

## Central North Island TRI SERIES TOUR 2013

### THE GREEN MACHINE NEWSLETTER #3

Today the **GREEN MACHINE** went crazy and produced some outstanding results. After 2 days of trying hard and getting a few scraps of success, the lean mean fighting **Green Machine** came out all guns blazing, and blew away the other teams. It was a totally awesome team performance from every athlete. From being 100 points behind, the TEAM stormed back into contention to be only 20 points behind with 2 meets left to go. The athletes reckon they can move up another gear and win glory!



Hold tight ...The green machine is in sight.

Revvng big time was Team Captain NATHAN EDWARDS who led by example to grab 3 wins in the 50 fly skins, 100 free and the 200 medley. Nathan picked up the Coaches Award for the best athlete of the meet. Well done captain!

A BIG well done to the following who also grabbed some big wins:

OLIVIA WARLOW - 50 fly skins & 100 fly  
MAGGIE FRANKS - 100 backstroke,  
KYLE FANNIN - 200 breaststroke  
JESSICA BLAKEMAN - 400 medley

At the end of the meet, THE TEAM did a TEAM recovery which was done really well. As they had all done great, they were allowed to hop in to the hot pool for a bit of R & R (and goss).



Thx Coach :) lol

Also picking up athlete of the meet was the whole team! Each athlete received a chocolate fish from Tour Head Coach Clive Wheeler.

Head Coach ALASTAIR JOHNSON was really pleased with the Team, 'the whole team came out and responded in superb fashion. They showed guts today - they attacked their races and stuck to their task beautifully.'

Assistant Coach BRAD MURDOCH enthused "it's not how you start, it's how you finish. Today the athletes were outstanding in attitude and effort. It was great to see them all commit and race fast. We are looking forward to a magic last day'.

There was no racing in the afternoon, so the athletes were treated to a bus drive around the local sights and ice cream. After a short break, it was time to go to the beach for beach games and surfing. Great fun:)



Athletes racing into the surf. Yeah!!



From top row downwards and from left to right:  
William, Luke, David, Kyle,  
James, Nathan, Jordan, Shayden,  
Stacey, Olivia, Samantha, Jess,  
Bailee, Zoe, Ariana, Maggie.  
The calm before the storm ... Quietly confident about big  
Wednesday:)

Okay TEAM ... one more day to go. Stay focussed and keep your 'eyes on the prize'. Give it everything and let's drive the **GREEN MACHINE** over the line first:)