

Welcome to this month's edition of the **Porirua City Aquatics** Newsletter. We hope you find our swimming news an informative and enjoyable read.

JULY
2012

www.swimporirua.co.nz



Results NZ TriSeries.

Ben Walsh swum some incredible times while he was away with the NZ TriSeries Team in Australia during the first week of the school holidays.

In the very first session held in Canberra, Ben swam 2m20.00 to break the Wellington 200m breaststroke record for 15yr olds. The previous record of 2m22.90 was set on 9.9.93 by Oliver Young, a member of this club, back in the Mana Swimco days.

In the following session Ben broke the Wellington record in the 100m breaststroke with a time of 1m04.66. The previous record was set by Oli Lusk from in August 2011.

In later swims Ben recorded faster times breaking these records he had set a few days earlier. In Wagga Wagga he swam 1m04.18 for 100m breaststroke while in Melbourne he recorded an amazing 2m18.47 for 200m breaststroke. When you think Oliver's record had stood since 1993 and Ben reduced it by 4.43 seconds in one week! Congratulations Ben.

Centre Representatives - Wellington Fairbrother Cup Team

Congratulations to Sophie Wilkinson, Jack Plummer and Jordan Harris who have been selected in the Wellington Team to compete against Manawatu and Wairarapa in an inter-centre meet to be held in Masterton on 29th July 2012.



40th Reunion/Anniversary Report

Last weekend, 7th July we held the 40th Anniversary / Reunion to celebrate 40years of our club.

For those who are not aware, the club officially began as the Cannons Creek Amateur Swimming Club (CCASC) in 1972, then became Mana Swimco in 1992 and in 2009 following a merge between the Porirua Swimming Club (PSC) and Mana Swimco the club was

renamed Porirua City Aquatics.

It was a daunting task organising the 40th reunion/anniversary, something that none of us had ever done before and thanks go to the team (Sarah Tait, Eileen Adams, Heather Turner, Carolyn Loveday, Robyn Smith and Linda George) for their time and efforts. Heather, Carolyn, Robyn and Linda are all past Mana Swimco members.

Our mission was to find a date that didn't clash with a swim meet, quite a tough task, so we settled on a weekend in the holidays, which would enable some past swimmers now attending universities in NZ the opportunity to come along.

It wasn't exactly plain-sailing, numbers were not as high as anticipated, although we had 72 guests on the night, 53 were past members from CCASC, PSC and Mana Swimco and only 19 were current members of PCA, being committee members/coaches and partners. We were surprised and disappointed at the lack of current club families that attended the function.

A number of our guests asked if the group of younger guests were our senior swimmers and sadly we had to advise that actually only one was.

It was fantastic to see the founding swimmers there and added to the occasion. It was impressive that some guests had travelled from out of town to be there.

The function was held at the Petone Working Men's Club due to the size of the room and catering facilities they were able to provide us. Unfortunately nowhere in the Porirua basin was able to match what they could offer at such a very reasonable price. The venue, food, staff were great and I would have no hesitation in recommending this venue to others.

The display board put together by Eileen and Jeanette Adams with photos and memorabilia was very popular with people recognising themselves from the past!

Our MC for the night was Terry Laws, who did a fantastic job. As well as a speech from Viv we also had guest speakers: Mark Berge (SW President) and two founding swimmers George Underhill and Jeanette Adams. Daniel Albert also made a great speech acknowledging some of the coaches and presenting flowers.

After the speeches and dinner, a cake made by Eileen Adams was cut to mark the occasion and then the music began. We hired a great DJ, business name is Musical Cheers, very good, great price, very helpful and even provided us with music videos on a big screen free of charge. I would have no hesitation in recommending them.

It was a great night and it appears that everyone really enjoyed themselves.

I would like to acknowledge and thank the following businesses that helped us along the way:

- Petone Working Men's Club
- Musical Cheers, DJ
- Wellington Playcentre Shop
- Carlton Party Hire
- Flying Colours

Report by
Sarah Tait on behalf of the 40th organising committee

Thanks to the sub-committee for this great night. Their organisation and eye for detail was amazing. Eileen's cake mentioned all our club's names and in the club colours of the day. The photo board brought back many memories while the table centre pieces and balloons all added to this grand occasion.

Viv

40th Reunion Carnival. Sunday 8th July 2012.

Again numbers were less than expected but those who were there seemed to enjoy this fun carnival. Between the monster whirlpool, piggy back races, family relays, kicking races – there was something on the programme for everyone. Well done to Andy Wilkinson winner of the adults kicking race. With a slight head start, he just managed to hold off the trio of Keiran McKeown, John Crawford and Todd Morton in the race for the finish. Thanks to Emily

and Bronagh who ensured the younger swimmers were all catered for in the piggy back race, and to Mani Crawford, Onolata Little and Glen Saunder for organising the BBQ.

WELCOME BACK ALEX

As you are aware Alex Bennet, Junior Coach has been away for the past few months and swam in the 14th Fina World Masters Championships, held in Riccione, Italy during June.

There was tough competition with over 200 entries in most events. Alex did very well achieving the following placing's;

50m Freestyle 6th in 26.59 sec.
100m Freestyle 15th in 59.55 secs.
200m Freestyle 31st in 2.19.92

So well done Alex and welcome back.

We would also like to thanks Dennis Smith and Todd Morton for their coaching and support during Alex's absence

PCA SUMMER SWIM TRAINING CAMP 2013

Unfortunately we have had to cancel the PCA Summer Swim Camp to have been held in Rotorua from the 7th Jan – 13th Jan 2013. Due to holidays, other commitments and the Senior Coach unable to commit to the camp we did not achieve the numbers we had hoped for, this resulted in the camp costing \$850 plus per swimmer for those who had applied. Although we had hoped to apply for a grant and fund raise as a Committee we felt that this was just too expensive and the decision to cancel the camp was passed.

Any deposits taken will be refunded or can be put towards the 2012 club fees or squad fees please let Viv or our Treasurer to know how you would like your deposit actioned. Contact details at the end of the newsletter or you can let me know.

Thank you again to those who supported the camp and hopefully we can consider a camp next year for Jan 2014 to include both junior and senior squads.

Lizzie
mail@cplummer.co.nz

SUBSCRIPTIONS for 2012/2013 year

Just a reminder to pay your subscription fees by the end of the year.

Subscriptions for the new membership year (1st July 2012 to 30th June 2013) are due on July 1st and must be paid by the end of July 2012.

The subscription for 2012/13 is \$160.00 for the year. This is unchanged from the previous year.

Subs can be paid directly into the club's main bank account no 030547 0205093 **00** – please include the swimmer's name as a reference or can be paid on Monday or Friday nights between 6pm and 8pm at the Cannons Creek Pool during the last two weeks of July 2011.

For swimmers who are either in our Senior Squad, the Orcas, Swordfish or Penguins squads this subscription is reduced to \$110 for the year payable in full by the end of July 2011. This reduction recognises the fact that pool hire is built into the monthly squad fees or in the Penguins case term fees. Please remember subscriptions are additional to squad fees.

Any family wishing spread their payments to make the payment of subscriptions more manageable should contact to our Treasurer Julie at treasurer@swimporirua.co.nz

WELLINGTON MEET REPORTS

DASH FOR CASH – WRAC 30th June

We had a team of 16 swimmers who turned out some great swimming. It was set to be a long night and racing didn't finish until about 9pm! Overall, out of 50 races swum, we had 31 PB's which was an awesome effort. Nearly everyone got a PB in something! We saw Jordana P taking 18.67 secs off a 400Free time, which was only a few weeks old! We saw Matisse U taking 6.4 secs off her 100IM time, Emilee W taking 3.77secs off her 50 Breast time, Chloe taking 4.1 secs off her 50 Back, Lucy NS 7.74secs off her 400 Free, Ryan M 10.24 off his 50 Back and Jack P 4.90 secs off his 100fly. It was great to see some longer distances being swum, especially Brianna Fisk doing the 400Free. It would be good to see some more younger swimmers (that feel they are ready) to try some of the longer distance swims. Sadly no-one from PCA had their name called out for the cash prizes, but we all had an enjoyable evening.

Clare and Lizzie.

PCA Race Night 10th August 2012

It is hoped that everyone in the club will enter our club Race Night on August 10th. Race Night, at Cannons Creek Pool provides those new to the club an ideal opportunity to *Have a Go* and see what racing is all about in a familiar environment. For the more experienced this will be the last opportunity for swimmers to qualify for the Wellington Champs, before the closing date.

Full entry instructions are on the noticeboard. There is no cost, but the club does expect the parents of those entering to assist with running the meet – timekeeping, serving refreshments, collecting up the time slips, are a few of the jobs that need to be covered. Best time ribbons will be given to all those achieving a PB (personal best) or establishing a new time.

Normal club and squad sessions will be cancelled on Race Night.

CLUB SWIMMING CAPS

At the April meeting the Committee agreed on a new policy for issue of club caps which will come into effect from the start of the 2012/13 subscription year:

1. That all members are given a club cap for the 2012/2013 year on receipt of subscription payment.
2. Caps will be replaced if they break or split providing the old cap is returned.
3. For the future new members will be given a cap on receipt of their subs.
4. Swimmers losing their club cap will need to buy a replacement.

SUNDAY MORNING CLUB SESSIONS

Due to demand, from the 22nd July we will be holding two 45 minutes sessions on a Sunday morning. The first from 8am to 8.45, and then 8.45am until 9.30am. Although the swimmers will lose 15 minutes in the pool, they will gain with fewer numbers in the lane, less waiting around and better quality sessions.

Swimmers are asked to select one group or the other and not to chop and change. Obviously those with swimmers in the club's Learn to Swim programme will probably prefer the later group.

It is important that the roll is taken every Sunday morning and it will be up to the parents of those swimming to do this. This is the only way the committee has of tracking the swimmers and ensuring that everyone is financial. I trust we have some volunteers who will step up and see that this is done every week. Please offer to help out. We do not wish to burden our coaches with another job, when their time is better spent coaching.

The club is grateful to Eileen and Peter for volunteering for another half hour a week. Obviously without their passion for the sport PCA would not be able to offer this extra session.

Ben Walsh – Representing New Zealand.

To the PCA Committee and Members I would like to say a big thank you for the generous assistance and support that I received in order for me to travel to the Trans Tasman Series in Australia and for all the texts and messages I received while I was away. The support I received was amazing and it was fantastic to know that back home everyone was following the competition and sharing in my success with me.

To be selected to represent New Zealand at this competition was definitely an honour and a privilege and a great opportunity to experience my first international competition. It allowed me to swim with top age group swimmers from both New Zealand and Australia. Plus I had the extra bonus of being coached by some of New Zealand's top coaching staff.

When I first arrived in Canberra I definitely felt out of my comfort zone both from a personal and swimming point of view. It was pretty scary being away from my family for the first time and travelling to another country without them. Meeting so many new people and seeing so many new faces was really scary. I did not know many of the other swimmers I was travelling with and also I had no idea how strong the competition would be or whether I was up to the mark.

I was glad to get the first training session over with. I was quite scared as I didn't know what type of session the coaches were going to give us, which lane I should swim in and which swimmers I should train with. Overall the first training session ended up being easy and we practised relays at the end which were a lot of fun.

It did not take long before I started to settle in and found the other swimmers and travelling adults to be really friendly and very supportive.

On day three we trained again both in the morning and at night. The morning training session was quite easy and we trained next to the Australian swimmers in the evening



session. That night we had a quick meeting with the coaches. Each swimmer was given a black Swimming NZ badge which apparently all the Olympic swimmers have also received. On the morning before the competition started we had a light training session. After breakfast we were able to spend the rest of the day just relaxing. I spent this time mentally trying to focus and giving myself positive thoughts to build up my confidence. My experience in swimming has already taught me that the higher I move up the ladder the trainings of other swimmers are very similar, coaching techniques are similar but the point of difference between me and everyone else is what I can mentally bring to the game. I knew it was the only thing I could control and that any fears I had needed to be left behind in my room before I travelled to the pool.

My first race was the 50 Breaststroke skins. I went out well and felt good. I raced in the 200m breaststroke and came 2nd and got a personal best time and also broke a long standing Wellington Record. Overall I had a fantastic day, met some new people and swam great. The next day in session two I raced in the 100m breaststroke and broke another Wellington Record. I was happy with my swim as the Aussie who bet me was nearly two years older

We then travelled by bus to a place called Wagga Wagga. When I first saw where we were going to stay I felt a little nervous as it did not look that nice. However once we were inside it was very flash. Never judge a book by its cover! I was lucky enough to get a room with an ensuite. Lucky me!

In Session 3 I again raced in the 100m breaststroke and won this race improving my personal best time again and broke the Wellington record which I had set in Canberra. I was pretty pleased with this result. Session 4 followed with me coming 2nd again in the 200m breaststroke.

That afternoon we travelled 5 and half hours by bus to Melbourne. In session 5 I raced the 200m breaststroke again for the final time and improved my time yet again and re broke the Wellington record I had set on day 1. Achieving 2.18.47 in this race for me was the highlight of my trip. My last and final race was the 100m again and although tired I was able to hold onto 2nd place.

With this competition points were given for each swimmers placing. Because we were competing as a team against Australia the competition level was very high. For me it was important that I gave it my best as I didn't want to let my other team members down. I also kept in mind throughout the competition a quote Nevill had given me before I left *"Swimming– the only sport with no half times, no substitutions, no timeouts, and you only get 1 shot for your goal"*. In the end we were beaten by the Aussies but I believe we were one of the strongest teams that New Zealand has had for many years.

Overall I had a fantastic time and I learnt so much about myself both personally and from a swimming point of view. As you all know being a swimmer is a demanding sport with all the training that needs to be done and the sacrifices that need to be made. And with school work it is definitely sometimes a real balancing act. But swimming has already taught me many life skills like commitment, time management and confidence. This trip allowed me to put in place and practise everything that I had learnt so far but most of all to believe in myself.

Thank you all once again.
Ben Walsh

FRIDAYS NIGHTS BBQ

On Friday nights at the Cannons Creek Pool there is an opportunity for people to raise money to help with their families swimming expenses. The profits from the sausage sizzles are divided each term, between those who have manned the BBQ. For one nights work people can earn \$40.00 to \$50.00 profit that is held by the club and can be used for entry

fees, subs, squads fees, to purchase uniforms etc. Anyone interested in cooking for a night should ring Onolata Little ph 235 5646.

DUTY ROSTER

The club is also looking for volunteers to take 'man' the desk on Monday and Friday nights at Cannons Creek. This includes taking the roll, receipting any money, answering questions, taking enquires etc....and if you haven't got all the answers Viv and Eileen are on pool deck for advice. You would be required to be at the pool by 5.45pm and would finish about 7.30pm on Monday's and 8pm on Friday's. Those interested should ring Onolata Little ph 235 5646.

HOUSEKEEPING

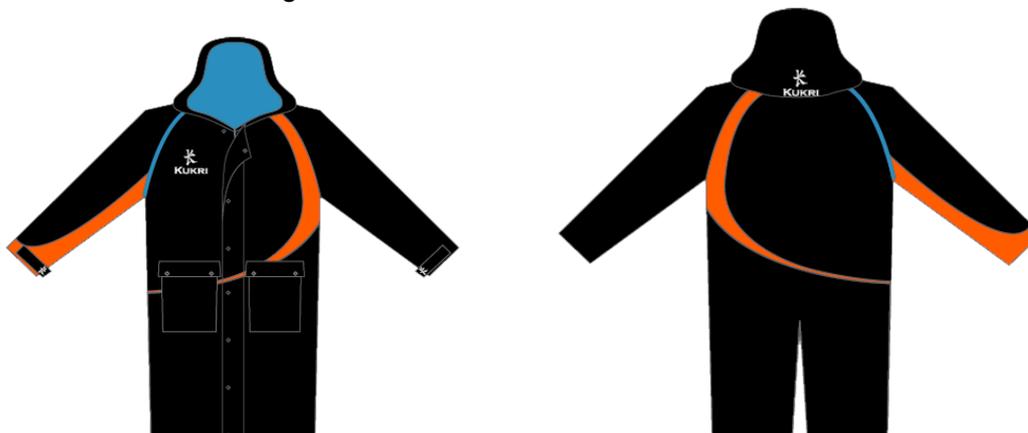
- Swimmers are reminded that the **Race Secretaries Entries Box** at both the Cannons Creek and Porirua Pools is for **race entries and entry fees only**. Occasionally swimmers may be asked to leave permission slips etc in these boxes as well. These boxes are can also now be used for uniform purchase forms. Please ensure race entries and entry fees are placed in the correct box. If you are unsure please check with your coach or the Committee member on duty.
- Newsletter – if you would like to receive the newsletter via email in future please send an email to Carol on secretary@swimporirua.co.nz.
- **PCA Bank Account Details:**
 - Main Account – Subs/Uniforms etc – 03-0547 – 0205093-00
 - Race Secretary – Race Entry Fees – 03-0547 – 0205093-01
 - Squad Account – Squad Fees & Camp deposits – 03-0547 – 0205093-02

If you are unsure which account you should be using, please contact our Treasurer Julie Saunders on 389 5907 or treasurer@swimporirua.co.nz

PCA CLUB UNIFORM

We do hold a small stock of child size club uniform, so if you would like any items please complete the order form on the web site and forward to Lizzie Plummer at mail@cplummer.co.nz. Payment details are on the order form.

We have also secured a new item to our uniform, which is a padded long bench coat. We have ordered 1 for display purchases so when the next order arrives you can have a look. We are very aware that our swimmers do get cold between heats at some race meets and it is important to ensure they are kept warm. If the swimmers get cold the body will use energy to keep them warm, which will leave less energy for the swimming and their muscles will get stiff. The new bench coat will market for \$98.





PRE LOVED UNIFORM & OTHER ITEMS



Uniform – if you have any uniform that your swimmers have grown out of please feel free to list it for sale on the noticeboard at Cannon’s Creek Pool. Make sure to include what is for sale, size, price and contact details. Coaches and committee members on duty will not be responsible for taking messages in relation to these sales. If you would like items listed in the newsletter please drop the information into the box at Cannons Creek.

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
28 th July	Club League Round 4 (SC) Naenae		PCA Team only
4 th August	Swim Zone Signature Meet (SC)	WRAC	Closing date 24 th 10 th July
4 th – 5 th August	West Coast Champs Wanganui (SC)	Splash Centre, Wanganui	Closing date 20 th July @ 7pm
10 th August	PCA Race Night (SC)	Cannons Creek	Closing date 3 rd August
19 th August	Gold Coast Meet (SC)	Cannons Creek	Closing date 13 th August
26 th – 27 th August 1 st – 2 nd September	Swim Wellington Championships (SC)	WRAC	Closing date 13 th August

N.B. If you require a list of your times, please email Andy Wilkinson – race@swimporirua.co.nz - and they will be sent back to you.

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Mike Bouchier	
Treasurer	Julie Saunders	389 5907
Race Secretary	Andy Wilkinson	233 6016
Club Captain / Junior Club Liaison	Onolata Little	235 5646
Senior Squad Liaison	Hiria Pointon	478 9265
Officials Contact	Terry Laws	233 0360
Uniforms	Lizzie Plummer	9055052