



**NEWS  
FLASH**

Senior squad swimmer **Ben Walsh** has been selected in the New Zealand team to compete in both the 100 and 200 Breaststroke at the Australian Youth Olympic Festival, which is to be held in Sydney from 16 to 20 January 2013.

We all would like to wish him the best of luck and will look forward to all the exciting details on his return.

Ben's results at the NZ Short Course Champs were outstanding for a 15 year old and led to this selection.

In the meet report you will see Ben broke a NZ Age Group Record, took out the three breaststroke titles for 15 year olds, won two Open Bronze medals (it is probably more than 15 years since our club won an open National Medal) and set four Wellington Age Group records and two Wellington Open Records

### Learn to Swim:

The club runs Learn to Swim Lessons on Sunday mornings for seven weeks each school term.

The instructors are all volunteers which can also include youth from the age of 15 with swimming knowledge.

For each of the seven week course of lessons we usually expect 90 to 100 children to enrol.

Teaching Learn to Swim is very rewarding and if you are interested in doing some service to the community toward an award this is also a great opportunity for you. The club's lessons play an important part in the community as well as providing a nursery for prospective club members.

If you would like to assist at Learn to Swim, we have some vacancies for instructors – please see Viv.

**Our next set of lessons start on Sunday 28 October.**

Initially new instructors work alongside a more experienced person, and the club will pay for committed instructors to attend one of the Swimming New Zealand Instructors course.

### New Zealand Short Course Championships – 30 September to 4 October 2012:

The champs this year had a very different format, due to them becoming a qualifying meet for the World Short Course Champs to be held in Turkey later this year. This meant that there would be the inclusion of open grade swimmers (Olympians) at the meet so the morning sessions were for age group finals and the evening sessions included open finals plus A & B finals made up in two groups of 15 and Under and 16 and over. These evening results did not affect the age group results posted earlier in the day at the morning sessions.

Overall the team achieved 2 Open Bronze Medals, 4 Age Group Gold Medals, 2 Age Group Bronze Medals and several National Top 10 placings. PCA finished 29<sup>th</sup> on the final points table out of the 73 clubs that appeared. Against the Wellington clubs we were place 4<sup>th</sup> just behind Capital, Karori and Swim Zone. This achievement is outstanding when you consider we had one of the smallest teams there.

Individual Results;

**Bronagh Ryan (19) Open swimmer:** 50m Breaststroke (7<sup>th</sup>), 100m Backstroke (6<sup>th</sup>), 100m Freestyle (12<sup>th</sup>), 100m Medley (9<sup>th</sup>), 50m Freestyle (8<sup>th</sup>), 50m Backstroke (4<sup>th</sup>) and 100m Breaststroke (6<sup>th</sup>). Bronagh was also selected for the Wellington Regional Women's 16 & Over Freestyle Relay team who were successful in taking out the Bronze medal position.

**Christopher Andrews-Kidd (15):** 100m Breaststroke (7<sup>th</sup>), 50m Freestyle (12<sup>th</sup>), 50m Butterfly (17<sup>th</sup>), 100m Freestyle (13<sup>th</sup>) and 100m Medley (13<sup>th</sup>). Christopher was also selected for the Wellington Regional Mens 15 & Under Freestyle Relay team who were also successful in taking out the Bronze medal position.

**Ben Walsh (15):** Turned in a series of top performances winning 2 **Open** Bronze Medals, 4 Individual Age Group Gold Medals, 2 Individual Age Group Bronze medals. He was a member of the Wellington 15 & Under Mens Regional Freestyle Relay team who took out the Bronze and also a member of the Wellington 15 & Under Mens Regional Medley Relay team who took out a hard fought Silver medal. This brought Bens overall medal haul to 10.

Ben achieved a clean sweep of the Breaststroke events winning the National titles in the Mens 15 years 50m, 100m and 200m races. He then went on in the evening to compete in the **Open finals** of these events where he placed 3<sup>rd</sup> in the 50m and 100m races and placed 4<sup>th</sup> by a few hundredths of a second in the 200m race.

He also won the National title in the Mens 15 years 100m Medley setting a new **NZ Age Group record** at the same time, he then went on to compete in the **Open Final** where he placed 7<sup>th</sup>. Not bad for a 15 year old and the first open Medals for PCA club.

Ben also placed 3<sup>rd</sup> in the Mens 15 years 200m and 400m Medleys and finished his campaign with a gentle 200m Backstroke on the last day where he finished 9<sup>th</sup>.

Ben also set 2 new Wellington Open Breaststroke records in the 100m and 200m events, 4 Wellington Age Group records in the 200m, 100m and 50m Breaststroke and the 100m Medley.

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 coach Nevill and 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.

Regards  
Bill Walsh (Team Manager)

#### Upper Hutt Signature Meet - 22 September 2012:

The Upper Hutt club short course meet was held at Kilbirnie on the 22nd September, we had a small squad of 11 junior swimmers attend. The meet was held at the deep end of Kilbirnie pool, so a good chance for the younger swimmers to experience diving & swimming in deeper water prior to the long course season. There was some delay and mix up during warm up when the pool was surveyed for length! but the swimmers carried on and overall had a good meet.

There were a small number of PBs and some DQs but also some fantastic PBs. Sophie Wills took 10.23 secs off her 100m IM time, Sophie Wilkinson took 6.08 sec off her 200m back time, Georgia Wills took 4.84 secs off her 50m Back and Ocean Teare took 2.18 sec off her 100m IM time - well done

It was also Chloe Bouchiers 12th birthday. Chloe had made some fantastic cup cakes, which she shared with all the swimmers, coaches, families etc - thank you Chloe, We livened up the evening with a sing along of Happy Birthday.

Thank you to Alex for providing coach support and the parents who supported the club with official duties, team manager and time keepers



Lizzie Plummer (Team Manager)

#### Subscriptions for 2012/13 Year:

**Thank you to those families who have paid your annual subscription, but for those that have not yet paid it is essential that you pay now – thank you**

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

The subscription for squad swimmers is \$110 per year.

Subs can be paid directly into the club's main **bank account at Westpac (Account No. 03-0547-0205093-00)** – please include the swimmer's name as a reference, or payment can be made on Monday or Friday nights between 6:00pm and 8:00pm at the Cannons Creek Pool

Any family wishing to spread their payments to make the payment of subscriptions more manageable should contact our Treasurer Julie on phone 389-5907 or e-mail at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

#### Labour Weekend:

There will be no club night or squad sessions Sunday 21 and Monday 22 October due to the public holiday weekend. There will be swimming as usual on Friday 19 October.

#### PCA in House League:

The next session is on Monday 29 October with a 6:00pm warm up. This will be replacing all squad training and club sessions on that day.

#### PCA Hardcore Meet - 3 November 2012:

**Last date to enter is Tuesday 23 October 2012.**

PCA is hosting this meet at the Wellington Regional Aquatic Centre on 3 November 2012 – 5:00pm warm up for a 5.30pm start. This meet is part of Swim Wellington Signature Series and is PCA's one opportunity for 2012 to hold a meet at WRAC. The pool will be set up as the 50m length, with electronic timing,

scoreboards etc. This is a great opportunity for club members to swim in a 50m pool and enjoy the facilities WRAC offers.

The meet is a huge fund raising opportunity for the club and hopefully we will also have the biggest team entered. The flyer is on the noticeboard and you will see the events include a kicking race. To enter the kicking race swimmers must be able to complete the distance within a qualifying time. For those 12 years and under the race is 50m and the time of 2min. For 13yrs and over the distance is 100m and the time 3m. Those who wish to enter these races will need to ask their coach to time them before placing their entry. Entry fees for the kicking race are \$2 and the fee for all other events is \$8.00 per race – reduced to \$5.00 per event for PCA members.

With the reduced entry fee all club members and their families will be expected to help at the meet. Whether it be officiating, door duties, posting results, helping in the office, or with refreshments for the officials – we will need many helping hands. For the 50m kick races the boards will need to be carried back to the start end. We will also be asking club families to contribute to the officials food. You will be contacted nearer the day with our suggested items. Watch the notice board for further details.

#### A Big Thank You:

PCA officials co-ordinator Terry Laws along with the committee would like to express their thanks and appreciation for swimming members and their parents who volunteered their much needed help, and support during the NZ Age and Open Short Course Champs held recently.

#### New PCA Swimming Records:

Congratulations to **Bronagh Ryan** who, at the NZ Age and Open short course Champs broke three of her existing records. Also congratulations to **Ben Walsh** who also broke ten of his existing records and one other from a previous PCA competitor.

More details of these records can be viewed on our website: [www.swimporirua.co.nz](http://www.swimporirua.co.nz)

#### Race Entry Boxes:

Swimmers are reminded that the **Race Entry Box** at both the Cannons Creek and Porirua Pools is for **race entries and entry fees**, although the preferred method of entering meets is to e-mail the race secretary and internet bank the entry fees.

Occasionally swimmers may be asked to leave permission slips for trips etc in these boxes as well.

Please ensure that you put your forms and fees in the correct box.

The black box on the wall of the storage room is for committee members to put membership forms and other payments not related to race entries.

If you are unsure please check with your coach or the Committee member on duty.

#### Swimming Equipment:

It has been brought to the attention of the committee that swimmers are failing to return various items to the cupboard after use, such as pull buoys, flutter boards, flippers etc.

Not returning these items is causing a hazard around the poolside and inconvenience to the coaches. We are therefore requesting that more consideration is made by swimmers, and that they ensure in the future everything that is taken out of the cupboard always goes back to where it was taken from.

#### Friday (or Monday) Night 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 to \$50 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.

With the agreement of the committee sausages sold on Friday night will now be \$1.50. This price is in line with most Fundraising Sausage Sizzles.

#### Duty Roster:

The club is also looking for volunteers to take (man) the desk on Monday and Friday nights at Cannons Creek. The duties include 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 a Monday and 8:00pm on a Friday.

Those interested should ring Onolata Little ph 235-5646.

#### Cannons Creek Pool Maintenance:

You may have seen the Dash newsletter for September 2012 and the article discussing closure of the pool during the Christmas holidays for maintenance.

We have requested more information on dates etc and will update members regarding closure times and alternative arrangements for squad training in the next newsletter and on the web site.

### Swimming Caps (now in stock):

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:

That all members are given a club cap for the 2012/2013 year on receipt of subscription payment and caps will be replaced if they break or split providing the old cap is returned.

In the future new members will be given a cap on receipt of their subs.

Swimmers losing their club cap will need to buy a replacement.

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 phone 235-5646

### Club Uniform:

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

We can also order the new Swim Parka in any size for \$98 child, \$110 adult.



We have received some very positive comments about these parka's because of their practicality and warmth for early morning and late evenings when they are ideal to wear.

Please contact Lizzie Plummer if you would like to purchase any PCA uniform items - see web site for details, order form and bank details or email [mail@cplummer.co.nz](mailto:mail@cplummer.co.nz)

**The next order for uniform items will be placed with Kukri on 22 October and will take about 8 to 10 weeks to be delivered, so if you want any items please ensure that your order form is completed and sent to Lizzie, and that you have paid by 20 October.**

There will probably not be another order until March 2013.

Club togs are also available. 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 Onolata Little for more information and/or to order togs on 235-5646

### Pre-loved Uniform and Other Items:

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.

### 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 Julie Saunders on 389-5907 or [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**27 October** – Gold Coast (LC) at Naenae – Closes 19 October at 7pm.

**29 October** – PCA In House League #2 (SC) – Cannons Creek – Swimmers will be added to teams on night.

**3 November** – PCA Hardcore Meet – WRAC – Closes 23 October at 7pm.

**17 November** – Capital City Ford Classic (LC) – WRAC – Closes 9 November at 7pm.

**19 November** – PCA In House League #3 (SC) – Cannons Creek – Swimmers will be added to teams on night.

### Report of Best Times:

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

### Club Contacts:

President (Viv) .....	234-7071
Secretary (Mike).....	021-0257-8904
Treasurer (Julie).....	389-5907
Race Secretary (Andy).....	233-6016
Club Captain / Junior Squad Liasion (Onolata) .....	235-5646
Senior Squad Liasion (Hiria) .....	478-9265
Officials Contact (Terry) .....	233-0360
Uniforms (Lizzie) .....	(04) 905-5052

General enquiries to [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz)