

Head Coaches Report
Porirua City Aquatics AGM
Saturday 23rd May 2015

Major Competition results 2014 - 2015

Wellington Short Course Championships 2014 - 5th club 758 points

New Zealand Short Course Championships 2014 - 48th club
Bronagh Ryan
Bronze 100m Breaststroke
Silver 50m Breaststroke

Wellington Long Course Championships 2015 - 6th club overall 814 points

New Zealand Junior Nationals 2015 - 17th club overall

New Zealand Division Two Championships 2015

New Zealand National Age Groups 2015 - 64th = club overall

New Zealand Open Nationals 2015 - 38th club overall

Best National Meet performance 2014 - 2015
Bronagh Ryan Bronze medal 50m Breaststroke

Best New Zealand Ranking for 2014
Ben Walsh 2nd 100 Breaststroke 1.02.61

New Zealand Swimming Team Selection
Ben Walsh Junior Pan Pacs Maui Hawaii 2014

Please accept my apologies for not being able to attend the AGM and prize giving as I will be in Rotorua attending the New Zealand Swim Coaches and Teachers Association Annual Conference. I am the current President of the association we will have 150 attending the conference this year which is really exciting.

To everyone who receives an award today congratulations enjoy the moment and look forward to next year.

Thank-you to the both Daniel Albert and Brent Graham who have made it possible for me to be able to travel to National meets here in New Zealand and to travel to Maui Hawaii. Without the support and help of both these guys I would not be able to attend National meets, camps and conferences.

The PCA Competitive Swimming Programme is made of two parts. Without the continued support from Alex Bennet our Junior Coach our programme would not exist. Alex's passion and work ethic have been integral in the success of our Junior Squad programme. Alex it

is just such a pleasure to be able to work with and watch how you have grown as a coach and see the results that your swimmers are achieving.

Of particular note would be at this years NZ Junior Nationals where Max Drummond achieved a Silver medal in each of the following events 100m Backstroke, 100m Freestyle, 200m Freestyle. This year Alex also had two swimmers achieve a top 10 placing at the 2015 New Zealand Age Group Championships with Gemma Oarsman and Bronson Lloyd both making this step.

This past year has been a really exciting phase in our clubs development. Porirua City Aquatics had not only a swimmer on a national team but also a coach. I last represented New Zealand internationally in 1997 as a coach at the World University Games in Sicily Italy.

So after eighteen years it was a great pleasure to be able to represent New Zealand. This is something that every coach aspires to but few ever get to experience. This is a cherished moment for both a coach and a swimmer. Our results were not necessarily what we planned but the experience was well worth the effort. Thank you Ben without the success that you achieved this would not have become a reality. I want to also say to Ben Walsh all the best in your future swimming endeavours. You have been a tremendous representative for Porirua City Aquatics and Porirua Swim Club over the years.

Our clubs success is also dependent upon the support of the PCA Committee and our Club President Viv Morton. Thank you all for all that you do most of it unseen by our club members across the year. Finally a big thank you to Hiria Pointon who has over the year sent out my coaches update this has been such a help its great to have your input and support.

A quick thought for all our swimmers:

To be good in any club isn't that hard, you just need to be able to work that little bit harder than the others in your lane. Combined with good listening and a willingness to practice the necessary skills. To be good in Wellington isn't that much harder either, it's simply a willingness to do more / with better skills.

Our swimmers young and old could all do with learning from the example from Ben Walsh. You can succeed you just need to believe that it's possible.

The attitude that's required is " I CAN " not one of "I SWAM"

The difference is simple - I swam: you turn up swim up and down , get out go home it's a habit something that fills in time on any given day just like going to school.

" I CAN " - wanting to get better each and every session, wanting to do the skills better than anyone else in your lane, club or region. Having an attitude of 100% everyday.

We are entering a rebuilding phase in our club which is just so exciting. This is something that occurs all over New Zealand and the world. The challenge that we have to be prepared to accept it that we have talent we just need to develop an attitude of " I CAN" which will enable our swimmers to believe that they can do anything.

Finally I would like to say to the following swimmers thank you for being part of our programme - Hannah and Bernice Holford, Ocean Taire, Ben Walsh and Jordana Pointon all the best . Nevill Sutton Head Coach

