

SWIMMING WELLINGTON SUMMER LONG

COURSE CHAMPS – JAN 2013

The Wellington Long Course Champs were held over the anniversary weekend. With seven sessions it was a busy and long weekend for the swimmers. Just over 600 swimmers entered the meet with swimmers coming from all over NZ. Both Juniors and Seniors attended the meet and achieve some good results. All 50m and 100m races were held as heats in the morning with finals in the afternoon and 200m upwards were held as timed finals.

The PCA team of 36 swimmers entered 207 events over the weekend, Unfortunately due to illness we lost a few of the swimmers for a few of the sessions, but the majority recovered enough to swim some of their races, which was good. It was a long meet with a lot of waiting for the swimmers. However, they found ways to keep themselves busy (Thank you Anais Lucas, for bringing the strings and introducing the boys to the art of key chain and bracelet making, everyone got involved and had fun. The swimmers were tired but enjoyed the meet and were pleased with their achievements.

Lots of PBs were achieved and a few of the swimmers achieved nationals qualifying times, so well done to Caitlin Clarke, Alex Coope, Gemma Orsman, Mia Uluilalata, Sophie Wilkinson and Jack Plummer A total of 30 medals were won by PCA swimmers, see medal chart below.



Congratulations to Jack Plummer who was named Swimmer of his Age Group.

Overall as a club PCA came 12th on points, which was lower than last year, but gives us an incentive to improve next year.

NAME	GOLD	SILVER	BRONZE
Christopher Andrews-Kidd	0	3 (50m freestyle, 50m butterfly & 100m freestyle)	3 (50m Breaststroke, 50m backstroke & 100m breaststroke)
Gemma Orsman	0	1 (50m Breaststroke)	0
Jack Plummer	7 (50m Breaststroke, 100m Freestyle, 50m backstroke, 100m breaststroke, 50m freestyle, 200m freestyle & 200m IM)	3 (200m Breaststroke, 100m backstroke & 50m butterfly)	2 (200m Backstroke & 100m Butterfly)
Bronagh Ryan	0	3 (50m Backstroke, 100m breaststroke & 50m freestyle)	1 (200m Breaststroke)
Monica Saili	0	1 (50m freestyle)	1 (800m freestyle)
Mia Uluilalata	0	0	1 (100m backstroke)
Sophie Wilkinson	1 (50m backstroke)	2 (200m backstroke & 100m backstroke)	1 (50m freestyle)

We would like to thank all those parents who helped with officiating and supporting the club. Also to Clare, Libby and Ondine who also acted as Team Managers.

Thanks to Nevill and Alex, the coaches, for supporting their swimmers.

PCA swimmers relaxing:



Lizzie Plummer (Team Manager)

AUSTRALIAN YOUTH OLYMPICS –JAN 2013

Report from Ben Walsh who was in the NZ team that competed in the Australian Youth Olympics in Sydney in January.

I would like to start by thanking the PCA Committee and members for the generous support and sentiments of good luck I received before going to the Australian Youth Olympics in Sydney.

Upon arriving in Sydney the first thing that hit me was the immense heat. We walked into a temperature of around 40 degrees which we all found over whelming. Our accommodation for the week was at St Andrews College, a boarding school. This was to allow us to experience living in a village type environment. It was huge and reminded me of a castle but was a little disappointing as it was not very flash inside. At the end of the day though it was just a place to eat and sleep as we spent most of our time at the pool.

On the first night we were all brought together to meet the Management team, travelling Doctors and sports psychologists. They briefly discussed what was going to happen and also touched on the subject of drug testing. I must admit the idea of having to provide a sample for drug testing made me nervous however I knew that it was something I would just have to do if selected.

I didn't have a very good first night, strange surroundings and lots of bugs flying around my room made for a restless night's sleep! We had breakfast at 7am and then went off for our first training session. The session was not too hard and the coach I had and other swimmers in my lane were familiar to me as I met them on my last trip to Australia.

We returned to the college where all the NZ athletes competing at the Youth Olympics were brought together. We were introduced to the chef de mission and other members of the Olympic management team.

We were all presented with a necklace and then a team photo of all 186 athletes and management was taken.

In the afternoon we had another training session but this time at the Aquatic Centre where the competition would take place. The pool was huge and really nice.

I had a good night sleep that night. Next morning we had breakfast at 6am then off to a training session at 7am. The rest of the afternoon we had time to relax before we were to head off to the Opening Ceremony at 6pm. The ceremony was fantastic! It was held at the Sydney Entertainment Centre. Each of the competing countries marched in and were seated just off the stage, once everyone was settled an amazing show was put on.

Next morning we were up at 5.30am, we had breakfast before heading off to the pool for first day of competition. Although I did not have a race today it was good to watch other swimmers competing and to get a chance to observe swimmers from other countries.

Friday morning we were again up bright and early. Today I was to swim my 100m Breaststroke. I swam my heat in 1.06 which was a pretty good swim but a couple of splits away from my PB. I think my nerves got the better of me. Overall I placed 10th in this event.

Although I qualified to swim the two breaststroke races I was lucky enough to pick up an extra event which was the 100m Butterfly. I swam this race in just on 1.00 minute which was a nice long course PB. I didn't make the final that night but was happy with the time I did.

On the last day I swam the 200m Breaststroke. In the morning heat I swam a time of 2.26. With this time I made my first final. To make a final with the calibre of swimmers I was racing against was pretty exciting. In the final I swam a slightly faster time of 2.25 and placed a creditable 7th for the event.

I knew before I went to Australia that I would be competing against faster and more experienced swimmers. As a 15 year old, and the youngest member of the NZ swimming team, my competitors were anything up to two years older than me. So I was not surprised by the times that the medal winners were achieving. The purpose of this trip was to allow me to experience another international competition and to swim following the instructions of different coaches and against stronger swimmers. It was a good trip but I am glad to be home to the cooler weather!!

Once again thank you to everyone who helped me get there and supported me during my stay

Ben

WOOLAHARA TROPHY CARNIVAL 10TH Feb 2013

The Gold Coast Woolahara Trophy Carnival meet was held on the 10th Feb at Cannons Creek. It was well attended by both PCA club and squad swimmers, with lots of young swimmers swimming, which was great to see. Space was still a premium but the newly painted pool seemed to be karger and less crowded than usual.

PBs were rewarded with ribbons, which the swimmers proudly brought back and we saw a lot of ribbons well done swimmers. Some younger swimmers tried new events and had fun while enjoying the challenge. The PCA 12 & U relay team was picked from club swimmers and came 3rd, while the PCA 13 & O relay team came 1st. The Trophy was won by Tawa Club with 53.8 points, PCA 2nd with 47.7 points and raumati Swim Club 3rd with 32 points.

Well done to Joel Crampton from Tawa Swim Club who achieved a Wellington record in the age 10 100m Butterfly

Thank you to all the parents who volunteered to support the meet, we had a newly volunteered Team Manager who was great, so thank you Rebecca and thanks to Alex, Junior Coach for supporting the swimmers during the meet.

Lizzie Plummer (Team Manager)

PCA IS PROUD OF THE FOLLOWING;

Congratulations to **Nevill Sutton** who recently received a Swimming NZ Honours Award for his contribution to our sport. These awards are not given out lightly and are presented to people to who have made an extraordinary contribution to swimming over a period in excess of 20 years. Well done Nevill

Congratulation also to **Matt Meehan** who recently became a FINA listed referee, and will be officiating at the World Championships in Barcelona in July 2013. The number of FINA listed officials in NZ is very small. FINA officials are highly qualified and totally dedicated to our sport. FINA (Swimming's world governing body) uses on this group of people to officiate at International Meets.

Well done to **Terry Laws and Brent Harris** who are now both qualified referees after sitting the exam at the Wellington Summer Championships. To have so many qualified referees with in the club (PCA now has six) makes it so much easier when we run race nights, club champs and club meets.

Thank you all for giving so much time to swimming.

CAPITAL CLASSIC STATE INSURANCE OCEAN SWIM – Sun 27th Jan 2013

It was fabulous to see so many of our swimmers getting out there and having a go at the Ocean Swim at the end of January. It was a wonderful Wellington day. Oriental Parade was crowded with

people, swimmers of all shapes, sizes and capabilities. There were many options available from a 200m for 10yr olds and under, a 300m, a 1km and a 3.3km. All races started at different times from Oriental Beach finishing at Freyberg Beach. The conditions were 'cracking' resulting in very happy swimmers with great results in all of the four swim distances.

I urge you to look out for this event next year as apart from it being a great event, all swimmers get a great goodie bag with a new cap and towel and there are great spot prizes to be won too, including wetsuits, T3 vouchers etc.

Some noted and very commendable results and medals:

200m (10 and under in age groups)

Jack Plummer 2nd Boy
Brianna Fisk 2nd Girl
Samantha Hayes 3rd Girl
Ocean Teare 12th Girl

300m (open age group)

Lucy Newton Smith 3rd Female
Katie Cameron 4th Female
Molly Newton Smith 8th Female

1000m (open)

Emilie Clarke 3rd Female category
Caitlin MacQuarrie 5th Female category

3.3km (open)

Mia Uluilalata 2nd Female category in 54mins 46 secs!

Clare Newton Smith



Lucy & Molly Newton Smith, Katie Cameron & Jack Plummer



State 2013 NZ Junior Championships – Feb 2013

The State 2013 NZ Junior Championships were held over the weekend of the 16th & 17th Feb at the Westwave Aquatic Centre in Auckland and the Wellington Regional Aquatic Centre with 92 clubs taking part. The events at each venue were run concurrently with the results collated to give National placing's. The meets were swum long course, with ribbons awarded to the first three regional place getters and medals were awarded to the top three national winners. Wellington hosted teams from the lower North Island and South Island. On the club points table PCA finished up in 16th place nationally and was the 4th Wellington club. Well done to our swimmers and our coaches Nevill and Alex.

To swim at this meet swimmers had to qualify, which is an achievement in itself. PCA had 9 swimmers qualify, with 8 attending. Well done Alexandra Coope, Bronson Lloyd, Anais Lucas, Gemma Orsman, Jack Plummer, Khi-Jyvonne Rapson, Mia Uluilata and Sophie Wilkinson.

This event is the highlight of the year for our Junior Swimmers and all the swimmers were nervous and excited to be there. The opening ceremony was held at the beginning of session 2 with speeches from Swimming NZ, State Insurance (main sponsor) and Wellington Region. Each Region chose representatives to form a parade around the pool showing the regions banners. The National Anthem was sung by two very talented young ladies from Chilton St James.

All our swimmers preformed well, putting everything into their events, several PBs were achieved and points won for the club. Both Sophie & Jack were selected for the Wellington freestyle relay teams and Sophie was also swum the backstroke leg in the 12 and under regional medley relay team. Sophie's medley relay had a great race coming 3rd nationally, thus winning the bronze medal. Sophie was also 4th nationally in the 11year old girls 100m backstroke and 5th nationally in 50m backstroke. Congratulations Sophie – these are great results!!!



Our Swimmers on the Saturday Sessions.

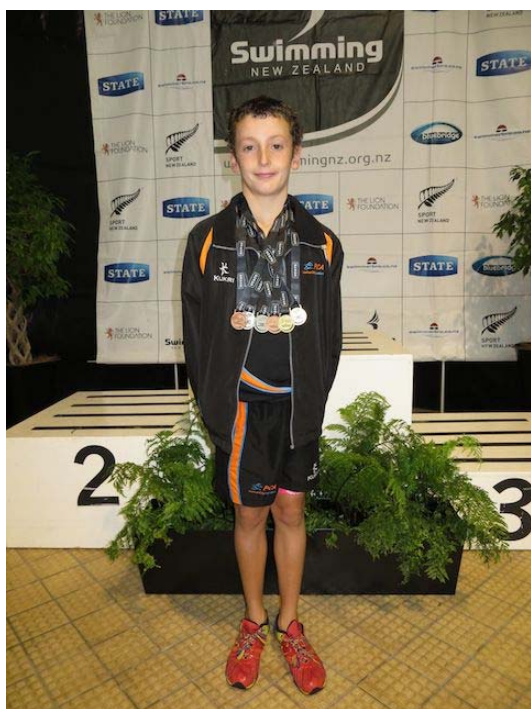


Sophie receiving the Bronze Girls 11 yr old Relay Medal

Jack Plummer had an outstanding meet swimming nine events over the three sessions. In both the 10 & under 50m freestyle and 50 m breaststroke he won the National Gold Medal, making him currently the fastest swimmer in these events in the country!!! Well done Jack!! He also won Silver medals in the 10 & under 100m free and 100m breaststroke and Bronze medals in the 10 & under 50m backstroke and 200m Individual Medley Jack was placed 4th nationally in both the 10 & under 50m Fly and 100m Backstroke and 5th nationally in the 10 & under 200m breaststroke. He swam personal best times in every event he entered and took half a second off the Wellington Record for the 100M free. Congratulations Jack – these results are outstanding

It was a great weekend and we would like to express thanks to all the parents and helpers who officiated, team managed, covered our duties and supported the meet, especially those who didn't have swimmers competing at the meet. PCA would also like to thank the coaches Nevill and Alex for their support

Lizzie Plummer, Libby Lucas and Ondine Souter
Team Managers



Jack with his medals from the Juniors.

DIV III Meet

Division III Naenae Pool March 23rd, run over two sessions – see the notice board for details

All Wellington clubs are allocated two meets a year on the Wellington Swimming Calendar and Div III is the

first one for PCA for 2013. The club has run Div III for nearly twenty years and the meet usually attracts swimmers from Manawatu, Wairarapa and all around the Wellington Area. The meet's strict entry criteria, means that swimmers who have qualified for the 2013 Nationals may **not** compete. This gives developing swimmers a chance to take centre stage and shine. Hopefully we will see many PCA swimmers up on the medal dais winning medals and/or finalists ribbons

The meet is a club fundraiser and we would like the PCA team will be the biggest club team competing at the meet. Our goal for this year is to have 50 swimmers competing. Last year we had just over 30, and after the event many expressed their disappointment at not having entered. The club realises that many are involved in other sports on a Saturday – if you can just make one session that would be great. The entry fee per event is \$7.00 reduced to \$4.00 for our club members.

As we do every year, the club hopes that our Nationally qualified swimmers (in club uniform) will support our developing swimmers and help out at the meet in return for the assistance the club has given them to attend their National Meets.

RACE NIGHT

We will be hold Race Night on March 15th – see the noticeboard for details on how to enter. Race Night is open to all PCA swimmers and provides an ideal opportunity for those new to the sport/club to come along and see what racing is all about. The programme caters for all levels from new swimmers through to our more competitive swimmers who wish to up-date their times. Swimmers may enter a maximum of three events. Swimmers and parents should see their child's coach if they have any queries about what to enter.

NOTE – RACE NIGHT REPLACES ALL TRAINING SESSIONS ON THE 15TH

NEW MEMBERS

Welcome to all the club and squad members who have joined in the past few months. Hope that you are enjoying the swimming and the club. Please let any committee member / coach know if you wish to check something out or have a chat. You will find lots of information on our web site at www.swimporirua.co.nz.

Change of Session Times for Monday Club Night:

Due to the number of swimmers in the last session on Monday Night the club has extended the time that it hires the pool and the session times are now the same as Friday Night, (the last session has been split into two starting at 7:20pm and 8:00pm).

If you usually swim in the last session on Monday Nights please check with Viv, Eileen or Peter which session you should now attend.

Please also note that the first session now finishes at 6:40pm (when the second session starts), and the second session now finishes at 7:20pm.

Check the timetable page on the Website for full details.

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 - 7.30pm on a Monday and 8:00pm on a Friday. Those interested should ring Onolata Little ph 235-5646.

PAYMENT AT GOLD COAST MEETS

Manning the door at Gold Coasts can be made more difficult for the volunteers collecting the money when people refuse to pay.

To this just to remind you all that everyone at a Gold Coast Meet is required to pay the door charge – either \$6.00 for swimmers or \$1.00 for everyone else. 'Everyone else' includes spectators, team managers, admin people and officials.

Swimming Caps:

New members will be given a cap on receipt of their subs and will be replaced if they split. 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 also have the following new uniform available for purchase;

Ladies Tracksuit bottoms size 12 - \$64
Ladies T shirt size 10 - \$35
Ladies size 12 shorts - \$35

We can also order the new padded Swim Parka in any size for \$98 child, \$110 adult, great for keeping warm & dry.



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

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

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

Upcoming Events:

26 February to 2 March - Swimming NZ Age Groups (LC) - WRAC - Entries Closed 5 February

10 March - Gold Coast Ribbon Carnival (SC) - Raumati - Entries Close (list on notice board) 4 March 7pm.

15 March – PCA Race Night. Closing date 11 March – see notice board at Cannons Creek.

17-22 March - Swimming NZ Open (LC) Auckland – Entries close before 5th March

23 March - PCA Division III (LC) Naenae – Entries Close 13 March

See website for more information.

Report of Best Times:

If you require a list of your times, please email the Race Secretary (Andy) at 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 & Newsletter (Lizzie).....	(04) 905-5052