



# PAPUA NEW GUINEA SWIMMING INC

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## NEWS BULLETIN

ISSUE 6- 4<sup>TH</sup> QUARTER 2011

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Secretary: Kathryn Sheehan  
Registrar: Barbara Skelton  
CTO: Kathleen Maskelyne

Vice President: Bruce Mead  
Treasurer: Sarenah Pini  
Property: Lois Nakmai

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Swimming Inc  
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PNGSI is  
affiliated to:

PNGSFOC

FINA

Oceania  
Swimming  
Association

### Dear Member affiliates

Welcome home to our swim team to the Pacific Games and the Commonwealth Youth Games (results inside). Congratulations on the great effort in competition and being great ambassadors to our sport and our Gold sponsor BSP while away.

It is now coming to the close of the year when Clubs will be holding their annual championships and AGM's. We wish all athletes the very best in competition,

One of the priority key result areas of Papua New Guinea Swimming Inc (PNGSI) is developing the Learn to Swim Program structure. It is envisaged that PNGSI through the help of ASCTA (Australia Swimming Coaches Teachers Association) partnering with Swimming Australia will successfully get learn to swim programs into the National School Physical Education curriculum, (see inside article).

The first step is to bring Ross Gage, Swimming Australia Limited's CEO of ASCTA-Swim Australia and Vice President of International Federation of Swimming Teachers Associations, to Papua New Guinea to talk to necessary stakeholders. The program has been in the developmental stage for some time and it is imperative that we now move forward to develop this initiative to encourage water safety practices.

If there is anyone out there who can assist, in any way we would love to hear from you. It is our goal to make water safety and swimming as a sport for all a priority countrywide.

### Enjoy swimming on.....



PNG Olympian Ryan  
Pini married Carly  
Vincenzi on Friday  
21<sup>st</sup> October at  
3:30pm.

They were married  
on Cylinder Beach at  
Point Lookout,  
North Stradbroke  
Island.

Former swimmer  
Ben Wells was  
Ryan's best man.

PNG Swimming  
congratulates the  
two and wishes  
them a wonderful  
life together.

## Aquatic Excellence Squad Members 2011/2012



### BSP GOLD KUNDU TARGET

Barbara Leana Vali  
Ryan Pini  
Peter Pokawin  
Sam Seghers

### BSP SILVER KUNDU TARGET

Marcus Blake  
Jenixon Lim



### 12-14 YEARS INTERMEDIATE GOLD

Bobby Akunaii  
Millie Knight  
Peter Kunda  
Ashton Kunda  
Aika Livingstone  
Ryan Maskelyne  
Shanice Paraka

### INTERMEDIATE SILVER

Alastair Blake  
Ruth Bunena  
Ben Cross  
Angus Dubar  
Kimberley Ila  
Caitlin Mendoza  
Olive Meraudje  
Jodi Mileng  
Jasmine Mileng  
Hector Smith  
Bethani Tukana  
Georgia-Leigh Vele



### 9-11 YEARS JUNIOR GOLD

Leonard Kalate  
Ben Paton  
James Runnegar  
Natasha Sagon  
Savannah Tkatchenko  
Ebony Tkatchenko  
Catherine Vali

### JUNIOR SILVER

Raila Ila  
Chase James  
Javana Johnson  
Ryan Liew  
Emmanuel Nuna  
Georgia Pollock  
Matthew Vali  
Juanita Vava  
Luke Vava  
Nancy Wiseman

## NIUS ON THE HOME FRONT

### DEVELOPING OUR SPORT THROUGH LEARN TO SWIM

Papua New Guinea Swimming Inc (PNGSI) with the support of Bank South Pacific (BSP) has sought the help of ASCTA (Australia Swimming Coaches Teachers Association) partnering with Swimming Australia to help with getting the learn to swim program structure into the PNG National School Physical Education curriculum.

Ross Gage, Swimming Australia Limited's CEO of ASCTA-Swim Australia and Vice President of International Federation of Swimming Teachers Associations has expressed a keen interest to get the program off the ground.

He stated ASCTA has launched its Swim Australia Teacher Accreditation program (SAT) recently. The mainstream course has been followed by a rollout of SAT of Baby and Toddlers, SAT of Adolescents and Adults, SAT of Competitive Swimming and SAT of Learners and Disability.

The initial course is now being reviewed for upgrading, while a SAT of *Culturally and Linguistically Diverse* is being developed. These can be contextualized to suit PNG. Along with this, he stated that they could help develop a "Train the Trainer program so that in the long term PNG is not reliant on ASCTA-SAL to make the courses happen.

Similarly concepts are currently being discussed with other bodies in the Oceania region; and again, in partnership with Swimming Australia so as to maximize each other's strengths.

ASCTA and SAL would give assistance at the very foundation: what curriculum and syllabus would best work in the multitude on conditions present in PNG. Some initial discussion would centre on:

1. Swimming Australia Limited's CEO of ASCTA-Swim Australia and Vice President of International Federation of Swimming Teachers Associations ROSS GAGE to visit to scope the various factors present and potentially available – from which to propose a plan of action – right down to the curriculum and syllabi.
2. Conducting teacher accreditation courses – contextualized to suit PNG.
3. Train the Trainer program
4. Free annual registration in the Swim Australia International Swim School Associate Member category for any PNG 'swim school' that may be developed (this would supply on-going support for the wider aspects of swim school operations.
5. Determining what degree of regular follow-up to ensure progress is happening and it is positive.

PNGSI are now waiting guidance from NSI on where to begin. Our main desire is to get the program into the school system and encourage water safety and swimming as a sport to happen around the country and not just in the main centres.

### Life on Campus in the USA.....

Swimmers Judith Meaurio and Ian Nakmai have settled into their new life in Fort Dodge, Iowa, USA at the Iowa Central Community College.

Both athletes have taken up residence in apartment style living complexes on campus, and are now finding their way as they adjust to living independently and in control of their future.

*"The swimming season started 3<sup>rd</sup> October, so training right now is really hard. We do 9 sessions a week, plus dry land and weights, it's pretty tough. Our swim Coach is Jeff Olsen.*

*"Our first competition was on the 21st October, the Intrasquad meet, where Ian swam 50 yard freestyle 24.05 and 100 yard breaststroke 1:03.84 and I swam 50 yard freestyle 25.56 and 100 yard free 56.00. Ian and I also swam the 200 yard Medley relay and I the 400 Medley Relay and next month, we have the Dual meet, Iowa Central vs. Iowa Lakes," said Judith.*

*"School is good, studying alright, loads of work. We get 3 hours of study everyday from Sunday to Thursday.*

*With dinner starting at 5pm and ending at 6pm and afternoon training starting at 6pm and finishing at 8pm we have dinner right on 5pm, and then head off to training.*

*After training we are really hungry so we all go to one of the swimmer's apartment s and have chocolate chip pan cakes.*

*McDonalds and Subway is within walking distance from the school so I sometimes have that after training."*

*Training is good, dry land was really hard the first week, but it's all good now...we train in an indoor pool, less than 25m (I am not sure what it is in yards)" concluded Judith.*

The two swimmers are under a 2-year scholarship funded by Iowa Central Community College and ONOC.

# TNT National Short Course Championships a success



What a fantastic weekend of swimming was had at the Ela Murray International School 25m pool as 70 plus swimmers from the Boroko Swim Club, Lae Swim Club and overseas based swimmers Shanice Paraka, Georgia-Leigh Vele, Ryan Pini, Alistair Blake, Savannah and Ebony Tkatchenko and Barbara Vali came together to compete at the **TNT** National Short Course Swimming Championships (23<sup>rd</sup> to 25<sup>th</sup> September).

At these championships our best age group swimmers gathered enthusiastically to compete and swim fast, and we saw many heartening moments emerge, lots of new personal best times swum and 10 PNG records challenged and broken.

Most improved swimmers with 100% personal best times swum over the weekend were male swimmers 14 year old Livingstone Aika and 11 year old Leonard Kalate of Lae Amateur Swim Club (LASC) and female swimmer 13 years old Millie Knight of Boroko Amateur Swim Club (BASC). Not to be out shone BASC 13 year old Bobby Akunai shone with gold swimming 10 personal best times.

15 year old Stanford Gore Kawale and Barbara Vali and 16 year old Nathan Tukana fresh from 3 weeks travelling, competing at the Pacific Games and then on to the Commonwealth Youth Games and Ryan Pini and Peter Pokawin from the Pacific Games did not disappoint. They arrived back eager to race and others were eager to race them. It provided a great atmosphere of competitive spirit to shine as our volunteer coaches and

enthusiastic parents cheered the swimmers on to compete at their best.

Young Junior swimmers 7 year old female swimmers Rehema Kalate from LASC and 8 year olds Ethan Liew and Cameron Vele from BASC were achieving times that the 9-11 year old swimmers had to swim to register a place on the Junior National Aquatic Excellence squad. This looks very promising for an exciting future in the sport. Thanks coaches.

Six PNG records were broken by 15 year old Barbara Vali in the 50m, 100, and 200m Breaststroke and 100m Freestyle and Individual Medley. Barbara clocked 36.40 in the 50m breaststroke taking Xenia Peni's record of 36.49 set in 1998. In the 100m Breaststroke Barbara swam 1:19.09 taking the Age and Open record from Xenia set in 1998 in a time of 1:19.87 and she also took her 15 year age record in the 200m breaststroke of 2:55.56 with Barbara swimming 2:54.78. In the 100m Freestyle event for 15 year olds Barbara swam a gutsy 1:02.41 eclipsing Judith Meauri's 15 age record by a mere 22 hundredths of a second set in 2007 and in the 100m Individual Medley event she swam 1:13.47 once again taking a record set by Judith in 2007 in a time of 1:13.49.

Other records that disappeared during the many very close races was the Male 100m Individual Medley event by 17 year old Sam Seghers who set a new record of 1:04.08 taking Danny Pryke's record of 1:06.88 set in 2010.

11 year old Savannah Tkatchenko set 3 new records in the female 11 year old category. In the 200m Breaststroke, Savannah swam 3:04.16, taking her Club mates record of 3:08.07 set in 2007 held by Barbara Vali, and her 100m breaststroke time of 1:25.39 also set in 2007 was broken with Savannah swimming a strong, competitive swim of 1:23.06. In the female 100m freestyle event Savannah churned up the water sprinting to the end stopping the clock in a time of 1:09.78, a great swim, which saw past member of

LASC Roxine Arnold's record of 1:11.02 set in 1991 vanish from the books.

At the close of the TNT National Short Course Championships the Aquatic Excellence Squads for 2011-2012 were named.

In the Junior Silver Squad ten swimmers swam times to qualify for a place. They were Raila Ila, Chase James, Javana Johnson, Ryan Liew, Emmanuel Nuna, Georgia Pollock, Matthew Vali, Juanita Vava, Luke Vava, and Nancy Wiseman while seven swimmers received Gold caps Leonard Kalate, Ben Paton, James Runnegar, Natasha Sagon, Savannah Tkatchenko, Ebony Tkatchenko and Catherine Vali.

In the intermediate excellence squad we saw 19 swimmers qualify for a place. In the Silver squad Alistair Blake, Ruth Bunena, Ben Cross, Angus Dubar, Kimberley Ila, Caitin Mendoza, Olive Meraudje, Jasmine Mileng, Jodi Mileng, Hector Smith, Bethani Tukana and Georgia-Leigh Vele secured a spot, while in the Gold Squad Bobby Akunai, Millie Knight, Peter Kunda, Ashton Kunda, Aika Livingstone, Ryan Maskelyne and Shanice Paraka secured their spot.

In the absence of elite swimmers Judith Meauri and Ian Nakmai who were unable to attend as they are training and studying in the USA under a scholarship awarded to them by ONOC 6 swimmers who competed over the weekend registered a spot. Gold: Ryan Pini, Peter Pokawin, Sam Seghers and Barbara Vali, Silver Marcus Blake and Jenixon Lim.

PNG swimming Inc executive express sincere appreciation and thanks to the major sponsor **TNT** for the continued support of the National Championships and Coca-Cola for supporting in-kind and The Ela Murray International School for providing a competition venue for our budding athletes to showcase their competition skills.



# On the INTERNATIONAL COMPETITION FRONT -

## PACIFIC GAMES



The **2011 Pacific Games** (officially known as **NC 2011**) took place in Noumea, New Caledonia from August 27 to September 10, 2011.

Noumea was the 14<sup>th</sup> host of the Pacific Games.

Pool swimming events were held from August 29–September 2 at the Verlaguet Aquatic Center. All pool events were swum in a long-course (50m) pool.

87 swimmers from 11 countries took part in the competition. They were American Samoa (1) Fiji (11), Guam (9), Marshall Islands (3), Micronesia (3), New Caledonia (36), Palau (6), Papua New Guinea (11), Tahiti (3), Tokelau (1), and Tonga (3).

The Papua New Guinea Swim Team were athletes: Anna-Liza Mopio-Jane, Barbara Vali, Tegan McCarthy, Judith Meauri, Ryan Pini, Peter Pokawin, Nathan Tukana, Ian Nakmai, Stanford Gore Kawale, Adam Ampa'oi, Nathan Ampa'oi and the team management were: manager Sarenah Pini, coaches Elizabeth Wells and Rick Van der Zant and massage therapist Sam MacBean.

### Swimming Event Medal tally

Rank	Nation	Gold	Silver	Bronze	Total
1	New Caledonia	33	23	13	69
2	PNG	5	6	7	18
3	Tahiti	2	4	3	9
4	Fiji	0	4	14	18
5	Tonga	0	2	3	5
6	Guam	0	1	0	1

### Individual best times Meet Results (prelim/heats)

<b>Female 50m Freestyle</b>		<b>Female 100m Freestyle</b>	
Anna-Liza Mopio-Jane	26.93	Anna-Liza Mopio-Jane	59.80
Judith Meauri	28.48	Judith Meauri	62.76
Barbara Vali	29.49	Barbara Vali	66.17
<b>Female 200m Freestyle</b>		<b>Female 800m Freestyle</b>	
Anna-Liza Mopio-Jane	2:10.48	Barbara Vali	10:30.59
Judith Meauri	2:22.71		
<b>Female 50m Backstroke</b>		<b>Female 100m Backstroke</b>	
Anna-Liza Mopio-Jane	31.08	Anna-Liza Mopio-Jane	1:09.01
Tegan McCarthy	34.30	Tegan McCarthy	1:16.74
<b>Female 200m Backstroke</b>		<b>Female 200m Breaststroke</b>	
Anna-Liza Mopio-Jane	2:33.28	Tegan McCarthy	3:02.42
<b>Female 50m Breaststroke</b>		<b>Female 100m Breaststroke</b>	
Barbara Vali	35.83	Tegan McCarthy	1:17.54
Tegan McCarthy	36.79	Barbara Vali	1:21.01
<b>Female 50m Butterfly</b>		<b>Female 100m Butterfly</b>	
Anna-Liza Mopio-Jane	30.64	Judith Meauri	1:12.43
Tegan McCarthy	31.42	Tegan McCarthy	1:12.93
Judith Meauri	31.53		
<b>Female 200m Individual Medley</b>		<b>Male 50m Freestyle</b>	
Barbara Vali	2:38.75	Ryan Pini	23.51
Judith Meauri	2:42.01	Peter Pokawin	25.83
Tegan McCarthy	2:46.12	Ian Nakmai	26.99
<b>Male 100m Freestyle</b>		<b>Male 200m Freestyle</b>	
Ryan Pini	51.61	Ryan Pini	1:52.40
Peter Pokawin	57.14	Stanford Kawale	2:27.75
<b>Male 400m Freestyle</b>		<b>Male 50m Backstroke</b>	
Stanford Kawale	6:08.22	Ryan Pini	26.05
<b>Male 100m Backstroke</b>		Peter Pokawin	29.88
Ryan Pini	56.54	Nathan Tukana	34.75
Peter Pokawin	68.45		
Nathan Tukana	1:20.18	<b>Male 200m Backstroke</b>	
<b>Male 50m Breaststroke</b>		Nathan Tukana	2:58.65
Ian Nakmai	31.20	<b>Male 100m Breaststroke</b>	
Adam Ampa'oi	32.72	Ian Nakmai	1:10.70
Nathan Ampa'oi	35.47	Adam Ampa'oi	1:16.09
<b>Male 200m Breaststroke</b>		Nathan Ampa'oi	1:19.56
Ian Nakmai	2:47.33	<b>Male 50m Butterfly</b>	
Adam Ampa'oi	2:50.19	Ryan Pini	24.39
Nathan Tukana	3:20.24	Peter Pokawin	27.28
<b>Male 100m Butterfly</b>		Stanford Kawale	28.54
Ryan Pini	53.93	<b>Male 200m Individual Medley</b>	
Peter Pokawin	64.18	Ryan Pini	2:26.26
Stanford Kawale	69.24	Peter Pokawin	2:31.61
<b>Male 400m Individual Medley</b>		Nathan Ampa'oi	2:37.46
Stanford Kawale	6:08.22		

## 7 PNG RECORDS fell during the Games

Tegan McCarthy claimed the female 100m breaststroke record for 14 year olds swimming a time of 1:17.54. The previous record belonged to Nicole Comerford set in 1995 in a time of 1:20.57

She also claimed the Open record for 100m breaststroke which previously belonged to Xenia Peni set in 2000 in a time of 1:18.58.

Tegan McCarthy went on to swim a record time in female 50m Butterfly event clocking 31.42 for female 14 year olds (previous record was her own 31.50 set in 2011)

Barbara Vali took the female 100m breaststroke for 15 year olds swimming 1:21.01. The previous record belonged to Xenia Peni 1:22.42 set in 1999)

Barbara Vali swam a 50m Breaststroke record for female 15 year olds clocking 35.83. The previous record belonged to Xenia Peni 36.62 set in 1998.

Barbara also took the female Open 50m Breaststroke record previously held by Xenia in a time of 36.09 set in 2000.

Ian Nakmai swam a Senior Record in the 50m Breaststroke clocking 31.20. Ian held the previous record of 31.30 set in 2010.

## 3 PACIFIC GAMES RECORDS ALSO FELL

Ryan Pini registered three (3) Pacific Games records:

50m Backstroke 26.05

50m Butterfly 24.39

100m Backstroke 56.54

## Pacific Games Medal table for PNG swimmers

Event MEN	Gold		Silver		Bronze	
50m Free	 Thomas Dhalia New Caledonia	23.45	 Ryan Pini Papua New Guinea	23.51	 David Thevenot New Caledonia	23.56
100m Free	 Thomas Dhalia New Caledonia	51.53	 Ryan Pini Papua New Guinea	51.61	 David Thevenot New Caledonia	51.62
200m Free	 Ryan Pini Papua New Guinea	1:52.40	 Thomas Dhalia New Caledonia	1:53.09	 Hugo Tormento New Caledonia	1:55.86
50m Back	 Ryan Pini Papua New Guinea	26.05	 New Caledonia Julien-Pierre Goyetche	27.16	 Dylan Lavorel New Caledonia	27.72
100m Back	 Ryan Pini Papua New Guinea	56.54	 New Caledonia Julien-Pierre Goyetche	58.50	 Dylan Lavorel New Caledonia	59.36
50m fly	 Ryan Pini Papua New Guinea	24.39	 David Thevenot New Caledonia	25.34	 Thomas Chacun New Caledonia	25.45
100m fly	 Ryan Pini Papua New Guinea	53.93	 David Thevenot New Caledonia	56.55	 Ifalemi Sau-Paea Tonga	57.18
4x100m Med relay	 New Caledonia Dylan Lavorel Thomas Dhalia David Thevenot Julien-Pierre Goyetche	3:53.53	 Tahiti Heimanu Sichan Rainui Teriipaia Hugo Lambert Anthony Clark	4:05.60	 Papua New Guinea Ryan Pini Ian Nakmai Peter Pokawin Nathan Ampa'oi	4:07.63

Event WOMEN	Gold		Silver		Bronze	
50m Free	 Adeline Williams New Caledonia	26.77	 Anna Liza Mopio Papua New Guinea	26.93	 Lara Grangeon New Caledonia	27.24
100m Free	 Lara Grangeon New Caledonia	58.65	 Armelle Hidrio New Caledonia	58.71	 Anna Liza Mopio Papua New Guinea	59.80
200m Free	 Lara Grangeon New Caledonia	2:08.47	 Anna Liza Mopio Papua New Guinea	2:10.48	 Matelita Buadromo Fiji	2:12.27
50m Back	 Lara Grangeon New Caledonia	31.01	 Anna Liza Mopio Papua New Guinea	31.08	 Suzanne Afchain New Caledonia	31.53
100m Back	 Lara Grangeon New Caledonia	1:06.68	 Anna Liza Mopio Papua New Guinea	1:09.01	 Delphine Bui Duyet New Caledonia	1:10.30
200m Back	 Lara Grangeon New Caledonia	2:20.78	 Suzanne Afchain New Caledonia	2:27.94	 Anna Liza Mopio Papua New Guinea	2:33.28
50m fly	 Diane Bui Duyet New Caledonia	27.13	 Lara Grangeon New Caledonia	28.68	 Anna Liza Mopio Papua New Guinea	30.64
4x100m Free relay	 New Caledonia Diane Bui Duyet Lara Grangeon Suzanne Afchain Armelle Hidrio	4:01.95	 Fiji Adele Rova Cheyenne Rova Susau Elaisa Skye Eden	4:11.80	 Papua New Guinea Judith Meauri Barbara Vali Tegan McCarthy Anna Liza Mopio	4:13.64
4x200m Free relay	 New Caledonia Suzanne Afchain Lara Grangeon Charlotte Robin Armelle Hidrio	8:52.11	 Fiji Tierl Erasito Skye Eden Susau Elaisa Matelita Buadromo	9:20.87	 Papua New Guinea Barbara Vali Judith Meauri Tegan McCarthy Anna Liza Mopio	9:44.28
4x100m Med relay	 New Caledonia Lara Grangeon Adeline Williams Diane Bui Duyet Armelle Hidrio	4:25.51	 Fiji Cheyenne Rova Matelita Buadromo Tierl Erasito Skye Eden	4:41.45	 Papua New Guinea Anna Liza Mopio Barbara Vali Tegan McCarthy Judith Meauri	4:48.34

# 4<sup>TH</sup> COMMONWEALTH YOUTH GAMES

The 2011 4<sup>th</sup> Commonwealth Youth Games, a multi sport event, took place in the British Crown Dependency of Isle of Man from 7<sup>th</sup> to 13<sup>th</sup> September. The Opening Ceremony was held on Thursday 8<sup>th</sup> September and competition began on Friday 9<sup>th</sup> September and ran for 3 days.

## Swimmers:

Female age limit 14-17 years (born 1994-97)

Female 14 year old Tegan McCarthy

Female 15 year old Barbara Vali

Male age limit 15-18 years (born 1994-1996)

Male 15 year old Stanford Gore Kawale

Male 16 year old Nathan Tukana

Athletes from 40 Countries took part in the swimming competition, they included Antigua & Barbuda, Australia, Bangladesh, Canada, Cayman Islands, Cook Islands, Cyprus, Falkland Islands, Gibraltar, Grenada, Guernsey, Guyana, India, Isle of Man, Jamaica, Jersey, Kenya, Malawi, Malaysia, Maldives, Malta, Namibia, New Zealand, Northern Ireland, Pakistan, Papua New Guinea, Rwanda, Samoa, Scotland, Seychelles, South Africa, Sri Lanka, St Helena, St Lucia, Swaziland, Tonga, Trinidad & Tobago, Uganda and Wales.

The athletes were fortunate to compete in the Pacific Games swimming competition held one week prior to departure to Isle of Man. This provided the swimmers with the opportunity to gauge their performance and provided necessary race practice before taking the next step up and competing on a Commonwealth level platform.

On Sunday the 4<sup>th</sup> September the team flew to Manchester, England, arriving Monday 5<sup>th</sup> September. They spent two days acclimatizing (5<sup>th</sup> and 6<sup>th</sup>) and preparing to race in a 25m pool. Leigh from Stockport Sport College and Denise Irving from the Stockport Council were a great help in introducing the swimmers to the coaches and pool directors

of the Stockport pool, where they were given 4 lanes to train in. The 2 female swimmers arrived on the 6<sup>th</sup> September and joined their male counterparts at the training session. The team departed by ferry from Liverpool to the Isle of Man on the 7<sup>th</sup> September.

Thursday 8<sup>th</sup> September the swim team made its way to the competition venue to complete a morning training session of 1-1/2 hours which included stretching and a pool program. The competition venue was based at the National Sports Centre in Douglas. The indoor championship pool was a 25m, 8 lane pool. The temperature was considerably warmer inside than the temperature outside.

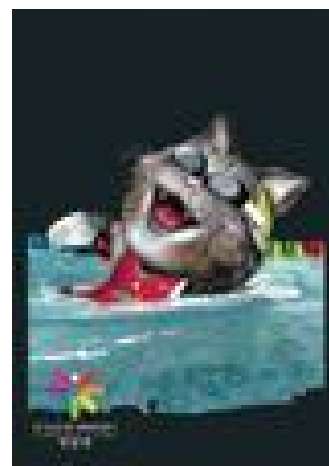
The swimmers were focused to do well which shows in the results below. Many personal best times were swum and 5 PNG records broken.

New records were set by Tegan McCarthy in the 50 breaststroke event (PNG Age Record for 14 yrs old - previous record was held by Xenia Peni 37.28 set in 1997) and in the 100m breaststroke event (PNG Age Record for 14 yrs old - previous record held by Amanda Manchur in a time of 1:20.93 set in 1998) and Barbara Vali in the 50m breaststroke event in her age group and Open category, (previous record in the 15 year age was held by Xenia Peni 36.49 set in 1998 and the Open record was also held by Xenia Peni set in 1995 in a time of 36.18) and in the 200m breaststroke (15 year age group record previously held by Xenia Penia set in 1998 in a time of 2:55.56 ).

The athletes all swam Silver and Gold Aquatic Kundu Target excellence times. Nathan Tukana stepped up from Intermediate Gold to become a Silver Target Squad member in the 2010-2011 listing and Tegan McCarthy stepped up into Gold Kundu Target Squad.

## RESULTS – Swum as OPEN events were pleasing. Personal Best Time (PB)

Female 100 Breast	Tegan McCarthy	1:18.64	PB	PNG REC Female 14 years
Female 100 Breast	Barbara Vali	1:19.23		
Female 50 Fly	Tegan McCarthy	0:31.41	PB	
Male 100 Breast	Nathan Tukana	1:22.81	PB	
Male 50 Fly	Stanford Kawale	0:28.62	PB	
Male 200 Free	Stanford Kawale	2:18.38	PB	
Female 200 IM	Barbara Vali	2:37.42	PB	
Male 100 Free	Stanford Kawale	0:58.43	PB	
Male 100 Free	Nathan Tukana	1:05.09	PB	
Female 50 Free	Tegan McCarthy	0:30.38	PB	
Male 50 Back	Nathan Tukana	0:33.81	PB	
Male 50 Back	Stanford Kawale	0:33.96	PB	
Female 50 Breast	Barbara Vali	0:35.24		PNG REC Female 15 years PNG Open Record PNG REC Female 14 years
Female 50 Breast	Tegan McCarthy	0:36.75	PB	
Male 100 Fly	Stanford Kawale	1:07.85	PB	
Male 200 IM	Stanford Kawale	2:39.31	PB	
Female 50 Back	Tegan McCarthy	0:32.95	PB	
Female 50 Back	Barbara Vali	0:34.97		
Female 100 Fly	Tegan McCarthy	1:11.66	PB	
Male 50 Breast	Nathan Tukana	0:35.43	PB	
Female 200 Breast	Barbara Vali	2:53.76		PNG REC Female 15 years
Male 50 Free	Stanford Kawale	0:26.60	PB	
Male 50 Free	Nathan Tukana	0:27.20	PB	



## FINA Technical Swimming Committee

*Report from Don Blew FINA T.S.C. Vice Chairman re meeting held at Shanghai Meeting 22<sup>nd</sup>-23<sup>rd</sup> July 2011*

**Officials Seminar 2012:** 10<sup>th</sup> FINA World Swimming Officials Seminar 2012 was discussed and it was agreed that a request to conduct the seminar be passed to the Bureau. The T.S.C. recommended that coaches be given the opportunity to attend.

**Swimming Officials Schools and Clinics:** Federations are entitled to 3 referee/judges and 2 starters on each FINA list provided they have met the criteria set out on the application form.

FINA Officials lists are for four year periods i.e. current lists:

List No. 15 1<sup>st</sup> January 2009 to 31<sup>st</sup> December 2012

List No. 16 1<sup>st</sup> January 2011 to 31<sup>st</sup> December 2014

These lists are closed next list is No. 17.

Nominations for FINA Swimming Officials List No. 17: will be called early 2012 and close 30<sup>th</sup> June 2012.

**Youth Olympic Games:** 2<sup>nd</sup> Youth Olympic Games 2014 will be held in Nanjing China. The program that worked well in Singapore will be recommended with the addition of 800m Freestyle for boys and girls.

Recommended age groups: will be Boys 15-18 years and Girls 14-17 years. These swimmers must have achieved qualifying times to participate.

Age group for universality swimmers will be Boys 17 - 18 years and Girls 16 - 17 years of age

**Mixed Relays:** Following the success of mixed relays at the 1<sup>st</sup> Youth Olympic Games 2010 in Singapore mixed relays be considered for Barcelona Championships and the 11<sup>th</sup> FINA 25m World Swimming Championships Istanbul with the Qualification period for Championships to start 1<sup>st</sup> July 2012. It was also agreed for universality swimmers that the number be increased to 4 swimmers (2 men - 2 women) with each allowed 2 swims.

**Officials for London Olympics 2012:** Technical Officials were recommended to the Bureau. Oceania is entitled to two officials the two officials nominated were: Ryan Arblaster (Aust) and Jo Davidson (NZ)

**Swim Suits:** The Swimsuit Commission has approved 486 swim suits for the period to London Olympics 2012. These can be found on the FINA website

## FINA ATHLETES COMMISSION NOTICES

Australian MATT DUNN, FINA Athletes Commission Oceania representative, will be representing FINA at the 5th International Athletes Forum hosted by the IOC in Colorado Springs, USA between 8<sup>th</sup> and 10<sup>th</sup> October.

Workshop Topics include:

1. The Athlete's Entourage (The athlete support network and how its quality and level or services can be improved)
2. Communication and Social Media (Taking advantage of the positive returns and addressing problems that it presents)
3. Athlete Career Program (Guidance and tools for education, life skills and employment)
4. Health, Safety, Security and Insurance (Covering training, competition, injury assessment, illness prevention etc)
5. Anti-doping (Eradicate drug abuse in sport, protect the integrity of the sport and the health of every athlete)
6. Athletes Commission Toolkit (To assist organisations looking to establish a successful Athlete's Commission)
7. Games-Time Experience (To continual improve the Olympic Games experience from one Games to the next)
8. Betting and Gambling (Ensure that Sport and betting can successfully coexist so that the integrity of sport is not compromised through match fixing etc.)

**Part of Summary report given by Matt Dunn to Oceania Federations from the FINA Athletes Commission Meeting held in Shanghai, China - July 2011**

**General Objectives:** From a FINA perspective the brand positioning and growth of the sport are most important and as such any AC suggestions regarding the improvement of the events program and/or new events would be welcome. The AC focus should be to determine what is best for the sport as a whole.

**Universality Selection Criteria:** The AC recommended that the quota be adjusted to allow equal male and female selection. A recommendation to that effect has been made thereby increasing the number of eligible athletes from three to four.

## ADDENDUM TO FINA HANDBOOK 2009-2013

Cornel Marculescu, Executive Director of FINA would like to inform you that the Addendum to the FINA Handbook 2009-2013 is available on the FINA web site [www.fina.org](http://www.fina.org), under "Rules". It is available in PDF format for consultation, downloading and printing.



## 2012 Prohibited Drug List

*Received from FINA office through Cornel Marculescu, Executive Director*

The 2012 List of Prohibited Substances and Methods is now available. The list will take effect on January 1, 2012.

Noteworthy changes compared to the 2011 List include:

### Formoterol added as an exception to beta-2 agonists

One of the most significant changes is the removal of formoterol from Section 3 'Beta-2 Agonists' of the List when taken by inhalation at therapeutic dosages. Taking into account recent research results and requests by members of the sports community, inhaled formoterol at therapeutic dosages is no longer prohibited.

The List prohibits the administration of all beta-2 agonists except salbutamol (maximum 1600 micrograms over 24 hours), salmeterol when taken by inhalation, and now formoterol (maximum 36 micrograms taken over 24 hours).

The issue of beta-2 agonists will continue to be a focus of WADA'S research activity in order to ensure that the administration of large doses or by systemic routes of these substances is prevented and prohibited, but that the appropriate care and treatment of asthmatic athletes is facilitated.

### Nicotine placed on monitoring program

In order to detect potential patterns of abuse, nicotine has been placed on WADA's 2012 Monitoring Program. It is not WADA's intention to target smokers, rather to monitor the effects nicotine can have on performance when taken in oral tobacco products such as snus.

Nicotine is one of several stimulants added to the Monitoring Program, along with the narcotics hydrocone and tramadol. Out-of-competition use of glucocorticosteroids has also been included.

## KEEPING OUR SPORT CLEAN

The Papua New Guinea Sports Anti-Doping Organisation (PNGSADO) is the designated entity in the country with the primary authority to adopt and implement anti-doping rules according to the World Anti-Doping Code (the "Code").

The fundamental role of the Code and PNGSADO is to develop and implement programs for the elimination of drug use in sports in Papua New Guinea and the Oceania Region.

One of the governing rules is for PNGSADO to conduct in country Out-of-Competition drug testing and In-Competition of athletes at major sporting events such as the Pacific and Mini Pacific Games in partnership with Oceania Regional Anti-Doping Organisation (ORADO).

Results of the drug tests are sent to authorized laboratories and result made known to the PNG Sports Federation & Olympic Committee and PNGSADO through the ORADO regional office in Suva, Fiji.

### Websites: Stay in the know

**FINA WEBSITE:** [www.fina.org](http://www.fina.org)

**PNGSI Website can be found at:**

[www.oceaniasport.com](http://www.oceaniasport.com)

Click on 'swimming', Scroll down - Click on 'Papua New Guinea Swimming Association', click on a subject in the left hand menu box titles to receive content.

**OCEANIA SWIMMING ASSOCIATION Website** can be found by either looking it up on Google or yahoo search engines by typing in "oceania swimming association" or you can find it on the SportingPulse website which is [www.sportingpulse.com](http://www.sportingpulse.com)

**PACIFIC GAMES:** [www.nc2011team](http://www.nc2011team)

**Comm. Youth Games:** [www.cyg2011.com](http://www.cyg2011.com)

**ASCTA:** [www.ascta.com](http://www.ascta.com)

**Swim Ed:** [www.swimed.com](http://www.swimed.com)

**SAL :** [www.swimming.org.au](http://www.swimming.org.au)



## Four our athletes ... Welcome to the history of our sport-

### Something to think about as we progress forward

#### Physics of Swimming

The basic principle of swimming is buoyancy. The human body has high water content and its density is close to the density of water. Due to its cavities (most prominently the lungs), the average density of the human body is lower than that of water, so it naturally floats. Terry Laughlin has summarized the relevant physical principles for effective and efficient swimming in his book "Total Immersion" in 1996. There are two ways to swim faster:

- increase power
- reduce water resistance

Because the power needed to overcome resistance increases with the third power of the velocity the first option is not really effective. To increase velocity by 10% you'd need to increase the power by more than 30%.

Laughlin gives three physical principles to reduce drag in swimming:

#### Balance: how to have a horizontal water position

Due to the lungs the center of buoyancy and the center of gravity of the human body are not the same. Therefore the lower body has a tendency to sink. If the body is not horizontal but even slightly inclined the area it offers to drag is much higher leading to higher resistance. An easy way to stay horizontal is to lean forward and position your head straight in the extension of the spine. In this position the eyes are directed straight downward and the head is more immersed (therefore total immersion).

At the water surface, resistance is proportional to the breadth of a boat. Laying flat on the chest in freestyle or on the back in backstroke exposes the breadth of the body to the water. Rolling on the side reduces the breadth and the resistance. In freestyle and backstroke you should roll from one side to the other in the stroke and glide on the side as much as possible. When taking a breath you should take them as little as possible, for beginners it is good to breathe every three strokes and the more trained you are the more strokes in between each breath.

#### Extended arm

Sailboats are categorized according to boat length. This is due to the wave resistance at the surface. According to Froude, a naval architect in the 19th century, a body moving at the surface of the water creates a wave. The length of the wave depends on the speed, the faster the boat the longer the

wave. Now Froude found that resistance goes up dramatically when the wave length reaches the length of the boat. There is a simple formula connecting wave velocity to wave length (dispersion equation, metric):

$$c^2 = \frac{gl}{2\pi}$$

Here  $c$  is the velocity of the wave in m/s,  $g$  is the gravitational acceleration ( $9.81 \text{ m/s}^2$ ), and  $l$  is the wave length in m. If the maximum swimming speed of  $c=2.1 \text{ m/s}$  is entered you get a length of  $l=2.82 \text{ m}$ . This is about the length of a 2 m swimmer with extended arms. So the longer you can glide with the extended arm the less wave resistance. This is also called front quadrant swimming.

#### Competition

Competitive swimming became popular in the nineteenth century. The goal of competitive swimming is to constantly improve upon one's time(s) in any given event. Typically, an athlete goes through a cycle of training in which the body is overloaded with work in the beginning and middle segments of the cycle, and then the workload is decreased in the final stage as the swimmer approaches the competition in which he or she is to compete in. This final stage is often referred to as "shave and taper"; the swimmer has tapered down his or her workload to be able to perform at their optimal level. At the very end of this stage, before competition, the swimmer shaves off all exposed hair for the sake of reducing drag and having a sleeker and more hydrodynamic feel in the water.

Swimming is an event at the Summer Olympic Games, where male and female athletes compete in 16 of the recognized events each. Olympic events are held in a 50 meter pool, called a long course pool. The London Olympics is just round the corner in 2012

There are 40 officially recognized individual swimming events in the pool; however the International Olympic Committee only recognizes 32 of them. The international governing body for competitive swimming is the *Fédération Internationale de Natation* ("International Swimming Federation") better known as FINA.

#### ENJOY OUR SPORT

#### TOKSAVE from Triathlon Stephen Damien

##### MOTUKEA FUN DAY

The organisation of Triathlon held a successful Family Day Triathlon for families and individuals at Club Motukea on Motukea Island the morning of Sunday October 9.

"It was great to have some new children competing in the fun events and I thank the usual athletes who came along and participated in the triathlon between Motukea and NapaNapa," said Stephen

"The events comprised of a 100 metre rubber tyre or gummy race in the swimming pool at Motukea, a cycle to NapaNapa and

back and a short run to the boom gate and back to the club haus. The cyclist also had to complete an egg and spoon race to complete the activities."

And everyone was a winner!!

##### NATIONAL TRIATHLON CHAMPIONSHIPS

A friendly reminder to those that have not sent in their registration forms to register as soon as you can so we can work out our numbers for the majors next month. At this stage we may have competitors from Port Moresby, Wewak, Manus and Lae.