



# PCA News

## May 2014

### Annual General Meeting and Prize Giving:

This combined event will be held on Sunday 11 May 2014 in the upstairs meeting room at the Te Rauparaha Arena commencing at 2:00pm.

The AGM involves the presentation and approval of the Presidents Report, Coaches Report and Financial Accounts, and the election of Officers (Patron, President, Vice President, Secretary, Treasurer, Race Secretary, Club Captain) and the new Committee for 2014/15.

All club members, their families and supporters are welcome.

PCA has over fifty Cups and Trophies to present to our Club Champions and others who have achieved during the year. As well, the Age Group Medals and Club Champs Certificates will be presented.

Trusting all our swimmers and their families will join us on the 11th, to acknowledge our winners and support the club – please bring a plate for afternoon tea.

If you have any queries, please ring Viv, 2347071

### 100 metre Handicap Trophy:

The club's annual 100m Handicap Trophy meet will be held on Monday 16 June 2014. Warm up is at 6:00pm for a 6:30pm start.

**To enter swimmers need to have a current 50m or preferably 100m freestyle time. There are plenty of carnivals coming up for swimmers to up-date their times.**

Swimmers who can swim 100m freestyle without stopping should enter – this is a really fun event.

**Entries close Monday 9 June.**

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move into the second round – the semi finals. These thirty six swimmers will be the first three or four place getters from each of the heats, depending on the number of entrants/heats there are. The winner from each of six semi-finals will then compete in the grand final.

As swimmers “drop out” they will be put into one of the six relay teams. All teams will compete in relay heats to establish a time and then later in the relay final which will be handicapped. Teams improving their time by more than 4 seconds will be disqualified.

### An explanation about handicapped swimming

Swimmers will be given a handicap based on their best time. For example - take two swimmers – one who is 10 seconds

faster than the other. When they start the race the starter will say “GO” and the slower swimmer will dive in – the starter will then count the seconds out loudly – the second swimmer will then start when the starter calls “10” – if both these swimmers are competing up to their best, they should finish at the same time.

Imagine having six swimmers in one race, all starting at different times and finishing within splits of each other – very exciting!!

To enter swimmers should list their names on the flyer on the noticeboard. Entries close on Monday 9<sup>th</sup> June. Late entries will not be accepted.

To enter list your names on the noticeboard, or email the Race Secretary.

### Swimming Wellington Metro League:

The club has entered a team in the Swimming Wellington Metro League.

The first meet for the team is in Wanganui on Saturday 10 May.

The second meet on 24 May will be at Tawa Pool and the third meet will be on 7 June at Cannons Creek Pool.

The name of the team is PCA Easyswim as Easyswim has agreed to sponsor part of the costs to the club of participating in this competition.

More details are in the news section of the website and in the 2014 calendar.

If you have a queries see Andy Wilkinson or Viv Morton.

### Meet Reports:

#### SNZ Long Course Opens – April 2014:

For the first time since PCA formed we were able to form a small but talented team to attend this year's NZ Open Swimming Champs. This meet doubled as the Commonwealth Games Trials and was also the qualifying meet for the Pan Pacific Games and the Oceania Championships to be held later this year. This meant the very best of New Zealand's swimmers were all in attendance. Open meet means age is not relevant, it is all about being the fastest in the pool on the day to win the race. The format is heats in the morning and the fastest 8 swimmers go through to compete in the evening finals.

Our team consisted of Bronagh Ryan, Ben Walsh and Monica Saili, coach was Nevill Sutton and team Manager was Bill Walsh.

We arrived in Auckland on Sunday afternoon with the intent of getting acclimatised to the pool before racing started on the Tuesday. After settling into our accommodation it was straight down to the pool for a wee session. We were able to fit in 3 training sessions prior to the competition starting which proved invaluable to the swimmers.



Ben and Bronagh at the Pool

### Results;

62 teams competed at this meet; PCA came 20<sup>th</sup> overall beating many other much larger clubs. We came in a very commendable 2<sup>nd</sup> out of all the teams from the Wellington region so congratulations to our 3 swimmers and coach.

Both Ben and Bronagh qualified for finals and got to experience the thrill of live television each time they readied themselves at the start end. I must say by the last day they seemed very relaxed with the cameras getting in their faces.

**Bronagh Ryan;** swam 4 individual events and made finals in 3, her results were 50 Fly (B final 14<sup>th</sup> place overall), 50 Free 9<sup>th</sup> place overall, 50 Breast making the A final finishing 4<sup>th</sup> place overall. Unfortunately due to ill health Bronagh had to pull out of her Thursday races 50 Back, 200 Breast and 100 Free but on the last day was feeling better and able to make her final swim which was 100 Breast where she made the A final and finished a creditable 4<sup>th</sup> over all.

**Monica Saili;** had qualified for the Women's 50 free so decided to shoot up for that race rather than miss school for the week. It's always difficult to perform at ones best when competing like this, Monica swam well just 0.20 secs off her PB and finished 24 overall.

**Ben Walsh;** swam 6 individual events and made A finals in 4 of them. His final results were. Mens 50 Breast 2nd Place (silver medal) he set a new Wellington Age group and Wellington Open record. Mens 100 Breast 2nd Place (silver medal) setting a new New Zealand Age Group record for 17 yr old boys also setting a new Wellington Age group record and new Wellington Open record. Mens 200 Breast 6th Place also setting a new Wellington Age group record and new Wellington Open record. Mens 200 Medley 7th Place. He also competed in the 50 and 100 Freestyle but did not make finals.

Ben's results from both the 50 and 100 breaststroke events now make him the second fastest breastroker in NZ (for all ages) behind our Olympian Glen Snyders (not bad for a 17 year old).

Due to Ben's success he has been named in the New Zealand team to compete at the Oceania Championships to be held in late May.



Ben and Glen Snyders

In addition to this Ben swam well under the qualifying times for the two premier youth events to be held overseas in August this year. These two New Zealand teams will be named after the NZ Age Group champs which will be held the second week of the school holidays so here's hoping Ben can swim just as quick then.

Overall another exciting meet with many hard fought races and several great results produced by our 3 swimmers.

Thanks to Nevill and the team, it was my pleasure to look after you and I hope to do it again in the future. Once again congratulations on your fantastic results.

Regards Bill Walsh (Team Manager)

### PCA Div III Meet – 12 April 2013:

This swim meet PCA host every year, and it is one of our main club fundraisers.

It is a competition that allows all those swimmers who are close to either Regional, and National qualifying times to shine on the day, and try to obtain medals and placing's. It is also a great swimming meet for swimmers who have swam in mainly 25m pools to gain experience swimming in a 50m pool in a relaxed atmosphere.

Our club offers this invitation to all clubs in the Wellington region from Levin to Masterton so there are plenty of swimmers in all the age groups ranging from 7 years to 14 and over.

Our club had a total of 31 swimmers who competed during the two sessions that it seemed were spending much of their time between marshalling and medal and ribbon presentation.

The club did great and combined our swimmers managed to achieve:

- 14 gold medals
- 13 silver medals
- 8 bronze medals
- 91 Placing ribbons

It was encouraging to hear all the support shared by our swimmers and to witness the enthusiasm and camaraderie between them all (and the parents), because good sportsmanship is an integral part of competing.

In order for this meet to have run so efficiently we offer our big thanks and acknowledgement to all the official volunteers, parent helpers, PCA National qualified swimmers and coaches who all worked toward achieving this.

Libby Lucas – Team Manager

Congratulations to our PCA team (Sophie Wilkinson, Mia and Matisse Uluilata, Monica Saili and Ben Walsh) who recently competed at this year's NZ Age Group Swimming Champs held in the city at the Wellington Regional Aquatic Centre.

This year's event was also the qualifying meet for the youth events to be held later this year. The Youth Olympics in China and the Junior Pan Pacific Games to be held in Hawaii both being held in August 2014. This was an added incentive for all the super fast swimmers to go even quicker. And go quicker many of them did.

Overall the PCA team achieved 2 Age Group Gold Medals, 1 Age Group Bronze, a NZ record, 2 Wgtn Open Records, 2 Wgtn Age Group records and several National Top 20 placings. PCA finished 39th on the final points table out of the 95 clubs that were competing which was 2 places better than last year (not bad for just 5 swimmers).

### Results:

**Sophie Wilkinson (12):** was able to compete in her first National Age Group champs. The age group she swam in was girls 13 and under so to qualify as a 12 year old is really impressive. Her first race was the 50 Backstroke where she turned in a great swim but her finish didn't quite go to plan which slowed her final time. She placed 13<sup>th</sup> and was just a few splits off her PB. A few days later Sophie returned for her 100 Backstroke where she placed 19<sup>th</sup> overall and was just off her PB again. Look out next year when she returns as a 13 year old and doesn't have to swim against girls a year older.

**Matisse Uluilata (15):** qualified in the 100m Fly where she finished 29<sup>th</sup> overall. Again this year there were no qualifying times set for the 50 metre races, if you had qualified in a 100 metre or longer event you were allowed to swim in the 50 metre race of that stroke. This meant Matisse could also swim in the 50 Fly which she chose to do and she finished in 21<sup>st</sup> place over all. Both swims were just ever so slightly behind Matisse's PBs.

**Mia Uluilata (13):** qualified in the 100 & 200 Backstroke and also chose to swim the 50 Backstroke. She placed 12<sup>th</sup> in the 200 swimming a nice little PB, she placed 16<sup>th</sup> in the 100 this time just slightly off her PB and also competed in the 50 where she placed 19<sup>th</sup> and again just behind her PB.

**Monica Saili (16):** swam in 2 Freestyle events. The 50 and 800 metre Freestyle for 16 year old Girls. First up was her 50 Free where she placed 16<sup>th</sup> overall just slightly off her PB. She then waited until the last day to compete in the womens 800 Free. Monica went out hard and held on to do a very creditable 2 second PB and placed 13<sup>th</sup> over all.

**Ben Walsh (17):** As always Ben had aged up just 2 months before this event and this year also had to cope with the double age group of 17/18 year olds to compete against but he still managed to turn in some excellent results collecting 2 individual Gold medals, 1 Individual Bronze medal, a New Zealand Age Group Record, 2 Wellington Open records and 2 Wellington Age Group records.

Ben placed first in the 50 & 100 Breaststroke and 3<sup>rd</sup> in the 200 Breaststroke. He set a new NZ age group record in the 100 Breaststroke breaking his own NZ record by just on half a second which he established only 2 weeks earlier.

He set new Wellington Age Group and Open records in both the 50 and 100 Breaststroke events but didn't quite PB in his 200 Breaststroke so had to settle for the Bronze medal and no records there. Ben also placed 4<sup>th</sup> in the 200 Medley, 6<sup>th</sup> in the 50m Fly, 13<sup>th</sup> in the 50 Free, 15<sup>th</sup> in the 100 Backstroke and 18<sup>th</sup> in the 100 Fly. He also swam in the Over 16 years Boys Wellington Relay team and they finished in 4<sup>th</sup> place in the final of the Freestyle relay.



As mentioned earlier this was also the qualifying meet for the 2 youth events being held in August this year. Bens 100 Breaststroke swim was quick enough to give him the highest FINA points score at the meet meaning he was the first choice for the Youth Olympics Team for China. Unfortunately he is not available for that event so had to pass on the opportunity.

However he is available and has been selected to represent New Zealand in Hawaii as a member of the NZ Junior Pan Pacs team where he will be one of a 10 swimmer squad to compete against others from some of the Pacific power house teams.

So congratulations Ben on being selected for this and also the Oceania Champs to be held in Auckland later this month.

Congratulations also go to our coach (Nevill Sutton) who has also been selected for the Junior Pan Pacs team. He will be accompanying Ben and the rest of the team as one of New Zealands coaches for the meet.

Overall another exciting meet with many great results from our swimmers.

Thanks to all our swimmers, you were a pleasure to manage, our coach Nevill Sutton, our squad and club members especially those that came to support us during the finals, the parents and volunteers who officiated and finally to all those others who helped in so many ways during the meet.

Bill Walsh – Team Manager

### Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$160 for club swimmers

\$110 for squad swimmers  
(those swimming with Nevill, or Alex in the Orcas, Swordfish I & II and Penguins).

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, to the committee member on duty on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Subs are due on 1 July and are to be paid by 31 July.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

**Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad).**

A swimmer is deemed to be a financial member if the full sub is paid by 31 July (or within 2 weeks of joining for new members) or an agreed payment plan is in place to pay the outstanding subscription.

Any family wishing to spread their payments should contact our treasurer on 021-184-6134 or e-mail [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz) to make an arrangement.

### Duty Roster:

The club is also looking for volunteers to take (man) the desk on Monday and Friday nights at Cannons Creek. Times: 5:45pm (for 6:00pm session start) – 7:30pm on a Monday and until 8:00pm on a Friday.

Those interested should contact Onolata Little on 235-5646 or e-mail [o.g.saunders@xtra.co.nz](mailto:o.g.saunders@xtra.co.nz).

### PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

**The cost of caps are \$10 each if a swimmer requires another cap.**

**It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.**

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek), the Team Manager at swim meets, or Onolata Little on 235-5646 or e-mail [o.g.saunders@xtra.co.nz](mailto:o.g.saunders@xtra.co.nz).

### Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

We also have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

Club togs are also available (supplied by a local firm so can be ordered and delivered anytime). They are produced by Spank and are black with PCA logo on them.

They come in the following sizes:

Style	Size	Price
Girls	6 – 14 years	\$46
Boys	6 – 14 years	\$50
Women	10 – 18	\$60
Men	14 – 18	\$60

Please contact Libby Lucas on 021-057-5197 or e-mail [libbylucas34@gmail.com](mailto:libbylucas34@gmail.com), or any member of the PCA committee if you would like to purchase any PCA uniform items - see web site for details, order form and bank details.

### Bank Account Details:

Subs/Uniforms etc 03-0547-0205093-00  
Meet Entry Fees 03-0547-0205093-01  
Squad Fees 03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer Andrew Wills at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**10 May** – Swimming Wellington Metro League Round 1. PCA team at Wanganui

**17 May** - Swimming Wellington Long Distance (SC) at Coastlands Aquatic Centre – Entries Closed 5 May

**18 May** – Gold Coast Ribbon Carnival (SC) at Cannons Creek – Entries Close 12 May

**24 May** – Swimming Wellington Metro League Round 2. PCA team at Tawa

**7 June** – Swimming Wellington Metro League Round 3. PCA team at Cannons Creek

**14 June** – Tawa Signature Meet (SC) at WRAC – Closing Date and Details yet to be confirmed

**16 June** – PCA 100m Handicap (SC) at Cannons Creek – Entries Close 9 June

### Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) and they will be sent back to you

### Club Contacts:

President (Viv Morton) ..... 234-7071  
Secretary (Mike Bouchier) ..... 021-0257-8904  
Treasurer (Andrew Wills) ..... 021-184-6134  
Race Secretary (Keri Martin) ..... 021-150-0063  
Club Captain (Libby Lucas) ..... 021-057-5197  
Junior Squad Liaison (Julia Kelly) ..... 027-748-9479  
Senior Squad Liaison (Hiria Pointon) ..... 478-9265  
Officials Contact (Terry Laws) ..... 233-0360  
Uniforms (Libby Lucas) ..... 021-057-5197  
Newsletter ..... e-mail [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz)