contributions by others. I feel that QEII information net will be second to none especially now that Matt Neil has offered to set up a website for the club. Well done Matt.

I think the main point that came out at the meeting was that if everybody contributes to the common cause and doesn't just leave it up to one or a few, then things run a lot smoother with everybody's enthusiasm. Please don't be frightened to contribute in whatever way you are able. We will be trying to compile a brief list over the next couple of weeks.

Well that's enough burble from me see you on the bottom.

By the way does anyone know the difference between a CABBAGE and a CAULIFLOWER????

Dave

Ed. suggests consultation with our Fruit and Veg Expert, Ian Barker. As National Account Manager for MG Marketing he would know!

St Andrews College

The Junior Open team from St Andrews College, will be travelling to Wellington on 20th August to compete in the NZ Secondary school UWH National Championships.

The team is made up from 5 Girls & 5 Boys:

- | | |
|-----------------|-----------------------|
| Mark Abbott | Sam Broad. |
| Lucy Collins | Christine McFetridge. |
| Toby O'Sullivan | Jeremy Owens |
| Adrianna Lawson | Cassandra Thompson. |
| James Wright. | Ish Doney. |

They have all improved a great amount over the past 12 weeks and they are looking forward to playing their best in these championships.

The team will be supported by Bryn Thompson (Coach), Lynda Collins (Teacher/Manager), Samantha and Emily Thompson (Water Girls/Cheerleaders)

This will be the first Schools Nationals for all these players, but I'm sure it will not be their last.

We wish them all the best.

**Bryn Thompson
STAC UWH Coach**

Fitness/Training for UWH

Supplied by *Mike Smith*

Your Guide to UWH Training and Achieving Better Fitness

Lack of fitness has always been a problem with Christchurch teams. If you don't train you won't win - it's as simple as that! For S.I. Champs, Nationals or Regionals, team squads at all grades (except, perhaps, Novice) should be training &/or playing UW Hockey at least three times a week for 6-8 weeks beforehand. Ideally, at least one of these sessions should be together as a squad. **This means if you are picked for a team, turn up for training ON TIME!**

OTHER EXERCISE - swimming, running, cycling, weight training, etc in addition are fine, provided they are properly planned to give at least 20 min. aerobic exercise each time (heart rate above 130/min. throughout, if under 35 years old; over 120/min. above 35), BUT they are no substitute for sport-specific training, ie. Fin swimming, breath-holds & puck skills training.

WARM UP for Every Hockey Session:

Arrive poolside AT LEAST 20 min. before scheduled game times.

Don't waste time, get in the water straight away! - you can gossip in the pub afterwards; more fun anyway!

Do: 200-400 m (your choice) any stroke, no fins (even if you are lousy swimming without fins!).

STRETCHES: ACC produces an excellent free pamphlet - 'Warm Up for Injury Prevention. Gentle stretching at this stage. There is controversy about stretches but many older players definitely benefit.

Do: (no stops, easy, not fast):-

- 50m - Freestyle + Fins (F + F)
- 50m - Fins only (F)
- 50m - Arms only (cross ankles and arch back for this)
- 100m - F + duck diving on the move, 1 breath between dives

Rest 30 sec

- 50m - u/w fast fin swim – length; surface & swim to end; rest 15 sec & repeat
- 50m - F + F, easy

Total = 400m. Should take about 10 min.

Only now are you ready to start the session, 20 minutes after arriving poolside!! So...get to QEII in good time, ie. 20-30 min. before the start of play.

Doing this preparation work regularly will help you to play better, get more FUN out of underwater hockey, be less likely to have cramp, pull a muscle or incur an injury.

WARM DOWN: At the END of every session, do a length or two slowdown before getting out, then some more stretches poolside.

SWIM PROGRAMMES FOR UNDERWATER HOCKEY PLAYERS:

These programmes were revised (8/2000) with Scott Molina's (AquaGym) advice to provide a more balanced programme. To gain *real* benefit, do *at least* two a week if you are playing hockey twice a week, or *at least* three a week if only playing hockey once a week. Each programme takes under one hour. You will find them very hard work to start with & may not be able to complete them first time around. Use training fins rather than match fins except where specified, or do some of 'Free' work without fins. These programmes can be done either on your own or as a squad. Nearer to a competition, work together as a team as often as possible. 1 min rest between each exercise unless stated. The intervals between repeats are important - KEEP TO THEM, don't shirk by giving yourself a longer recovery than specified.

Note for following: n.f.= no fins

Prog. 1

200m Warm Up - anything, n.f.
1000m Free (Match Fins) Fast - *record time*
Rest 2 min
10 x 25/20m Fin U/W on 50/45 sec
10 x 25/20m Free (1 breath) on 50/45 sec
200m Slow Down, anything
TOTAL - 1900m

Prog. 2

200m Warm Up, anything, n.f.
10 x 100m (even pace, 80% effort)
Rest 10sec between, except after 5th when Rest 2 min
400m FinKick/Board
8 x 25/20m Fin U/W on 50/45 sec
200m Slow Down, anything
TOTAL - 2000m

Prog.3

200m Warm Up, anything, n.f.
1500m Fin Swim (Match Fins)
(1st 500 easy, 2nd steady, 3rd hard)
200m Slow Down, anything
TOTAL - 1900m

Prog. 4

400m Warm Up, Free +/- Fins
6 x 50m Kick/Board (n.f.) on 100 sec
Rest 2 min
12 x 50m FinKick/Board on 60 sec
Rest 2 min
10 x 25/20m Fin U/W on 50/45 sec
400m Slow Down, anything
TOTAL - 1950m

Prog. 5

8 x 200m Free, (increase 1 to 4 & 5 to 8)
rest 20sec, except 2 min after 4th
(1st 4 n.f.; 2nd 4 with fins)
Rest 3 min
8 x 25/20m Fin U/W on 50/45 sec
200m Slow Down, anything
TOTAL - 2000m

Prog. 6

200m Warm Up, anything, n.f.
2 x 400m, Free/Fins (Steady; concentrate on stroke)
400m FinKick/Board
2 x 400m, Free/Fins (breathing every 3, 5, 7 strokes)
200m Slow Down, anything
TOTAL - 2400m

Prog. 7 (Squad Training Only)

Push each other *and* keep to time.
This session is meant to be HARD!
Rest 30 sec between each exercise
200m Warm Up, Free/Fins
4 x 100m *Catch-ups* On 2 min (in 3's)
- 2 x normal kick
- 2 x dolphin kick
200m Finkick/Front - Fast
200m FinKick/Back - Fast
8 x 50m Duck Dives - 1/4 U/W, 1/4 surface, etc,
On 60 sec
8 x 50m Free/Fins, Fast, On 60 sec
200m Slow Down, Free/Fins
TOTAL - 2000m

There are 3 kinds of people: those who can count & those who can't.

NZ U18 Champs, Rotorua, 8-10 October

A notice to all players in the Canterbury region who were under 18 years of age as at January 1st, 2004.

If there are any players that wish to be considered, and will be able to travel to the U18 Championships in Rotorua on the weekend of 8th - 10th October 2004, please can they make contact with me, either by emailing bryn.t@clear.net.nz or by phoning either **356-3449** (hm), **360-3373** (wk) or **0274 344-956** (mob).

Canterbury should be sending a male and a female team!

If you wish to be part of the next NZ squads for 2005 and 2006 you will need to be there.

I have seen so many talented players here in Canterbury and I am very keen and willing to coach and organize the squad to travel to Rotorua.

This is a travel equalized tournament and you should allow at least \$300. There will be funding done once the team has been confirmed.

We will be having a pool side meeting on Tuesday 24th August at 8.20pm which is inbetween both local club times, please meet me at the seats at the end of the main pool.

Bryn Thompson
Canterbury U18 UWH 2004

Club T-shirts: Clearance Sale of Old Stock

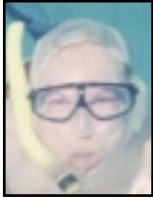
The club is selling all remaining t-shirts it has in stock at the bargain price of \$10.00 each. Even better, buy two for only \$15.00.

New Design Competition

We are looking to produce some new t-shirts for self-promotion of the club. Get your creative juices flowing and design what you think it should look like. The winner will have their logo/design printed for everyone to see and win one of the t-shirts for free. Who will it be? Let's see! (We hope the designs are better than my poetry).



If you are going to enter the t-shirt competition, let's make them a bit better than this please!



Insight from a Rockstar

By Matt Neale

This Month's Topic: Opening a Can of Whoopass!

Well aren't you all just a bit lucky, I've decided to continue my literary drivel with another episode of "insight from a rockstar", and this time, we're all going to learn about how to open that elusive, yet exquisitely branded and smooth tasting, can of Whoopass (okay, so I'm not really quite sure on the spelling, but you know what I mean).

For those of you who have never seen one, it looks like this...



You can stop laughing now.
Anyway, on with the show.

Whether it's due to the informal and unstructured nature of our club practice sessions, or because people are by nature – lazy, we just don't seem to have any intensity in our games. Too often, it's good enough to cruise around like a sloth with the flu, giving the puck the occasional push, shove, flick or dummy, then surfacing, watching someone else have a turn, before having a wee daydream and then going back down.

It's BORING, it's frustrating, and it's not the way you're going to improve your game.

If you want to sip from the can, then you've got to earn it. This means focussing on what is going on around you, both on the puck and off it, reading the game, and ANTICIPATING where the play is going to go.

UWH is not like Rugby, where the ball goes either wide to the backs, straight back into the maul, or up the blind side.

In UWH, the puck goes everywhere, but there **is** a pattern, you've just got to learn what it looks like and make a call as to where it's going – this is one of the key differences between a good player, and a superstar – as I said in my previous "Insight", when you get it, it's like The Matrix – you know you've got it.

However, reading the play well is only part of it – it's no use knowing where the puck is going if you're not in position to take advantage of that.

This is where the whole "effort" thing kicks in.

For those of you who don't know, I've played 17 tests for the NZ Men's UWH Team, all as a forward. I've been in the starting 6 for 15 of those games and have scored my share of goals (it's about 8 I think, mostly against Aus.). So yes, I can play, and I do know what I'm talking about.

In those games, you sub in, you go absolutely nuts for maybe 2 minutes and you sub out.

At the end of your 2 minutes, you're gasping for breath, your heart sounds more like the hum of a bee than a slow drum beat, and you have 2 minutes to recover, if you're lucky.

As a forward, you are back and forth across the pool, following the puck, getting ahead of the puck, and when it's flicked to you, you can't just try to be there, you have to be there. Every time.

Oh, and then they expect you to sprint forward and score a goal.

At the end of a game, you just about need to be lifted from the pool with a crane, and stringing together a cohesive sentence is pretty much out of the question.

I tend to sound like a punch-drunk moron with a speech impediment. Hence why there's no "UWH was the winner on the day" speeches to a packed media conference.

But I digress.

That's what it's all about, going hard out, opening the can and really playing at your maximum – it's hard work, damn hard work, but it's also rewarding.

So, coupled with reading the game like Keanu, and playing like a seal on speed, you might actually manage to crack open your own can or two of Whoopass.

And believe me, that's when you really start enjoying the game.

Right then, be warned, I'm not just going to spout this crap off and not follow it up...

I'm going to set an example...

I don't share, so bring your own cans ;)

Later,
Matt

Minutes of Meeting 12/8/04

To keep everyone up-to-date with what is going on and what was discussed during the recent committee meeting, you will find the minutes on the next few pages.

Thanks to all members that heeded the call and helped discuss/resolve some important matters for the club. The meeting was very successful and your time was much appreciated.

QEII Underwater Hockey Club Committee meeting minutes – 12 August 2004

Meeting started: 7:30pm

Meeting closed 9:30pm.

Next meeting: 2 September 2004

Present were: Gavin Gray, Aaron Smith, Chris Soutar, Ian Soutar, Allan Brown, Mike Smith, Chris Glasson, Mike Smith, Mark Heberd, Matt Neale, Ian Barker, Matt Toohey, Gary Kearns, Ray Hall, Bryn Thompson, Ben Heese, David Whyte, Mrs. Spencer, Julia Jenkins, Gary Sprague

Apologies: Brendan Maxwell, Hamish Howie, Sam Pipe, Mike Davis, Dennis Chen

A. Treasurer's report

Not presented. 25 pairs of men's togs have been ordered.

Payments outstanding:

Ben Huggins to pay \$220 entry fee. There have been various requests for payment.

B. Correspondence

Correspondence was tabled on the following topics:

1. World's and Southern hemisphere competitions, nominations for coaches and managers
2. U18 trials
3. National executive, volunteers wanted for Secretary, competitions etc..
4. Nationals registration, required by 20 August 2004

B. Actions from last meeting and general business – Note: no minutes are available from the previous meeting in May and many tasks on this action list were not discussed.

Status: C = Completed, CNA = Closed No Action, D = Defer, I = Information, O = Ongoing

No.	Description	Current status	Action	Status
1.	Birthdays	Mark Heberd is 21 in October – Congratulations. All invited to party		C
2.	Membership	All up to date with approximately 40 members		C
3.	Schools – Junior open grade funding	Going away 21 August. Requested funding support, discussed and turned down.	Bryn	C
4.	Club - Competitions - Thursday	Structure Thursday night if possible	John Brendan	CNA
5.	Beginners	Hamish requires assistance with the Saturday sessions. Also need to keep a register of players and check with QEII re safety issues.	Hamish	O
6.	Brochures and business cards	More brochures and cards required for distribution. Bryn suggested we might want to review the images before doing so.	Hamish	O
7.	Clash 4 Sept.	Team to go from Canterbury if possible	Bryn	O
8.	Club - Bags	Swagger Bags have supplied bags for international teams. To be approached for quote first to see if they will do a club bag (approximately \$31.50). Other bags seen at the world champs may be a better design. Bags to be of a design suitable for regular use	Ian Soutar Bryn	O

Minutes of Meeting 12/8/04 continued

No.	Description	Current status	Action	Status
9.	Club - Competitions	David to organise internal 8/9 a side competition for Sept – Nov.	David	O
10.	Club - Equipment	Some of the club equipment is disappearing from the cage. If you have any club gear, fins, snorkles, masks or pucks, please return them to the cage. Also please ensure when gear is being borrowed that it is returned and not taken or left on the poolside. Promote in the newsletter.	Hamish	O
11.	Club - Shirts	New ones needed for self promotion of the club. Suggested that we run a competition for a new logo with a free t-shirt as the prize. Funding may also be available and Mark is to prepare request for approval. Promote in the newsletter.	Hamish Mark Hebberd	O
12.	Club - Shirts – Old stock	Clearance sale. T-shirts to be sold for \$10 each or 2 for \$15. advertise in next newsletter.	Hamish	O
13.	Club - Togs	Now limited stock, new order needed. Committee approved \$600 for purchase of assorted sizes. 25 pairs of men's togs have been ordered. Women's togs may be available from supplier in Rockinghorse Road.	Bryn	O
14.	Club – Future development	Ideas for future development included: A mix of social and competitive play Upgrade of image with towels, bags, t-shirts, fitted shirts and more even gender balance.	David	O
15.	Club – Ladies tops	Suggested that more fitting tops would be better for females.		O
16.	Coaching/Mentor programme	Coaching/Mentor programme needed for new players and those wanting to advance their skills. Also need assessment base for grading players. Bryn suggested coaching / mentoring program with certificates for achievements.	Bryn	O
17.	Course for coaches	Request to go to Keith Heyworth to see if UWH level 1 coaching course is to be run. Waiting to hear from Keith.	Ray	O
18.	Course for referees	Refs course to be arranged after worlds. See if it can be done in one day and get true cost from Rob Fiest or Ray Dolman	Ray	O
19.	Equipment hire box	Agreed we should implement the proposal to charge \$2 for hire equipment. Equipment hire box needs making and fitting.	Dave Bryn	O
20.	Handbook, competition calendar and rule book	Handbook, competition calendar and rule book to go out with receipt for subs. Note to go in newsletter.	Bryn	O
21.	Hats – Purchase	Quotes received from: NZ Waterpolo: Eyeline \$635 for set of 26 Nylon \$480 for set of 26 Haka New Zealand: Zoggs \$199 for set of 13 All plus GST.	Ray	O
22.	Lock for sale goods	Lock required for box in cage containing goods for sale.	Gary	O
23.	Mask demister	Hamish to see if alternatives available to avoid use of spit on club masks.	Hamish	O
24.	Membership	Invoice received for \$100 from NZU based on membership numbers from last year and requesting payment by 30 April. Committee agreed to pay this and then focus on collecting the annual subs from current membership. Most members have paid.	Bryn	O
25.	Mouthguards	Ray Dolman has bought these to ChCh on a sale or return basis. Cost \$5. Hamish to advertise in the newsletter and Coral Dolman is the contact for purchase (027 2244053 or purpledreamer@hotmail.com).	Hamish Coral	C

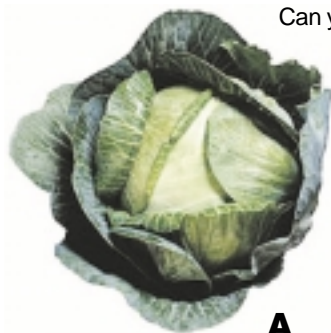
Minutes of Meeting 12/8/04 continued

No.	Description	Current status	Action	Status
26.	Nationals - Funding	Club will pay entry fee but not additional referee or coach fee. Budget is approximately \$450 per person excluding tournament fee. Committee and members present approved requests for funding to be sent as follows: 1. Flights – Community Grants Foundation \$1908.00 2. Accommodation – Lions Foundation \$735.00 3. Tournament entry fee – Southern Trust \$420.00 4. Van hire – NZ Community Trust \$306.00 Proposed Mark Heberd, seconded Chris Soutar	Mark Heberd	O
27.	Nationals – other	As team has no qualified refs, the tournament has confirmed that no penalty fee will be available provided that the team fill other positions such as chief ref. If Pegasus player wants to play in the team and in doing so does not displace a QEII member of the team, he must apply for dispensation.	Chris Soutar	O
28.	New hire gear	Committee authorised Ian and Gary to spend \$500 on new gear for cage. In progress with small over expenditure approved by president.	Ian	O
29.	Newsletter	Gary to contribute tips as coaching facilitator	Hamish Gary	O
30.	Newsletter	More articles needed and newsletter should be distributed to school players.	Hamish	O
31.	NZUWH AGM	Bryn requested that the club obtain a set of minutes from the recent AGM	Ray	O
32.	Pool - Admission	David to contact QEII to see if arrangements can be made for reduced entry fees. Bryn has ideas on this also.	David	O
33.	Pool – changing facilities	Not satisfied with arrangements for changing and showers after sessions on Thursday and Tuesday. David to contact QEII to see if alternative arrangements can be made for cleaners.	David	O
34.	Pool space - Underwater Rugby	Ian Barker to investigate pool space availability for underwater rugby.	Ian Barker	O
35.	Pool space - 2005	Request QEII to rollover pool space bookings for 2005	Ray	O
36.	Pucks	There are 67 pucks available locally from the world champs. To send these elsewhere incurs a high freight cost. 2 pucks sent Internationally were sawn in half by Customs. The committee agreed to approach Pub Charity with a proposal to purchase 50 pucks at \$55 (\$2750) for use in our schools training programme. Moved Bryn, 2nd Ray. Accepted.	Bryn Ray	O
37.	QEII UWH Sign	Ask Alan Direen if sign has been found. If not, could they provide new one. Hamish to provide artwork.	Ray Hamish	O
38.	Reffed games	Proposed that we organise reffed games for club nights to ensure fair play, develop the competitive spirit with scorecards and that refs meet the games qualifying requirement for certification.		O
39.	Rules books	Rules books required. Ian to get rule book off website. Edwin to get junior rule book from Tristan.	Ian	O
40.	Schools	<u>Coaches</u> – Coaches needed, Bryn to do a roster <u>St Andrews</u> – Bryn to coach. Sessions possibly 6 – 7pm Friday commencing 1 May and 3 - 4pm Wednesday <u>Burnside</u> – Coach Chris Soutar. Senior and hopefully junior. <u>Avonside</u> – Alan Brown. Training Tuesday 8:30 – 9:30pm. <u>St Margarets</u> - <u>Avonside</u> -	Bryn	O
41.	Schools - Tournament calendar	Request 2005 calendar from NZUWH	Ray	O
42.	Schools - Coaching	Promotion and coaches required for Christ's College, St. Margarets and Rangī Ruru. Assistance needed for Bryn, Allan and Dennis with St. Andrews, Avonside and Burnside. Promote in newsletter.	Hamish	O

Minutes of Meeting 12/8/04 continued

No.	Description	Current status	Action	Status
43.	Schools – Equipment	Schools should purchase their own equipment and not rely on the QEII UWHC gear. Christ's College have purchased all their own gear and will play at their own pool.		O
44.	Schools – Training nights	Confirmed schools training sessions as: Thursday: 7:30 – 8:30pm Friday: 6 – 7pm Tuesday session to be freed up for club training, 8:30 – 9:30pm. Thursday club session will be 8:30 – 10pm with opportunities for players to practice their ref skills with the school players . Promote in newsletter.	Hamish	O
45.	Schools competition	Competitions to be established on Thursday nights at QEII and may also be held at Christ's College and Jellie Park.		O
46.	Snorkel / mask hygiene	Members to remind casual users that snorkels must be rinsed before and after use. Mrs. Spencer advised that a 1:10 water to bleach mix will do the job. Rinse in water, rinse in bleach mixture and then rinse in water again.	Hamish	O
47.	Snorkels, masks and fins	Ian Barker has these at an attractive price for new and existing players. Agreed to purchase for the cage, 3 pairs at \$60 each for fins and 1 set of snorkel and mask at \$70. Payment to be made on production of invoice for \$250. Ian to make package available for purchase by players. May also include French training CD, gloves, sticks and pucks.	Ian	O
48.	Social event - Squash tournament	QEII to be investigated as location for social squash tournament.		O
49.	Training videos and French training CD	Bryn has 5 videos and has also secured the rights to distribute the French Training CD. The committee agreed to take on the the marketing and distribution of the French training CD as a club activity in the interests of improving training and skill levels.	Ian	O
50.	U18 Rotorua 8 – 10 Oct	Entrants must be u18 prior to 1 Jan 2004. Matt to organise, Bryn and Allan to assist.	Matt Heberd	O
51.	UWHNZ / UWNZ split	Committee expressed concern about the amount of money being transferred from UWNZ to UWHNZ and questioned what the impact may be on clubs.	Bryn	O
52.	UWNZ tournament organisation	President to write to UWNZ expressing concern re lack of tournament organiser. To go through Keith Heyworth (Secretary).	Dave Ray	O
53.	Web site	Matt is to investigate creating our own web site to promote the club and also be used for internal discussion etc..	Matt Neale	O
54.	Worlds - Barriers	Invoice sent to worlds committee for \$3,200	Dave	O

This Month's Brain Teaser:



A

Can you recognise and name the two vegetables pictured?
From the three names below, choose only two to correctly identify vegetables A and B.

A = _____

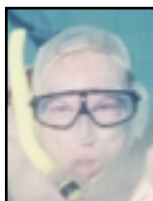
B = _____

Cabbage Cabbage Cauliflower

Hint: You can chop the pictures up if it makes it easier for you.



B



More Crazy Ranting and Raving

By Matt Neale

Do People Need to be so Serious About Winning?

I was watching the Olympics this morning before work and happened to see a swimming race. The person who seemed happiest to be there, waved to the crowd and laughed with her supporters before the race, kicked arse and won the gold.

The esteemed NZ commentator even remarked that it was "too casual for an Olympic final" and so the individual wasn't even considered to be in with a chance.

The other sullen, world record holding, crowd-ignoring posers, all wearing Jonah-phones and no doubt listening to either Rammstein, Eminem or Metallica, and thinking "oh shit, oh shit, I have to win" got totally shat on.

And this got me to thinking, why is it that athletes (as a gross generalisation) seem to be taking everything so seriously? Where the hell is the enjoyment in that?

When I get in the pool to play an international, I approach it in exactly the same way as I approach a game at Nationals or Regionals.

Usually I'm pretty casual, chatting & joking and telling everyone I really don't like then look of the water, and giving my estimated shrinkage factor.

This doesn't mean for a second that I'm not going to try as hard as the guy who's quiet, listening to angry music and psyching himself up (more like psyching himself out...) – hell no, I want to win just as much – actually I want to win even more.

Some people think "I have to win".

I think "I'm going to enjoy kicking your arse, dickhead."

It's a completely different attitude, the "I have to win" attitude is a negative one, it roughly means "I hope I win".

"Losing" is treated as a forbidden word, as though merely mentioning it will ensure thunder, lightning and certain defeat.

The "I'm going to enjoy kicking your arse, dickhead" attitude is far more positive, even if the opposition is not necessarily a "dickhead" (although, if you're playing Pegasus, then it's reasonably accurate), you have got the underlying attitude of "I'm going to win".

It's not about psyching up, it's about hunger, it's wanting to win more than the other guy and it's knowing that you're going to win.

And I'm damn sure it's not about being so f'ing scared of the opposition that you have to go to your happy place to cope with the pressure.

You only have pressure if you know you are going to lose.

You are playing a game, you're meant to have fun, you're meant to enjoy it.

If you win, you just enjoy it more.

If you lose, well, shit happens, you still had fun.

I think a lot of athletes, their coaches and their psychologists have forgotten this.

Here endeth today's rant.

Matt

Happy Birthday to:

Adam Coates	7th August
Peter Thomson	24th August
Aaron Smith	20th September

Club Cage Gear

It has been noticeable that some of the gear from the cage has gone missing. Please check your bags to see if you have something that should be returned.

In future, if you borrow anything from the cage, please return it at the end of the session. Don't take it away with you or leave it beside the pool.



This poor fella has read Matt's previous article on Whoopass and has just realised he hasn't got a can to bring along.

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Pool Bookings '04

Tuesdays	8.30 pm - 9.30 pm 5 lanes - 50 Metre pool (Nth end)
Thursdays	7.30 pm - 10.00 pm 5 lanes - 50 metre pool
Fridays	6.00 pm - 7.00 pm Dive Well Shelf
Saturdays	4.00 pm - 5.00 pm Dive Well Shelf
Sundays	4.00 pm - 6.00 pm 4 Lanes - 50 Metre pool

No Hockey due to other bookings:

Friday:

12 November SI Water Polo Champs

Saturday:

13 November SI Water Polo Champs

20 November SI Water Polo Champs

4 December U20 Women's Water Polo

Sunday:

28 November Aquagym Challenge

This Month's Joke

A Canterbury rugby supporter moved to Auckland for his new job. As he wandered the streets he stopped at an antique shop and decided to go in. On looking around he noticed a very strange looking bronze cat which had a tag on it saying, "Bronze Cat \$30.00, Story \$150.00". The man was very curious and asked the salesman to explain.

"Well" said the man, "its just like it says, \$30 for the cat and \$150 for its story".

"I'll just take the cat," said the man.

"Very well, but you will be back," said the salesman.

The man left the shop with the cat in his pocket. As he walked down the street he heard a strange mewing sound. On turning around he noticed there were a couple of cats following him.

The further he walked the more cats seemed to follow him. As he got to the Brooklyn Bridge he turned to see thousands of cats behind him.

"Screw this!" he said to himself and threw the bronze cat into the river. All the cats jumped into the river too and were drowned. The man returned to the shop where he bought the cat.

"I knew you would be back. \$150.00 for the story," said the salesman.

"Forget the story," said the man. "Have you got a bronze Auckland rugby supporter?"