



PAPUA NEW GUINEA SWIMMING INC

P.O. BOX 1753 WATERFRONT NCD PNG

President Email: lizwellsong@hotmail.com

MOBILE: (675) 71858270

Secretary Email: secretary@pngsi.org

NEWS BULLETIN ISSUE 3 – 3RD QUARTER, 2023

Executive Members: President: Elizabeth Wells MBE

Treasurer: Sarenah Pini BEM

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Athlete Representative: Judith Meauri

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Affiliated to: **World Aquatics - PNG Olympic Committee - Oceania Aquatics Assoc.**

**Papua New
Guinea
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From the Desk ...

COMPETITION has been in the forefront of activities in the 3rd semester and a display of great swimming was recorded by our athletes attending international and national competitions. (See articles inside).

Our next major competition for 2023 is the upcoming Pacific Games to be held in Honiara, Solomon Islands from November 19 to December 2.

The Swim Team named on the travelling Team PNG in alphabetical order are:

Male swimmers:

- Thomas Chen
- Felix Devlin
- Holly John
- Josh Tarere
- Matthew Vali

Female swimmers:

- Abigail Ai Tom
- Joanna Chen
- Jhnyali Tokome-Garap
- Allana Kirarock
- Rihannah Makail
- Georgia-Leigh Vele

Team Officials:

- Manager: Beatrice Geita
- Team Coach Susan Babao
- Assistant Coach Judith Meauri

As we move closer to representing PNG at these Games it is important that we continue to rejuvenate our commitment and motivation to the preparations ahead in all areas including; training, nutrition, mental and emotional training as it has already been a big year of competition, and we know it can take a toll on one's body. But, in these moments when you are struggling with commitment or motivation to keep focused it's a great time to ask yourself,

'why' do I Swim?

Think about the essential reasons why you swim in the pool each day, pushing the limits during those lung-busting main sets, swimming to the point of total tiredness, maybe they could be:

- *I swim because I enjoy the process of working towards a goal*
- *I swim because working hard makes me feel proud of my effort*
- *I swim because each training session is an opportunity to overcome adversity*
- *I swim because I love trying to figure out how to move through the water more efficiently*

These 'whys' are not essentially tied to a result or outcome, which means you can control them. For example:

- *Even though you are having a stretch of poor workouts... you can still work hard and feel proud about your effort.*
- *Even though you had a bad swim meet... you can find opportunities to overcome adversity in training moving forward.*

As we reflect on the weeks ahead do not deny other aspects of your self, and relationships to achieve your sporting success, but also attempt to develop a 'whole person' approach which recognizes and helps each of us to reach our sporting goals. Reach out when you need help, communicate positively with each other, rest when needed and enjoy the coming weeks of preparation.

Top performances can be consistently achieved only through a more holistic, complete approach – a total physical, mental and emotional preparation.

Wishing our Swim Team all the very best in competition and enjoy the experience at the Pacific Games.

Enjoy swimming on.....

SANCTIONED COMPETITIONS

2023

14-30 July
**World Aquatics
Championships**
Fukuoka, Japan

4-11 August
**Commonwealth Youth
Games**
Port of Spain, Trinidad
and Tobago

9-10 September
**FedEx National
Championships**
Port Moresby, PNG



November 19-
December 2
Pacific Games
Honiara, Solomon
Islands

**Oceania
Championships** Date
to be advised in 2023

2024

11-18 February
**World Aquatics
Championships**
Doha, Qatar

July 26-August 11
Olympic Games
Paris France

December 10-15
**World Aquatics
Championships**
Budapest Hungary

2025

Date: TBA
**World Aquatics
Championships**
Singapore



National Aquatic Excellence Squad Members



SWIMMERS NAME	CLUB	LEVEL ACHIEVED
Thomas Chen	BASC	Gold Target
Nathaniel Noka	BASC	Gold Target
Josh Tarere	BASC	Gold Target
Georgia-Leigh Vele	BASC	Gold Target
Jhnayali Tokome-Garap	BASC	Gold Target
Joanna Chen	BASC	Silver Target
Rihannah Makail	BASC	Silver Target
Abigail Ai Tom	BASC	Bronze Target
Felix Devlin	LASC	Bronze Target
Holly John	BASC	Bronze Target
Keven John	BASC	Bronze Target
Ioana Shankar	BASC	Bronze Target
Matthew Vali	BASC	Bronze Target
Nicholas Vava	LASC	Bronze Target
Talei Cakaukevuyua	BASC	Gold Intermediate
Roxanne Kirarock	BASC	Gold Intermediate
Jeremiah Nen	BASC	Gold Intermediate
Troy Oates	LASC	Gold Intermediate
Varea Wong	BASC	Gold Intermediate
Cassandra Boas	LASC	Silver Intermediate
Teesh Bonei	BASC	Silver Intermediate
Allana Kirarock	BASC	Silver Intermediate
Colin Makail	BASC	Silver Intermediate
Cameron Dula	BASC	Gold Junior
Helena Faunt	BASC	Gold Junior
Josh Geoghegan	BASC	Gold Junior
Madison Kahn	BASC	Gold Junior
Aria Pidik	BASC	Gold Junior
Levi Schulze	BASC	Gold Junior
Graham Allen	BASC	Silver Junior
Kamaljith Ashok Kumar	BASC	Silver Junior
Siann Baker	BASC	Silver Junior
Liliana Dula	BASC	Silver Junior
Gabriel Faunt	BASC	Silver Junior
Lily Lin	BASC	Silver Junior
Almeida Mase	BASC	Silver Junior
Bernelle Murray	BASC	Silver Junior
Dylan Papenfus	BASC	Silver Junior
Aimee Seeto	BASC	Silver Junior
Reez Wasson	BASC	Silver Junior

DIVING IN WORLD CHAMPIONSHIPS



PNG Relay team

THE World Aquatics Championships were held from the 14-30 July, 2023 in Fukuoka, Japan. The swimming competition took place from 23-29th July at the Marine Messe Halls A&B. The event was staged over 7 days with heats in the morning sessions and the semi-finals and finals in the evening session.

The Championships provided a platform for our athletes to showcase their prowess in the pool. Papua New Guinea was represented by 4 athletes (two males: twenty-three-year-old Josh Tarere and twenty-two-year-old Nathaniel Noka and two females: twenty-four-year-old Georgia-Leigh Vele and fourteen-year-old Abigail Ai Tom) under the coaching guidance of Coach Rick Van der Zant and Team Manager Sarenah Pini.

The 1st day of competition, Sunday 23rd July, saw twenty-two-year-old Nathaniel Noka take to the water in the Male Open 50m Butterfly heat event. This being the first time for Nathaniel to compete on the world stage in a long course championship. He swam a competitive race clocking a finish time of 27.46, placing him 3rd in Heat 3 of 10 Heats.

Day 2 of the competition, Monday 24th July, saw fourteen-year-old Abigail Ai Tom swim the 100m backstroke in a finish time of 1:14.69, a personal best time.

Day 4 of the competition, Wednesday 26th July saw the 100m freestyle event swum by Josh Tarere with a finish time of 55.27.





a delighted coach, Rick Van der Zant.

Day 7 of the competition, Saturday 29th July, saw our last individual event of the competition being swum by Georgia-Leigh Vele in the 50m Freestyle. "Congratulations to Georgia-Leigh Vele on two fantastic swims on our final day of competition." "Georgia-Leigh swam right on her best clocking a 28.06 in the 50m freestyle!"

"Forty minutes later Georgia-Leigh backed up anchoring the 4 x 100 m mixed freestyle relay." "Again, Georgia-Leigh nailed her goal stroke frequency rates to swim a 60.78." "This was even more special because she dove in fourth place behind team Federated States of Micronesia who were 2.81 seconds in front." "She pegged back the lead by the 80m mark to put team PNG into third place for the heat," commented coach Van der Zant.

The 4 x 100 Mixed Freestyle Relay was led off by Nathaniel Noka who swam an impressive personal best of 57.02. He was followed by Josh Tarere in 56.94 and youngest of the quartet Abigail Ai Tom pushed herself all the way to split 68.40.

"A great week of competition was had with many personal best times swum, and many special moments surfacing," concluded the Team Manager Sarenah Pini.

The 4 x 100m mixed medley relay team was in great form stopping the clock in 4:32:31. Abigail Ai Tom (backstroke) led off with a 1:15:56 followed by Georgia-Leigh Vele (breaststroke) splitting 1:17:41, followed by Nathaniel Noka swimming 63:88 for his butterfly leg and Josh Tarere (freestyle) finished the relay in a 55:46.

Day 5 of the competition, Thursday 27th July, saw the 100m freestyle women's event take place with Georgia-Leigh Vele showing grit and determination swimming a personal best time of 61.17.

Day 6 of the competition, Friday 28th July, saw three individual events being swum 100m Butterfly, 50m Freestyle, 50m Butterfly.

First up was Nathaniel Noka producing a personal best in the 100 m butterfly in 63.69. "Highlight for Nathaniel was his controlled stroke rate throughout his race." "After his event he commented on the great experience he has had in learning about racing to his potential," said Coach Van der Zant.

Next swimmer to take to the competition blocks was team member Josh Tarere in the 50m freestyle. His finish time of 24.77 was just shy of his lifetime personal best in the 50m freestyle.

Abigail Ai Tom left no stone unturned with a gutsy performance in the 50m butterfly. "Abigail finished her individual events with a very credible 31.46 and a new personal best," said

RESULTS OF OUR SWIMMERS

Georgia-Leigh Vele
50m Freestyle 28.06
100m Freestyle 1:01.17

Josh Tarere
50m Freestyle 24.77
100m Freestyle 55.27

Nathaniel Noka
50m Butterfly 27.46
100m Butterfly 1:03.69 **PB**

Abigail Ai Tom
50m Butterfly 31.46
100m Backstroke 1:14.69 **PB**
50m Backstroke 34.66 **PB**
(Split from 100m)



4 X 100m Mixed Freestyle RELAY

Finish Time: **4:03.14**

1st swimmer Nathaniel Noka

2nd swimmer Josh Tarere

3rd swimmer Abigail Ai Tom

4th swimmer Georgia-Leigh Vele

4 X 100m Mixed Medley RELAY

Finish Time: **4:32.31**

Backstroke leg Abigail Ai Tom

Breaststroke leg Georgia-Leigh Vele

Butterfly leg Nathaniel Noka

Freestyle leg Josh Tarere

FOCUSED TO SWIM FAST



Trinbago 2023 Commonwealth Youth Games

THE Seventh Commonwealth Youth Games (CYG) took place on the Islands of Trinidad and Tobago between 4-11 August 2023. It is an invaluable springboard for the stars and leaders of tomorrow, contributing to the further development of youth sport throughout the Commonwealth. 1000+ athletes and para-athletes between the ages of 14-18 participated in seven sports in this year's Games.

The Games have traditionally taken place every four years with the first event being hosted in Edinburgh, Scotland in 2000. Trinidad and Tobago were initially awarded the 2021 Commonwealth Youth Games in June 2019, but the Games were postponed due to the impact of the pandemic on the international sport calendar.

The competition took place across Trinidad and Tobago, bringing a diverse perspective of the twin island country to the nations of the Commonwealth, as well as showcasing a festival of the country's activities.

Team PNG swim team was made up of 3 female swimmers: 14-year-old Jhnayali Tokome- Garap, 15-year-old Joanna Chen, and 15-year-old Rihannah Makail under the direction of Coach Rick Van der Zant.



Competition Swim Team Report

by: Coach Rick Van der Zant



Sunday 6 August

Papua New Guinea were in full swing on day one of the Commonwealth Youth Games. Jhnyali Tokome-Garap and Joanna Chen hit the pool in full flight in the opening event of the 50m Butterfly only to find out that the timing system malfunctioned. Jhnyali re-swam the race stopping the clock in a new personal best of 32.56 while Joanna opted to sit out of the re-run due to her heat of the 100m Backstroke only thirty minutes away from starting. Joanna lined up in the first heat of the 100m Backstroke to take the win in this heat swimming a new personal best of 1.11.98. Joanna controlled her stroke rate well throughout the race to split a 34.80 at the 50m mark. Joanna was all smiles after her official results came through.

Rihanna Makail showed true grit and great determination in her event, the 200 m breaststroke. Leading up to today her focus was to control the first 50 rating in the mid thirties. She did this precisely and swam the race recording an 11 second personal best.

It was a great start for the team today but refocusing on the events over the next three days is important to our overall success. Overall, the girls all stood up and did

Papua New Guinea very proud. Now it's back to warming up and swimming down well in preparation for tomorrow.

Chef de Mission Iammo Gapi Launa had tears after the success of her team today. Team physiotherapist Hendriella Vilosi and the Chef de Mission spurred on the team with huge shouts of GO PNG during the first session.

Monday 7 August

Another huge morning for the PNG swim team, 2nd day of competition. Jhnyali Tokome-Garap and Joanna Chen took to the water in the 50m Backstroke, both swimming personal best times. Great underwater work by both young ladies to stop the clock in 33.16 and 33.35 respectively.

Fifteen minutes later, both girls lined up in the heats of the 100m Freestyle which saw Joanna smash her personal best swimming a time of 66.07 winning her heat in fine fashion and Jhnyali left no stone unturned swimming a personal best of 64.15, sprinting down the first 50m rating between 56-48 strokes per minute and finishing strongly rating 48-46 strokes per minute. A wonderful learning experience for the girls in having a focus on race strategy with stroke rates.

Rihannah Makail sizzled down the pool

knocking off her personal best by half a second in the 50m Breaststroke. Taking 31 strokes over the sprint distance Rihannah swam a very respectable 36.74.

Tuesday 8 August

Another huge day for the Papua New Guinea swim team at the National Aquatic Centre, 3rd day of competition.

The day began at 6am with a Trinidadian inspired breakfast including cereals fruits and various hot dishes. We then made our way to the buses and patiently waited for all the buses to leave together for our 45-minute police escorted journey to the pool. The Athletes stretched and prepared mentally before warming up in the competition pool roughly 80-90 minutes before their scheduled event. Athletes then have to be in the marshalling room 20-25 minutes before they race.

Fifteen-year-old Rihanna Makail proved to be a force to be reckoned with in the future, today in swimming another personal best in the 100m Breaststroke. She split 38.98 to stop the clock in a time of 1.21.18!

That makes it a clean sweep of personal bests in all three events of Breaststroke. Rihanna learnt so

much about her speed and stroke efficiency today and will take her knowledge back home to build her training to reach greater heights.

Jhnyali Tokome-Garap was a little anxious today about contesting her first 100m Butterfly event. She did so and revelled in the opportunity to develop new skills in an event that was new to her. Her stroke frequency was between 58-50 and she completed the event in 1.13.48 going through the 50m mark in 33.11.

Fifteen-year-old Joanna Chen followed her pre race warm up routine to a tee to smash out a personal best of 2.39.65. Consistent stroke rates throughout highlighted her swim with splits of 35.33/39.30/41.98/43.04. Joanna started to fatigue during the last 100 but continued to push herself the whole way. Another great effort for Joanna who is looking at improving her 200 in the future.

The girls held up really well both physically and mentally. Day three usually brings along challenges but these young ladies have shown great maturity and resilience to keep their mind and bodies prepared each day to race at their best.

Wednesday 9 August

Joanna Chen began the 4th day of competition with another 4 second personal best in the 200m Individual Medley. Joanna displayed lots of focus in the warm up and planned her race strategy for her assault on the IM event. Her finish time was 2.42.33.

No less than twenty minutes later Joanna fronted up to finish off her meet with the 50m Freestyle sprint. Again, sizzling down the pool smashing her personal best swimming a sub 30 for the first-time clocking 29.43. This has been an extraordinary meet for Joanna swimming a personal best in all seven events she contested.

Jhnyali Tokome-Garap had been looking forward to the 50m dash all week. She did not disappoint knocking her personal best out of the ball park with a 28.58. Jhnyali had the biggest smile ever after her efforts in the 50m Freestyle. Five events converting that into five personal bests.

Coach Van Der Zant concluded I am ecstatic about the efforts and performances of the PNG swimmers.



RESULTS OF OUR SWIMMERS

Joanna Chen

50m Freestyle 29.43 PB
100m Freestyle 1:06.07 PB
50m Backstroke 33.35 PB
100m Backstroke 1:11.98 PB
200m Backstroke 2:38.24 PB
200m Ind. Medley 2:42.33 PB

Rihannah Makail

50m Breaststroke 36.74 PB
100m Breaststroke 1:21.18 PB
200m Breaststroke 2:57.00 PB

Jhnyali Tokome-Garap

50m Freestyle 28.58
100m Freestyle 1:04.15 PB
50m Butterfly 32.56 PB
100m Butterfly 1:13.48 PB
50m Backstroke 33.16 PB



FedEx National Swimming Championships



THE 2023 FedEx National Championships was held from the 9th-10th September at the Taurama Aquatic Centre 50m pool in NCD.

During the Championships we saw 97 enthusiastic athletes coming together for 2 days of unforgettable moments with all four strokes being contested over 4 sessions.

It was a time when swimmers from around the country and overseas came together in friendly competition. A special welcome was made to the LASC swimmers who travelled over from Lae to compete alongside BASC in the Championships after a long spell of not being able to do so.



Host Club BASC alongside PNGSI had been working hard behind the scenes to allow for the smooth running of the event as the swimmers focussed on doing their best in their individual events and relays and enjoying the camaraderie of their fellow team mates.



It was an important national competition to further develop our athletes in race practice, confidence in competing and believing that they can achieve. We saw many inspirational performances from our athletes, (age group, open and masters) as they took to the water in competition with many personal best times swum.

The championship provided an opportunity for swimmers to swim qualifying times to gain a place on the BSP National Kundu Aquatic Excellence Squads - Junior and Intermediate, Silver and Gold and the Kundu Target Squads: Bronze, Silver and Gold, and Platinum.

They were:

Gold Target:

Thomas Chen (BASC)

Bronze Target:

Felix Devlin (LASC)

Nicholas Vava (LASC)

Intermediate Gold:

Troy Oates (LASC)

Varea Wong (BASC)

Intermediate Silver:

Cassandra Boas (LASC)

Junior Gold:

Levi Schulze (BASC)

Junior Silver:

Graham Allen (BASC)

Kamaljith Ashok Kumar (BASC)

Gabriel Faunt (BASC)





PNGSI sincerely expresses their sincere gratitude, appreciation and thanks to all those involved, who gave up their free time to help in the preparation and running of the FedEx Championships in an efficient and professional manner.

This has been made possible by the co-operation of many parties. We thank the many technical officials under the direction of our World Aquatics Referee John Agovai and Starter Albert Vigil; our major sponsor PNG AIR FREIGHT, and the Organisers in both PNGSI and Boroko Swim Club for their great efforts in guaranteeing the quality of the event.



PNGSI EXECUTIVE AND CLUB COMMITTEE MEMBERS for 2023/2024

PNGSI AGM held on the 13TH May, 2023.
PNGSI executive members

President: Elizabeth Wells MBE
Vice President: Natalie Pidik
Secretary: Carly Pini
Treasurer: Sarenah Pini BEM
Registrar: Emily Dula
CTO: Beatrice Geita
Property Officer: Tony King
Athlete Representative: Judith Meauri

BASC **President:** Jess Geoghegan
Vice President: Tiffany Rumery
Secretary: Carly Pini
Treasurer: Edwin Shankar
Registrar: Emily Dula
Publicity Officer: Tamara Asigau
Property Officer: Rebecca Kennedy

LASC **President:** Richard Howden
Vice President/Treasurer: Johnson Boas
Secretary: Jesse Poriz
Head Coaches: Shane Akara
Carolyn Puamau
Registrar/Marshalling: Jean Vava
Property: Graeme Hawkins
Public Relations: Helen Taylor
Catering: Eric Langelet
Chief Time Keeper: Wendy Tarere



TEAMS attending the World Aquatics Championships in Fukuoka were given the opportunity to listen to a group of presenters discussing their experiences and what is involved and happening in Aquatics sports regarding the World Aquatics Integrity Code. The Papua New Guinean swim team took advantage of this Development program made available.

Topics discussed by the panel of presenters: **Justin Lessard (Legal Counsel and Integrity Manager at World Aquatics)**, **Ryan Pini (Athlete Chairperson WADA, World Aquatics Athlete Commission)**, **Anthony Ervin (World Aquatics Athlete Safeguarding Council)** and **Ranomi Kromowidjojo (retired Dutch swimmer)** explored the World Aquatics Integrity Code which is established to provide clear integrity standards for persons involved in Aquatics, to prohibit conduct that might undermine public confidence in the integrity of Aquatics and/or in the uncertainty of outcome of events, and to establish effective mechanisms for enforcement of this Integrity Code and sanctions for its violation. Topics of discussion from the Panel included:

- Doping Control Rules and why they have been adopted and implemented in accordance with World Aquatics' responsibilities under the Code, and in furtherance of World Aquatics' continuing efforts to eradicate doping in the aquatic sports.
- Rules on the Protection and Harassment and Abuse, the foundation for athlete safety, well-being and the prevention of harassment and abuse. The Rules define misconduct; create standards that set boundaries between professional and athlete members; mandatory reporting; establish a structure for investigation of complaints and their underlying circumstances; and promote greater accountability and compliance.
- Safeguarding the Athlete. World Aquatics has created an Athlete Safeguarding Counsel, a group of (former) athletes and experts (medical, legal) supervising the processes as described in the World Aquatics Rules on 'The Protection from Harassment and Abuse'. The responsibility implies among others supervising correct implementation of the Rules, confidentially advising athletes on the procedures, raising awareness and advising World Aquatics Bureau and World Aquatics Executive.



INTEGRITY & SAFEGUARDING OUR ATHLETES AND OUR SPORT



2023-24 World Aquatics Swimming Scholarships Programme



WORLD Aquatics has awarded a 12-month scholarship (2023-2024) to BASC swimmer twenty-three-year-old Josh Tarere to train at the Thanyapura Sport Centre in Phuket, Thailand. Josh will depart for Thailand October/November.

PNGSI wishes Josh all the best as he embarks on a 12-month World Aquatics training scholarship.



**WORLD
AQUATICS**

WATER IS OUR WORLD

World Aquatics opens development centre at Bond University on Australia's Gold Coast

THE new World Aquatics Development Centre at Bond University will prepare swimmers for the Paris Olympics and beyond.

The partnership will enable athletes from developing nations in the region to train at the Gold Coast university in a swimming programme that has produced World Championship gold medallists.

The athletes will be mentored by Bond Swimming Head Coach Chris Mooney who has a track record of coaching swimmers to Olympic medals.

World Aquatics will nominate athletes for swimming scholarships in consultation with their national federations.

Bond University Director of Swimming Kyle Samuelson said the initiative would help unlock the potential of Pacific Islands and worldwide swimmers.

"The raw talent is undoubtedly out there but if you don't have access to an Olympic-size swimming pool, never mind the coaching expertise, it's incredibly difficult to reach the elite level," Samuelson said.

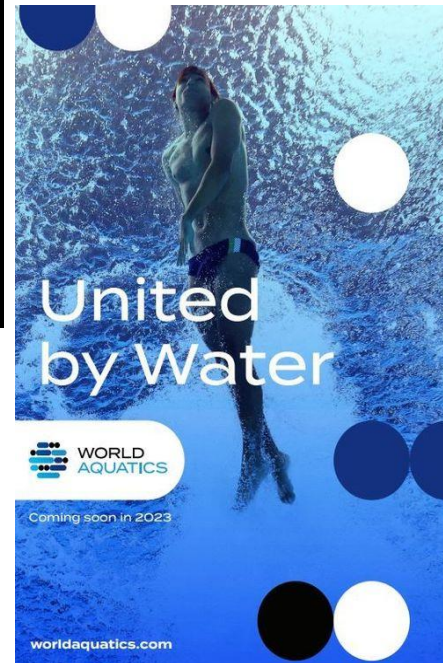
"This partnership between Bond and World Aquatics will prepare swimmers to compete at the highest level and perhaps one day stand on the dais at a World Championships or Olympics."

Head Coach Mooney said he would initially prepare swimmers for the Paris 2024 Olympics.

"Beyond that we'll be working towards World Aquatics Championships, Los Angeles 2028 and ultimately the Brisbane Games," he said.

"Having the Olympics in their backyard in 2032 is going to be huge for all Pacific nations and the Development Centre will ensure they can make the most of a once in a generation opportunity."

Bond University Vice Chancellor and President Tim



Brailsford said he was proud to formalise the partnership with World Aquatics.

"We have had strong relations over several years mainly driven by our excellent coaching team which has ultimately led to the recognition by the governing body of world swimming of Bond as a world-class destination for its facilities and personnel," Professor Brailsford said.

"We look forward to welcoming many international swimmers from around the globe and assisting them to realise their Olympic dream while cementing life-long friendships with our swimmers and coaches.

"With Brisbane 2032 Olympics now less than 10 years away, Bond University is humbled that the peak body for world swimming has chosen to partner with us."

Other World Aquatics Development centres are located in Thanyapura (Thailand), Budapest (Hungary), Antibes (France), Toronto (Canada) and Davie (Florida, USA).

The Bond University Aquatic Centre includes 50m and 25m pools, and athletes have access to an altitude and heat training chamber, hot and cold recovery plunge pools and a 25m heated indoor pool at the nearby Bond Institute of Health & Sport (BIHS) and its High-Performance Training Centre.