

Central North Island TRI SERIES TOUR

GREEN MACHINE NEWSLETTER 2

The GREEN MACHINE were in fighting mood on Monday morning. We had some great racing, and it was pleasing to see more attention applied to turning and finishing faster. As a result we were more competitive:) **Well done Green Machine.**

Well done to who won events at Meet 2 at Taupo:
Kyle Fannin - 50 breaststroke skins & 100 breaststroke
Nathan Edwards - 200 medley

After an early lunch of pasta, bread and salad, we then jumped on the Tour Bus and headed north to Whakatane. Another awesome pool and a great welcome from the officials and locals. Team Captains Samantha and Nathan got hold of the microphone and introduced the GREEN MACHINE to the whole world (okay ... may be just to those actually in the pool).

Well done to the following who won events at Meet 3 at Whakatane:
Samantha Carter - 200 butterfly
Maggie Franks - 200 medley

The beauty of swimming is that tomorrow is another day to do your best, learn from it and improve. Heads high and keep working hard.



It's not all work and no play. (Yeah right). We have got our dryland routine well established. Everyone has to lead a particular exercise and this helps the team to gel and everyone learns from each other.

Team dryland at Whakatane:)

Top athletes of the day were Ariana Aupouri-Kaiawi who has been outstanding throughout the first 3 meets. Great attitude, fabulous efforts and always smiling and being positive. Ariana has raced really consistently and just gets on with it with the minimum of fuss and drama. Well done Ariana!

Kyle Fannin really stepped up today. He won the Breaststroke Skins, the 100 breaststroke and then totally gave his all on his debut 400 medley. It's always great to win and score lots of points, but sometimes it is equally as important to try something new and get out of the comfort zone, so well done Kyle:)

Who will be our big star on Tuesday? Get stuck in and give a 100 per cent 100 per cent of the time.



GIRL POWER. Girls lead our boys on points!!!



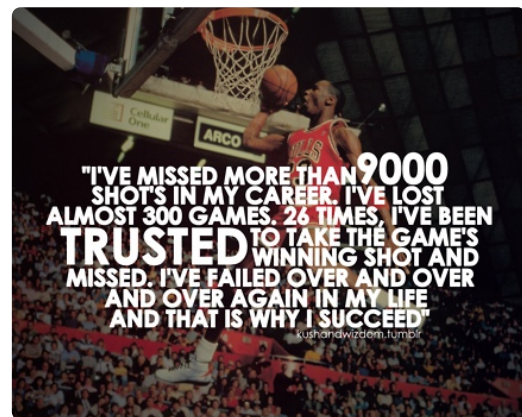
MAN POWER!!!
Our day is today!!!

Alastair gave a quick talk to all the athletes and staff about the importance of doing a structured and discipline recovery. The best athletes look after themselves and this includes doing plenty of swimming after a race. A good example is:

- 300 easy
- 4 x 75 kick and drill
- 6 x 50 as 15 very fast, 35 steady
- 100 own choice

← 3 mins to start.
Drink + 2 lollies.

→ plus heart rate



... THAT IS WHY I SUCCEEDED.

Give it a Go!!

