

PCA Race Secretary Report 2011 – 2012 season

Thankyou...

A very big thank you to some great people whom have supported me so much during my first year as the PCA Race Secretary.

They say once a swimming race secretary always a race secretary and this has been the case for Sarah Tait who passed the reins on at the end of the 2010 / 2011 season but who has continued assisting with months of training in all the various requirements and systems the Race Secretary must know and perform. Sarah has also managed all the race meet entry fees and been at my side for all of the meets PCA has hosted working behind the scenes to ensure.

Viv Morton is not only the club president and a tireless volunteer for PCA she has been a great ear for me this year assisting where needed. Viv's ability to use her expertise and experience to deal with the inevitable back room trauma's that happen at most meets has enabled the smooth running of events for our swimmers and supporters to enjoy.

You are all now able to view regularly updated PCA Long & Short Course records on the PCA web site.

Thank you Nicola Wilkinson for the weeks of work you spent inputting all the details required to bring the Team Managers race records application data up to the level required for the system to now be able to automatically update records after each meet.

There is a lot of administration that goes into registering new swimmers and Tania Donaldson is the unseen person who spends many hours registering PCA swimmers with Swimming NZ.

First of all...

What an incredible number of meets our Club has entered, a total of 46 since May 2011!

We must say a big thank you and well done to all those many swimmers who have entered meets over the last year, many racing for the first time. Our club has seen a huge personal growth in all the swimmers, especially those younger swimmers and new swimmers to our club. I have seen some amazing PB's occurring through the year, not only for these new and younger swimmers but those regulars who attend the club swimming programme and the squad swimming programme.

An amazing 60 new Club Records were set (20 Long Course & 40 Short Course)

Of these 60, 11 were Wellington Records and 1 NZ Record

Congratulations Ben Walsh for setting the New Zealand record in the Boys 200m Breast Stroke.

All of these swimmers would not have been able to take part in these meets without our many adult and teenage volunteers. So a HUGE Thank you to all the parents and teenagers and squad swimmers who have volunteered their time to officiate at the meets.

It does take more than a 'few' volunteers at each meet to provide a successful meet. So whether you were a Timekeeper, Inspector of Turns (IOT), Marshal, Runner, Lucky Lane prize presenter, Heat Winner ribbon presenter, Club Members Supporting Others, Referee, Refreshments Organiser, Announcer, Meet Secretaries (they process the entries and provide the swimmers cards for the timekeepers and then collate all the results in the back rooms!) ...Starters, Senior Officials (the ones with experience!), Coaches, Team Managers and to those who have put up their hand on the night to fill in where needed, we really appreciate your help... so thanks again.

Registered Swimmers – 2011 / 2012

260 Registered swimmers this year. An increase of 22 members this year verse a year ago.

PCA REGISTERED CLUB MEMBERS TY v LY			
Year	Non-comp	Officials	Competitor
2011	136	34	68
2012	139	56	65

Meet Results - Some of the many Swimming Highlights

May 2011

Fairbrother Cup

* Matisse and Mia Uluilalata were selected to swim in the Wellington Team to swim for the Fairbrother Cup. This is an annual triangular meet, held in Masterton between the Manawatu, Wairarapa and Wellington Regions. Wellington was successful on the day bringing home the Fairbrother Cup.

* Monica Saili was selected to represent Samoa at the Commonwealth Games Youth Championships in the Isle of Man in the United Kingdom from the 7th to 13th September. What an opportunity! PCA wished Monica every success for the meet...

*Hamish Trilin (RAGD) and Ben Walsh (TAG) were selected to attend training camps under the Swimming NZ Age Group Programme. Another great opportunity for our swimmers, and reward for their success at National Age Groups.

Paekakariki Shield Relays

On Sunday 15 May a large team of 45 PCA swimmers headed down to Tawa Pool for the Paekakariki Shield Relays and Chocolate Carnival. Unfortunately, there were only a handful of swimmers from the other clubs at the meet so it felt a bit like a club meet for us. However, this didn't stop there being a real buzz on our side of the pool with plenty of swimmers to get to events and relays to coordinate. Our swimmers swam really well earning plenty of chocolates and our relay teams out swam the competition to retain the Paekakariki Shield for another year. Thanks to the swimmers for their participation, all the volunteers who helped run the meet, and Clare & Alex for their help with the team. Tania Donaldson /Team Manager

Novice Carnival

On Sunday 29 May I was fortunate to be given the opportunity to team manage the PCA team at the Novice Carnival. What an uplifting event. We had 27 swimmers all keen and eager to show their best swimming skills in the pool and even more helpers out of the pool with club members, squad swimmers, siblings, parents and club and other officials all supporting the meet and our team. A great reminder of the interest in swimming in our community.

In the pool our swimmers performed very well earning 62 PBs and a total of 44 medals - 14 Gold, 14 Silver and 16 Bronze. Congratulations to all of our swimmers, it was great to see you swimming hard in the pool and supporting each other on poolside.

Thanks to everyone who helped organise and run the meet. Special thanks to those parents who assisted me with the team management at short notice! Tania Donaldson/Team Manager

Novice Carnival Medals/Gold, Silver and Bronze

Shay Wiremu-Williams 4 Golds, Declan Tierney 2 Golds and 1 Silver, Gemma Orsman 2 Golds and 1 Silver, Brodie Tierney 2 Golds and 1 Bronze, Emilee Wilkinson 2 Golds, Logan Robb 1 Gold and 3 Silvers, Alexis-Veronica Vitaliano 1 Gold and 1 Silver, Ella Cooper 2 Silvers and 1 Bronze, Jacinta Parkinson-Campus 2 Silvers and 1 Bronze, Maua Lualua 1 Silver and 3 Bronze, Seth Wilson 1 Silver and 3 Bronze, Bailey Vitaliano 1 Silver and 1 Bronze, Yasmeen Prescott 1 Silver and 1 Bronze, Ethan-Jack Crawford 2 Bronze, Taoka Sciascia 2 Bronze, and Jacob Reiher 1 Bronze.

July/August 2011

Hardcore Signature Meet

On 16 July a large team of 41 swimmers was scheduled to swim at our very own "Hardcore" Signature meet at the Wellington Regional Aquatic Centre. This kept Lizzie and I pretty busy especially in the 50m events. Like most meets the night produced a mixed bag of results - some stunning PBs and some disappointing DQs. By the close of the evening, the team had achieved Personal Best Times in just over half of the events swum. Good work swimmers!

Special thanks to Ryan McBride and Emily Laws who stepped into the relays at short notice, to Lizzie Plummer for her assistance with the team managing and to Alex for coaching the Juniors. Tania Donaldson/Team Manager

Division 2 Swim Meet

A small team of 3 PCA swimmers attended the National Div 2 meet in Rotorua from Wednesday 20th July through to Saturday 23rd July 2011. Dannielle Gaulofa, Nicole Tait and Emily Laws represented PCA and all performed fantastically, achieving 23 personal bests, making 11 finals and coming away with 5 medals.

The medals were won in:

Dannielle Gaulofa:

2nd, 14 year old girls 100 free with a time of 1.03.52

3rd, 14 year old girls 50 free with a time of 29.56

3rd, 14 year old girls Wellington regional relay 4 x 50 freestyle team

Nicole Tait:

2nd, 15 year old girls 50 breast with a time of 36.91

Emily Laws:

3rd, 14 year old girls Wellington regional relay 4 x 50 freestyle team

Emily and Dannielle represented Wellington in the girls 13/14 years relay teams for the 4 x 50 freestyle and 4 x 50 medley where they achieved a 3rd place and a 5th place.

Nicole represented Wellington in the girls 15 years and older relay teams in the 4 x 50 freestyle and 4 x 50 medley where they achieved a 5th and 6th placing.

A particular highlight was the 14 year old girls 50 freestyle final where Dannielle and Emily raced next to each other. In a great battle Dannielle finished 3rd just pipping Emily who finished 4th. Their times were 29.56 and 29.61 which were over a second below their PB's.

All of the girls are now close to meeting qualifying times for the National Age Group champs and based on how they swam in Rotorua I would be surprised not to see them swimming at that next level soon.

Thanks to Leanne who did all of the cooking/housekeeping duties etc and Sarah and Greg Tait for their support up in Rotorua.

100m Handicap Meet

The clubs 100m Handicap Meet (swum on 22nd August) proved to be as exciting as ever, with close racing, good swimming, lots of hype and a huge amount of cheering from the grandstand!

Congratulations to all the finalists and especially the winner. First place went to Shayen Rungasanny, with Tom Scott 2nd, 3rd Ryan McBride, 4th Sophie Wilkinson, 5th Nathan Tregear-Watts and 6th Anais Lucas.

Well done to all those who made it through the first round and competed in the semi-finals – Shayen Rungasamy, Stephanie Tregear-Watts, Tom Gibbs, Morgan Miller, Georgia Nairne, Samantha Hayes, Thomas Tavae, Verity Isaacs, Hannah Aunoa, Anais Lucas, Laura Cameron, Simone Ryan, Bernice Holford, Alex Coupe, Keely Saunders, Katie Cameron, Sophie Wilkinson, Xavier Rapson, Lucy Newton-Smith, Ryan McBride, Hannah Holford, Josh Walsh, Monica Saili and Ben Walsh.

In the relays Team Two took out first place after team 4 was disqualified. Well done to Victoria Ferguson, Shay Wiremu-Williams, Mia Uluilalata, Hannah Aunoa, Asia-Vi Wawatai, Emma Botha, Keely Saunders and Lucy Newton-Smith.

Second place went to team 3, Samantha Hayes, Bernice Holford, Abby Laws, Chloe Bouchier, Jacinta Parkinson-Campus, Liam Kennedy and Laura Cameron, with team 1 finishing third - Nicole Tait, Matt Ryan, Josh Gibbs, Morgan Miller, Katie Cameron, Olivia Aunoa, Ben Walsh and Joshua Nairne.

Thanks to the relay captains for organising their relays teams. Thanks also to all the officials, timekeepers and organisers for ensuring this exciting night ran without a hitch.

Gold Coast Long Course Meet Report

On 13 August a large team of 58 swimmers were entered in this Gold Coast Long Course (50m) Meet at Naenae Pool. Congratulations to All swimmers especially those of you competing in your first competitive swim meet, to those that got personal bests, to the parents for their awesome support of all our swimmers and to the Managers (Tania & Claire) who did a fantastic job managing a large team of 59 swimmers. You all rocked!

Tokelau Swim Team – Pacific Games Report

On 23 August 2011 Dannielle & I started our journey to the Pacific Games by flying to Samoa to join the rest of the 20 person Team Tokelau delegation, made up of 12 rugby seven's players, 1 swimmer & 7 officials. All up there were 72 swimming competitors representing 11 nations.

Dannielle completed 14 swims across 8 events achieving 10 Long Course (50m) Personal Best times, getting into 6 'A' Final and 1 'B' Final.

Dannielle's 'A' final placing's were:

6th (x2) - 100m & 200m Backstroke.

7th (x2) - 50m Backstroke and 100m Breaststroke

8th (x2) - 50m Breaststroke and 100 Free.

2011 New Zealand Short Course Championships – 6th – 9th August 2011

Congratulations to Kiwa and Tamati O'Hagan, Bronagh Ryan, Monica Saili, Nicole Tait, Hamish Trlin and Ben Walsh who all performed with distinction in the recently held NZSC champs here in Wellington.

The champs this year had a slightly different format, due to the RWC and the inclusion of Open grade swimmers the meet was reduced to only 4 days instead of the usual 5. Porirua City Aquatics had 10 swimmers qualified for this prestigious event but in the end we only had 7 swimmers actually competing. The championships proved to be a great success for the PCA team with our swimmers winning medals, setting new Wellington and club records, achieving personal PB's and generally putting in fantastic performances.

Overall the team achieved 5 Gold Medals, 3 Silver Medals, 1 Bronze Medal and several National Top 10 placing's. There were 71 clubs competing and PCA finished 17th overall on the points table only 2 points behind Tawa in 16th place.

Results;

Kiwa O'Hagan (15yrs): 50m Butterfly (19th) and 50m Backstroke (23rd).

Bronagh Ryan (18yrs): 50m Breaststroke (12th), 100m Breaststroke (14th), 50m Backstroke (17th), 50m Freestyle (22nd) and 100m Freestyle (28th).

Monica Saili (13yrs): 200m Freestyle (6th), 400m Freestyle (6th), 50m Breaststroke (12th), 200m Breaststroke (13th) and 50m Freestyle (16th) and 50m Butterfly (28th).

Nicole Tait (15yrs): 50m Breaststroke (15th)

Tamati O'Hagan (14yrs): put in several very strong performances which included winning the Silver Medal in the Men's 14 years 50m Breaststroke and the Bronze medal in 100m Butterfly? Tamati also set new club records in the 100m Fly as well as the 50m Fly where he finished 5th Nationally. Other results 100m Breaststroke (4th), 50m Backstroke (8th) and the 100m Medley (5th).

Hamish Trlin (14yrs): swam a very full calendar of events competing in 10 heats and making the finals of every one. Results were 50m Fly (9th), 50m Backstroke (9th), 100m Backstroke (5th), 200m Backstroke (4th), 50m breaststroke (10th), 100m Breaststroke (6th), 200m Breaststroke (5th), 100m Medley (6th), 200m Medley (7th) and 400m Medley (5th).

Our most successful swimmer was Ben Walsh (14yrs) who turned in a series of top performances, achieving personal bests in several of his individual events. Ben finished with 5 Individual Gold Medals, 1 Individual Silver medal, he was also a member of the Wellington 15 & Under Regional Medley relay Team where he assisted the team to a hard fought second place earning him another Silver medal bringing his overall medal count to 7.

Ben achieved a clean sweep of the Breaststroke events winning the National titles in the Men's 14 years 50m, 100m and 200m races. He also won the National titles in the 100m and 200m Medley events. Whilst doing this Ben set new Wellington age group records in the 200m and 100m Breaststroke along with the 100m Medley. He also set new club records in the above events along with the Men's 14 years 100 Backstroke where he finished second nationally. Other results 400m Medley (7th) and 50m Fly (8th).

Overall an exciting meet with many hard fought races and several great results produced by our Senior National Swimmers!! Thanks to all our swimmers, you were a pleasure to look after, our coaches Nevill and Todd, the parents and volunteers who officiated, the club members who came in and supported the team and finally to all those others who helped in so many ways during the meet.

September 2011

Congratulations to Matt Meehan

At Swimming Wellington's recent AGM Matt Meehan was presented with a Swim Wellington Service Award in recognition of the ten years' service he has given to our sport. While most of these hours have been officiating on pool deck, Matt has also been a committee member, official's liaison and is currently our Patron. Matt continues to support competitively swimming even though his own children retired 4 or 5 years ago. Matt has been appointed by SNZ to take over as Assessor for Central NZ. In this position he will assess those wishing to become nationally qualified officials. This is a tremendous appointment and shows the regard SNZ have for Matt.

Interclub League 2011

This interclub competition spanned 4 event dates from April to Sept so a great deal of commitment was required from the swimmers and their supporters. This competition comprises of entering a 10 strong team aged 12 and under (occasional subs allowed). The same swimmers are required to show for all 4 meets, where possible.

PCA entered 2 teams, one more senior and one younger and the swimmers were:

Black Team: Katie Cameron, Hannah-Leigh Holford, Latisha Leavai, Saasha Marsters, Lucy Newton Smith, Jordana Pointon-Haimona, Keely Saunders, Matisse Uluilalata, Mia Uluilalata, Sophie Wilkinson and Reegan Gaulofa.

Turquoise Team: Kaitlin Corlett, Abby Laws, Alex Coupe, Grace Feite, Bernice Holford, Kate Laws, Angel Leavaiseeta, Molly Newton Smith, Brooklyn Saunders, Jordan Harris and Jack Plummer.

There were 19 teams in total in the competition, which was a lot more than in previous years, so the event was extremely busy for all in some pretty crowded conditions! Overall, we saw some good personal bests achieved, but above all, we had great team spirit and supported each other throughout.

The final scores after the 4th event were:

- Black Team, 2nd overall with 1875 points
- Turquoise Team, 10th overall with 593 points.

The placings reflect the fun we had and here are some of the highlights from the last round to wrap up:

- Lucy **2nd** in 50m Freestyle, Sophie **4th** 100m Back, Hannah-Leigh **4th** 50m Fly, Black Team **3rd** in the Backstroke relay,
- In the final relay of all 10 swimmers - PCA Black came **2nd** and PCA Turquoise came **5th** out of all 19 of the teams! A tremendous result!

Many thanks to all the supporters and officials. Many thanks to Alex Bennett for coaching. Ondine Souter, Tania Donaldson and Clare Newton Smith/Team Managers

Wellington Winter Champs, September 2011

Congratulations to the 48 swimmers who swam at the Wellington Winter Champs.

The PCA team had a fantastic meet performing with distinction with swimmers achieving a huge number of personal bests, hauling in an incredible 74 medals, 32 Gold, 20 Silver and 22 Bronze, breaking numerous club records and a Wellington record (congratulations Sophie Wilkinson)!

In addition to her Wellington record in the 9 years girls 50 metre Backstroke Sophie won the award for top female swimmer of her age group. Ben Walsh and Jack Plummer also topped the men's 14 years and 9 years age groups respectively. Jack's achievement is all the more special as he is still only 8 and had swum against the 9 year olds. We can only imagine how far ahead he will be by this time next year.

Congratulations to you all.

Overall the club placed 4th, from the 17 clubs at the meet- tussling with Karori for 3rd place.

In the 12 years and under age group PCA finished an outstanding 3rd.

Below is the list of all medallists, a HUGE well done to all! A special congratulation to Xavier Rapson who medalled at the Winters for the first time.

Thanks to all our swimmers, you were a pleasure to look after, our coaches Nevill, who fell ill on the second weekend so Todd helped out, the parents and volunteers who officiated, the club members who came in and supported the team and finally to all those others who helped in so many ways during the meet.

Total Medals of the Wellington Winter Champs 2011 - Gold- 32 Silver- 20 Bronze- 22

Ben Walsh, 14yrs:

Gold (10) - 50 Free, 100 Free, 50 breast, 100 Breast, 200 Breast, 50 back, 100 Back, 50 fly, 100 fly, 100IM,
Silver (3) - 200 Free, 200IM, 200 Back.

Jack Plummer, 9 yrs & Under:

Gold (8) - 50 fly, 50 Back, 100 Back, 50 free, 100 free, 50 Breast, 100 Breast, 100IM

Silver (2) - 100 fly, 200IM

Bronze (1) – 200 free

Sophie Wilkinson, 9 ys & under:

Gold (7) - 50 Fly, 100 Fly, 50 free, 100 free, 100IM, 50 Back, 100 Back.

Silver (2) - 50Breast, 100 Breast,

Mia Uluilelata, 10yrs:

Gold (4) - 100IM, 100 Breast, 50 Back, 200 Back

Silver (7) - 50 free, 100 free, 200 Free, 100 Back, 50 Breast, 200 Breast, 100 fly

Bronze (1) – 50 fly

Tamati O'Hagan, 15 yrs:

Gold (1) - 100 Breast

Bronze (4) - 100 IM, 50 Fly, 100 Fly, 200Fly

Hamish Trlin, 14 yrs:

Gold (1) - 200 Back

Silver (3) - 50 Fly, 50 Back, 400IM

Bronze (5) 100IM, 200IM, 50 Breast, 100 Breast, 200 Breast

Monica Saili, 13 yrs:

Gold (1) - 50 Breast

Bronze (2) - 50 fly, 400 Free

Bronagh Ryan, 16 yrs & over:

Silver (2) - 50 Breast, 400 free

Bronze (6) - 50 Back, 50 free, 100 free, 200 free, 100 Breast, 200 Breast,

Xavier Rapson, 11 yrs:

Silver (1) - 50 Back

Josh Walsh, 12 yrs:

Bronze (2) - 50 Back, 100 Back,

Nicole Tait, 15 yrs:

Bronze (1) - 50 Breast

November/December 2011

Swimming NZ 2012 National Breaststroke

Congratulations to Ben Walsh, who as one of the country's most promising Breaststrokers, was invited to attend SNZ's 2012 Breaststroke camp. Unfortunately for Ben the camp clashed with the Wellington Open Swimming Camps in January 2012 and Ben opted to compete locally instead. This is the first time Ben has been selected for a 'Open' Camp, meaning the camp was open to all age groups. To be selected at 15 this is a tremendous achievement. Well Done Ben, it was a shame about the dates but I am sure there will be another opportunity for you to train with the best breaststrokers in NZ at another time. SNZ organises camps regularly as an integral part of the Swimming New Zealand National Development Pathway.

Upper Hutt Signature Meet, 19th November 11

A good attendance with some focus on getting some qualifying times done; some trying for the Wellington Summer Champs times, some trying for Junior's times and some looking to improve on already good times.

Emilee Wilkinson managed a great time, which was 1.17secs ahead of the Summer Champs qualifying time as a 9 year old for the 50m Back. She's only 7 so watch out Sophie!

Nathan Tregear-Watts managed his qualifying time for the 50Free.

Good to see Emelie and Caitlin Clarke both getting qualifying times for the 200Free.

Well done to those that tried a range of strokes and distances and good luck to all those that are focusing on the meets to come prior to Wellington Champs in January and to the Juniors in February. Thanks to all the parents and caregivers that took jobs and to those that supported the swimmers and thanks to Alex for his coaching support and advice. Lizzie Plummer and Clare Newton Smith/Team Managers

Paul Kent Memorial swim meet: Levin, 12th November 2011

34 PCA swimmers entered the Paul Kent Memorial swim meet in Levin on Saturday 12th November 2011. This meet was arranged as a club day trip with all swimmers aged 9 and over travelling to the meet by bus. The team were a mix of senior squad, junior squad and club swimmers.

The day started with a bus trip from Paremata Railway station to Levin Adventure Park for lunch. After lunch we made our way to the pool for the start of the swim meet. PCA had a fantastic meet recording over 23 1st places, 15 2nd places and 10 3rd places recorded. On top of that there were multiple personal bests swum.

In house league 28th November 2011

Congratulations to Team 3 who extended their lead on the final night of what has been an exciting three meets. For many swimming this series was an introduction to 'racing' and it was great to a number of swimmers step up and swim in 'new' strokes for the good of their team.

Final results were

1st Team 3, 642 points. Josh Trlin, Natasha Smith, Jordana Pointon-Haimona, Josh Walsh, Simone Ryan, Matisse Uluilalata, Jordan Harris, Hannah Kedzlie, Ben Lopez, Abby Laws, Anais Lucas, Jasper Brisk, Flynn Cubitt, Declan Tierney, Tom Gibbs, Gina Daow, Gemma Orsman, Dannielle Coupe, Steph Tregear-Watts, Madeleine Alosio and Georgia Wills

2nd Team 4, 566 points. Nicole Tait, Hamish Trlin, Keeley Saunders, Angel Leavaiseeta, Josh Nairne, Hannah-Leigh Holford, Morgan Miller, Tennessee Crawford-Vito, Olivia Tuohy, Alex Coupe, Caitlin Clarke, Shayen Rungasamy, Molly Newton-Smith, Brianna Fisk, Sophie Gray, Ben Callear, Polly Baker, Niamh Brown, Emilee Wilkinson and Rebecca Jenkins www.swimporirua.co.nz 5

3rd Team 5, 523 points. Emily Laws, Ben Walsh, Katie Cameron, Troy Alosio, Emma Botha, Findlay Jenkins, Chloe Bouchier, Merryn Giblin, Mia Uluilalata, Caleb Alosio, Reganne Smiler, Sophie Cameron, Jake McAllister, Samantha Hayes, Sophie Touhy, Victoria Ferguson, Ruanna Crawshaw, Daneka Sheppard and Nikaloas Churchill

4th Team 2, 502 points. Hayley Andrews, Letitia Saunders, Ryan McBride, Emilie Clarke, Callum Watts-Pointer, Chris Woodmass, D'Anjalo Leavai, Verity Isaacs, Bernice Holford, Seth Wilson, Logan Robb, Shay Williams, Troy Hunter-Day, Jared Hunter, Sophie Wills, Jack Plummer, Ruby Lucas, Brodie Tierney, Ella-Scarlett Flowers and Luke Marsh.

5th Team 6, 469 points. Dannielle Gaulofa, Monica Saili, DJ Stapleton, Latisha Leavai, Kate Laws, Jessica Beddow, Jessica Seow, Grace Feite, Josh Gibbs, Kaitlin Corlett, Nicholas Trlin, Prajna Baskar, Ella Cooper, Sophie Wilkinson, Yasmeen Prescott, Olivia West, Lily-Anne Meyler, Brooke Giblin, Daniel Baker and Jessica Jenkins

6th Team 1, 427 points. Bronagh Ryan, Cassie Armitage, Mitchell Smith, Laura Cameron, Lucy Newton-Smith, Jacob Hulme-Moir, Nathan Tregear-Watts, Brooklyn Saunders, Thomas Tauvae, Asia-Vi Wawatai, Ryan Tait, Aaron Thomas, Georgia Nairne, Sendhit Rungasamy, Ethan-Jack Crawford, Tyler Robb, Jemma Brisk, Molly Touhy and Alex Scott

Thanks to the team leaders for organising their teams, and to all those who helped with running the meets.

January 2012

Wellington Long Course Champs, January 2012

Congratulations to all swimmers who swam at the Wellington Long Course Summer Champs over Wellington's anniversary weekend. We had 41 swimmers competing in 262 events, overall the club placed 4th out of the 42 clubs competing at the meet.

The PCA team had a fantastic meet achieving outstanding results, swimmers achieved a huge number of personal bests, hauling in an incredible 49 medals, 22 Gold, 12 Silver and 15 Bronze, breaking numerous club records, 2 Wellington records and Ben Walsh claimed the clubs first New Zealand record (since the club was renamed) in the men's 14 years 200 metres Breaststroke.

In addition to his NZ record Ben also claimed 2 new Wellington records in the 14 year old men's 200 & 100 Breaststrokes and in doing so he open trophies* for these two events. Ben also won the award for the overall top male swimmer of his 14 year old age group taking home 9 Gold's, 2 Silvers and 1 Bronze medal.

(*Explanation – An open trophy was presented to the fastest swimmer at the meet in each event irrespective of age. For a 14yrs old to win two of these trophies was amazing and just shows what an outstanding swimmer Ben is – in both the 100m breaststroke and 200m breaststroke some very handy swimmers, much older than Ben were competing. Congratulations Ben.)

Jack Plummer topped the boys 9 years & under age group taking home an impressive 6 Gold's, 2 Silver and 1 bronze medal. Congratulations to you both.

Below is the list of all medallists, a HUGE well done to you all! A special congratulations to Khi-Jyvonne Rapson & Gemma Orsman who medalled at the Summers for the first time.

Total Medals of the Wellington Summer Champs 2012 - Gold- 22 Silver- 12 Bronze- 15

Ben Walsh 14 yrs:

Gold (9) - 50 Back, 100 Breast, 50 Free, 100 Back, 50 Fly, 200 Breast, 100 Fly, 50 Breast, 100 Free

Silver (2) - 400 Medley, 200 Medley

Bronze (1) - 200 Free

Jack Plummer, 9 yrs & Under:

Gold (8) - 50 Back, 100 breast, 50 Free, 100 Back, 50 Breast, 100 Free

Silver (2) - 50 Fly, 100 Fly

Bronze (1) - 200 Medley

Bronagh Ryan, 18 & Over:

Gold (3) - 100 Breast, 200 Breast, 50 Breast

Silver (1) - 50 Back

Bronze (1)- 200 Back

Khi-Jyvonne Rapson, 9 yrs & Under:

Gold (1)- 50 Breast

Bronze (1) - 100 Back

Hamish Trlin, 14 yrs:

Gold (1) - 200 Back

Silver (2) - 50 Back, 100 Back

Bronze (4) - 100 Breast, 200 Medley, 200 Breast, 50 Breast

Sophie Wilkinson, 10 yrs:

Silver (2) - 100 Back, 100 Fly

Bronze (3) - 50 Back, 50 Fly, 200 Back

Christopher Andrews-Kidd, 14 yrs:

Silver (2) - 50 Free, 50 Fly

Bronze (1) - 100 Free

Josh Walsh, 12 yrs:

Silver (1) - 100 Back

Mia Uluilalata, 11 yrs:

Bronze (2) - 50 Back, 50 Free

Gemma Orsman, 9 yrs & under:

Bronze (1) - 50 Breast

February 2012

NZ Junior Champs

PCA had 9 swimmers representing our club at the 2012 NZ Junior Champs, our biggest team in a number of years.

PCA on points finished an outstanding 3rd for Wellington Regional Teams attending this year's NZ Juniors. Swimmers achieved 22 Personal Bests, 6 Regional top 3 placings (1st place - Sophie Wilkinson; 2nd place All our swimmers attending their first National Meet overcame their nerves a meet of this level generates to perform admirably, setting a great foundation for next year, well done all of you.

Jack Plummer's Regional result, (2nd in the 100 Breast), was fantastic given Jack was competing in the boys 10 years and under events this year while he has only just turned 9.

Sophie set new PCA Club records in the 50m & 100m Backstroke. With her regional 1st place in the 50 Back Stroke also placing Sophie 3rd Nationally to pick up the Bronze Medal.

NZ Junior Champs National Results/

10 and under Girls

Sophie Wilkinson: National Placings: 3rd/Bronze - 50 back/New Club Record, 100 back 5th/New Club Record, 200 back 7th, 50 free 10th, 100 free 6th, 50 fly 7th, 100 fly 9th, 200 IM 8th, 100 breast 32nd.

Abby Laws: National Placing: 50 free 55th

Jack Plummer: 10 and under Boys : National Placings: 50 free 14th, 100 free 19th, 50 back 9th, 100 back 16th, 50 breast 7th, 100 breast 29th, 50 fly 9th, 200 IM 7th.

11 Year Old Girls

Mia Uluilalata: National Placings: 50 free 20th, 100 free 32nd, 200 free 30th, 50 back 18th, 100 back 19th, 200 back 13th, 200 IM 34th.

Alex Coupe: National Placings: 50 free 34th

Caitlin Clarke; National Placings: 50 fly 32nd

Anais Lucas: National Placing: 50 fly 37th

12 Year Old Boys

Josh Walsh; National Placings: 50 free 46th, 50 back 9th, 100 back 5th, 50 fly 47th.

Xavier Rapson: National Placings: 50 Back 32nd

Capital City Mazda Sprint Meet – 11th Feb 2012

PCA turned out 16 swimmers for this meet. We achieved 22 PB's. Jack Plummer, Hamish Trlin and Christopher Andrews-Kidd all got first placings and Molly Newton Smith, seconds and Matisse Uluilalata, a third too. It was a good opportunity to practice all strokes in a 50M pool. Then we had the 'Skins Death Wheel' and all the swimmers had their lane entries marked and the fastest 10 boys and girls got to race in a final swim off! Both Christopher and Hamish got to the final 10, but sadly for them didn't win the \$100! The races caused much excitement (and noise) and the winners with the lucky lane tickets scored a big bar of chocolate each. Jack also got a trophy for 'Best 9 and under male'. Well done Jack!

The meet started at 5pm and did go on a long time, but, in fairness, it wasn't due to disorganisation, they had problems with the computer. It wasn't that warm at WRAC, so a timely reminder to swimmers and particularly parents of young swimmers, that along with enough towels, water and snacks, they really do need something warm on their feet! Slippers with non-slip soles are best, but socks and crocs/shoes are just as good! It really makes a difference!

Thanks to Alex Bennett for coaching and to those that gave up their time to do official duties.

Clare Newton Smith/Team Manager.

GOLD COAST MEET 26th February 2012 Cannons Creek Pool

It was great to see a number of our swimmers make use of the home pool advantage to compete in their first swim meet. Congratulations to all those who recorded a personal best or a 'new' time.

Congratulations to our 12 and under relay of Jake McAllister, Tennessee Crawford, Verity Isaacs and Merryn Giblin who won the relay final just splits ahead of Tawa and Raumati. The PCA 13 years and over team also won in a close finish, but as they swam a younger swimmer in their team, their result did not count.

With the huge number of personal best records and this relay win, PCA won the Woolahara Trophy. Tawa was 2nd and Raumati 3rd. Well done to everyone.

Thanks to all the officials, the team managers and all those who contributed to the meet.

Unfortunately there was a negative side to the meet

A number of swimmers entered and didn't turn up. Not only does this create extra work for our already overworked Race Secretary, but these 'no shows' also penalise the club on the points table. With a little care this is an area we can improve on.

Disqualifications are also a concern especially when swimmers are new to the sport and we appreciate that often it takes a 'Dq' before a swimmer takes note of what a coach has probably been telling them for a long time. There were heaps of Dq's at this meet, and swimmers should discuss the reason they were Dq'd with their coach and not re-enter that event/stroke until the issue has been corrected

March 2012

Congratulations to Matt Meehan

A club member and PCA Senior Official. Matt has recently been appointed as a starter at the 9th Oceania Swimming Championships to be held in New Caledonia at the end of May 2012.

Recently Matt was the Meet Director for both, Swimming NZ's Junior National Championships and National Age Group Championships that were held in Wellington. The latter was a five day meet, and as well as being on pool deck for 8 or 9 hours on each of those five days, as Meet Director Matt put in many hours before the event planning for the meet.

The club is really grateful to all our Senior Officials who are prepared to take annual leave and give up many hours to support competitive swimming as a volunteer. Thank you

Division III Meet – 24th March 2012

This event was extremely well attended by 36 PCA swimmers ranging in age from 8 to 14 and entering a multitude of different events.

The highlights of the day were the medals that we took away. There was a definite jingle about the place!

Congratulations to the following swimmers:

Nick Trlin – 1 Silver

Lucy Newton Smith – 1 Gold, 2 Silver

Hannah-Leigh Holford – 4 Gold, 1 Bronze

Katie Cameron – 1 Gold

Ryan McBride – 1 Silver, 1 Bronze

Jordana Pointon - 2 Silver, 1 Bronze

Khi-Jyvonne Rapson – 1 Gold, 1 Silver, 1 Bronze

Gemma Orsman – 1 Silver

Jordan Harris – 2 Gold

Hannah Kedzlie – 1 Bronze.

And well done to all those that achieved Personal Best times.

It was a real team effort from swimmers and all club members. PCA runs this event and we like to do it very well. A huge thanks to Andy for inputting all the info into the computer and to Sarah for her help. Thanks to our seniors Ben, Hamish and their crew for organising the medals – and to all the swimmers who weren't swimming that turned up to give a hand. Thanks to all the officials and to Terry for arranging them including all the food, the BBQ and to Matt on announcements. Thanks once again to Alex for his coaching on the day. This makes a huge difference, especially to the less experienced swimmers.

Clare Newton Smith – Team Manager

Race Night 16th March 2012

Congratulations, to all those who took part in Race night and especially those new to competitive swimming and those who tried new events. Well done to all those who recorded Personal Bests. There was some huge PBs, with a number in excess of 10 seconds - certainly something to be proud of.

NZ Age Groups Champs, 6-10 March WRAC

Congratulations goes to all of our team that competed at this year's NZ Age Group Champs: who were Matisse Uluilata (13), Monica Saili (14), Christopher Andrews-Kidd(14), Hamish Trlin(14), Ben Walsh(15), and Bronagh Ryan(18).

The team represented PCA well gaining many outstanding individual and team results.

In total the team won 3 individual medals (3 gold), 3 regional relay medals (1 gold, 2 silver), achieved 19 top 10 national placings, achieved countless PBs and a number of club records. Overall the team placed 28th out of the 78 teams attending the meet.

Meet highlights included:

* 3 gold's won by Ben Walsh (15yrs) in the 50, 100 and 200 breast strokes. Each of these swims set new Wellington records.

* Bronagh Ryan (18yrs) setting a Wellington record in the 50 Back (placing 4th nationally).

* Bronagh Ryan being selected for the Wellington Women's 18& U regional relay teams (freestyle and medley), and winning gold in a very close final for the 4x50 medley relay in a Wellington record time.

* Ben Walsh and Christopher Andrews-Kidd being selected for the Wellington Men's 15& U regional freestyle relay team and winning silver

* Ben Walsh and Hamish Trlin being selected for the Wellington Men's 15& U regional medley relay team and also winning silver.

Final Results over Individual Races and Regional Relay Races

Ben Walsh (15)

Finalist: 1st/Gold - 50 breast/Wgtn Record, 1st/Gold - 100 breast/Wgtn Record, 1st/Gold - 200 breast/Wgtn Record, and 50 fly 6th.

Other Swims: 200 back 8th in the prelim, 100 free 16th, 100back 18th, 100 fly 16th.

Selection for Regional Relays:

Silver - 15&U Boys 4x50 freestyle Wellington Region Relay Team (1st leg)

Silver - 15&U Boys 4x50 Medley Wellington Region Relay Team (backstroke leg)

Hamish Trlin (14)

Finalist: 200IM 4th, 200 back 5th, 200 breast 6th, 100 breast 6th, 100 back 7th, 50 breast 8th, 50 back 8th, 50 fly 9th.

Other Swims: 50 free 23rd.

Selection for Regional Relay:

Silver - 15&U Boys 4x50 Medley Wellington Region Relay Team (butterfly leg)

Monica Saili(14)

50 fly 15th, 50 breast 20th, 50 free 30th, 200 free 32nd.

Christopher Andrews-Kidd (14)

Finalist: 50 free 7th, 100 breast 8th.

Other Swims: 50 breast 11th, 100 free 13th, 50 fly 26th, 200Im 29th.

Selection for Regional Relay:

Silver - 15&U Boys 4x50 freestyle Wellington Region Relay Team (3rd leg)

Matisse Uluilata (13)

50 fly 20th

Bronagh Ryan (18)

Finalist: 50 back 4th/Wgtn Record, 100 breast 6th, 200 breast 7th, 50 breast 7th, 50 free 9th.

Other Swims: 100 free 16th, 200IM 16th.

Selection for Regional Relays:

Gold – 18&U Woman's 4x50 Medley Wellington Region Relay Team (backstroke leg)/Wgtn Record

4th - 18&U woman's 4x50 freestyle Wellington Region Relay Team (3rd leg)

April

Div II meet: Dunedin 11 - 14th April 2012

Emily Laws was PCA's sole representative at the national Division 2 champs that was run in Dunedin recently.

We were fortunate that Emily was able to join up with the team from the Tawa Swim Club who happily took her under their wing for the entire meet.

Emily swam in the 15 year old girls division and was also selected for the girls 15 and over Wellington regional relay team for both the medley and the freestyle relays.

Emily had a great meet particularly in the backstroke events. She came away with 3 medals as follows:

Gold: 100m backstroke (PB time of 1.13.14)

Silver: 50m backstroke (PB time of 34.23)

Bronze: Wellington relay team 4 x 50m medley team. Emily led the Wellington team off with the backstroke leg and lowered her PB time to 33.68.

Many thanks must go to the Tawa Swim Club and Div 2 team for looking after Emily. In particular, a special big thank you to the Tawa team manager, Maxine Gordon and the Tawa coach, Jason McPhee.

Terry Laws

Junior Summer Swim Camp

The PCA junior squad swimmers had the time of their lives at swim camp in January. We spent our mornings and evenings training hard, with mornings at Te Rauparaha Arena and evenings at Cannons Creek. All of us can now "performance" kick with speed, style and in a streamlined position under the water easily.

The camp was held at camp Elsdon. This was nice and close to the pool (good for the early morning swims) and very close to the many attractions and fun activities we took part in. Camp was so much fun. Between our training swims we played mini golf, went to the movies, go karting and bowling to name a few of the cool things. At camp there was time to hang out with old friends, make new ones and take part in craft activities, scavenger hunts and quizzes.

A highlight of the camp has to be the food. Pauline and Andy were the best chefs. The butter chicken, lasagne and apple crumble were delicious. In the mornings we came back from the pool to a yummy hot breakfast, lunches were tasty and nutritious and dinner was the best!

At night we slept two to a room. The beds were very comfortable and we were cosy and warm. Terry and Onolata stayed with us overnight. They were great camp parents to us all. Thanks to all the adults who helped at camp. It wouldn't have been such a fun experience for us kids without your help.

Even though we were tired from all our swimming, we felt fit and ready to take on the challenge of Summer Champs. Camp was the best time ever. We all know each other really well and have made lots of new friends. I can't wait until next year's camp!

Mia Uluilata

I am sure you'll all appreciate that camps don't just happen without a lot of planning and work behind the scenes. Thanks to all the parents who supported the camp, whether it be transporting the swimmers between Camp Elsdon, training and the various activities, cooking, managing the team overnight, and the numerous other jobs that are needed to ensure this camp was a success. Thanks to Alex for re-arranging his life so he was available to coach all sessions.

Lastly a huge thank you to Andy Wilkinson for the enormous amount of work he did to see this camp run smoothly. Andy, your efforts were appreciated.