

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

Aug/Sept 2009

PCA CHALLENGE CERTIFICATE NIGHT

*Friday September 18th – Cannons Creek Pool
6.00pm Warm Up - 6.30pm Start*

OPEN TO ALL CLUB SWIMMERS

For those new to the club – Challenge Certificates are a Swimming NZ initiative. As swimmers achieve these times they are given a Certificate and relevant sticker (Gold, Silver or Bronze), and as they improve their times they will receive the new stickers to go on the certificate. There are five certificates (one for each stroke plus medley) in the series with space on each certificate for the various distance stickers.

Races will be held in 50m freestyle and 50m backstroke and swimmers times will be checked against the Challenge Certificate times. Those swimmers who do not make a challenge certificate time will receive a 'best time' ribbon. We will require help with time keeping – volunteers will be called for on the night.

This will be an ideal opportunity for swimmers to 'have-a-go' and experience what racing is all about.

All swimmers are welcome to take part in the Challenge Certificate night.

Stroke & Distance	GOLD	SILVER	BRONZE
Freestyle 50M	38.70	41.20	44.20
Backstroke 50M	44.60	47.50	51.00

NEW CAPS

All club members are entitled to one of our new caps, free. These can be collected from the person on duty on club night and will be distributed to those swimming at the Porirua Pool. The club expects swimmers to wear their PCA cap when racing.

COACHING

Those who swim at Cannons Creek in the Swordfish and Orcas groups will be aware the Dennis Smith has resigned. The club is very grateful to Dennis, who initially came to coach for us for 'a month or so', while we sorted ourselves out when Ben left, and has remained coaching these groups for just on one year. To his credit Dennis has done a wonderful job and has done more than we ever expected by attending carnivals and encouraging these swimmers whenever he could, as well as poolside coaching. *Thank you, Dennis.*

The club is now looking to employ Alex Bennett as PCA's Junior Squad Coach to take the Swordfish and Orcas. Alex has been coaching at the Porirua Pool and relieved while Dennis was on leave. At this stage training times will remain the same but as we work through the merger, these may change in the future.

RESULTS

Swimzone Reverse Stroke Meet

25th July at Naenae Pool

We had a team of 16 swimmers. It was the last Long Course meet for the season before heading into short course meets. It was great to see many of our swimmers attaining personal best times.

Thanks to Bill Walsh for team managing and to the parents who helped out with time keeping and other official duties.

Tawa Dash for Cash Meet

1st August at Naenae Pool

This was a very busy and long meet. We had team of 37 swimmers, with a number swimming personal best times.

Thanks to Steve Shields and Matt Trlin for team managing, and to the parents who helped out with time keeping and other official duties. Thanks also to the swimmers who voluntarily scratched from their events to help reduce the length of the meet.

Congratulations to the swimmers who won 'cash' prizes at the end of the meet.

Palmerston North Winter Meet

8th August at Freyberg Pool, Palmerston North

We had a tiny team of two, the Trott girls. Katie swam the 200 back & 200 fly for the first time and Nicola did a good job at updating her times.

100m Handicap Trophy

On 10th August at Cannons Creek Pool, we held the Annual 100m Handicap Trophy. This is a club event and, as always, proved to be very popular and a lot of fun. We had a huge number of entries with 84 swimmers entering.

Fourteen heats were held, with the first two or three placegetters going through to swim in one of the six semi-finals. The winners of each semi-final then competed in the Grand Final. Swimmers not making it to a semi-final or final were put into relay teams. Prior to the Grand Final, we ran relay heats. Each team of 11 swimmers swam to establish a time before competing later in the relay final which was handicapped. Teams improving their time by more than 4 seconds would be disqualified.

Congratulations to the following swimmers who made it through to the individual Grand Final: Sarah Williams, Fazeem Khan, Jesse Williams, Grace Hunter, Natasha Smith and Aaron Lynch. The winner of the Trophy was Natasha Smith.

The relays proved to be noisy and very exciting. When the final results were in, some teams forgot that they would be disqualified if they improved their time by 4 seconds and consequently 3 out of the 6 teams were disqualified!

Congratulations to Team 6 for swimming a very controlled race, winning the Relay Final. Team were: Henry McCook-Weir, Sophie Wilkinson, Nathan Tregear-Watts, Lucy Newton-Smith, Letitia Saunders, Jordan Crosbie, Hannah Aunoa, Danny McDowell, Hayley Wilkins, Oliver Smith and Olivia Aunoa.

Thanks to Viv for organising lovely rosettes in the club colours for the individual finalists.

Thanks to Gillian Kalafatelis (the referee) and Robin Cowan (the starter) and the parents who helped with time keeping and organising the event.

Sarah Tait
Race Secretary

CLUB TEAM MANAGERS

Thanks to all those parents who help out as Team managers for swim meets. As the club has grown and numbers attending meets is increasing I will usually be asking for two Team Managers. For those new to swim meets who may be interested in helping out with this role, please read the information below detailing Team Manager responsibilities.

Club Team Manager Summary of Responsibilities

PRIOR TO THE MEET

- Collect the team manager's folder with copies of the swimmers entries and copy of the meet flyer from the race secretary (currently Sarah Tait).
- Collect the team manager's bag from the person looking after it, currently this is our Club Captain (Onolata Little). This will include a team manager's shirt, club flag, first aid kit, and spare club caps.

AT THE MEET

- Arrive at the meet prior to warm up. Familiarise yourself with the pool layout e.g marshalling area, presentation area and any specific meet rules.
- Familiarise yourself with **ALL** team members e.g know who is in the team and what the swimmers look like. Encourage all swimmers to sit with the team. You are only responsible for those that do so.
- Encourage parents and supporters to sit away from the team. At many meets this is essential as seating is allocated for the swimmers, coaches and team managers, based on team numbers. A separate area will be allocated for spectator seating.
- Advise the meet organisers of any scratchings. Scratching from heats is not required, but as a courtesy should be done. Scratching from finals is required. At Championships meets there are time deadlines for scratching to be made by to avoid the club/swimmer being penalised.
- Attend any pre meet briefing.
- Liase with the coach
- Be familiar with meet rules, especially scratchings.
- Prepare and submit all protests on the correct form with the protest fee (usually \$50.00) within the required timeframe. Seek help from the Meet Director if you are unsure.
- Respond to all calls for the Porirua City Aquatics Team Manager
- Ensure the club dress and behaviour codes are adhered to.
- Ensure that the swimmer or their parents are informed there is a cost of purchasing a swim cap out of the managers bag (cost \$10)
- Ensure all swimmers arrive at the marshalling area on time.
- Remind swimmers (and parents if necessary) that the team manager is the only person with club authority, and that all communications to the meet officials must be made by the manager. Swimmers and Parents should draw the Manager's attention to anything they have a concern about during the meet. Following up concerns after a meet is not usually successful.
- At the conclusion of the meet, collect meet results, if these aren't available confirm that they will be send to the club. Follow up with the organisers on how and when any unrepresented ribbons, medals etc will be sent to the club.
- In the event of any protests or technical issues, consult with the coach, WSA technical officials etc to ensure you have a correct understanding of the position.

AFTER THE MEET

- Submit a report to the race secretary for inclusion in the club's monthly club newsletter. Include swimmer names, results, comments, especially on outstanding swim of the meet
- Return team manager bag, and all the contents, including club caps and money for the purchase of, or a list of those who owe for club caps to (currently) the Club Captain and return the folder to the Race Secretary.
- Report any misconduct or concerns you have about our swimmers or the meet to the Club President.

If in doubt, ask someone for help or for advice. At all meets the Meet Director is in-charge, and is there to assist you as required.

Thanks
Sarah Tait
Race Secretary

SENIOR SQUAD CAMP

Bookings have been made in Palmerston North for our 2010 Squad Camp to be held from Sunday 10th – Saturday 16th Jan 2010. Further details to follow in due course. If you have any queries in the interim, please contact Matt Trlin.

Attendance at camp is conditional on swimmers meeting the following criteria:

1. **Attendance at training** - Each must have attended 80% of sessions offered for the respective swimmers training group for the previous four months (Sept – Dec 09). Allowance will be made for swimmers who due to illness and or injury have been unable to attend training.
2. **Attitude at training** - must have a positive attitude to swimming. Looking for a “**CAN DO**” rather than the prevalent “**CAN’T**”.
3. **A willingness to develop and implement the small issues** – breathing in on the turn, breathing on the third stroke after the turn and starts in free, breathing on the second stroke in fly on start and turns, time everything, streamlining feet past the flags with fly kicks in back/fly and free, start the long pull in breaststroke after the flags, keep a log book, complete the weekly training sheets, complete the monthly self monitoring sheets, be early not late, each start is a real start, able to read the clock.
4. **Competitions attended** – senior swimmers need to show that they want to compete and will have attended the Premier SW Meets and are tracking a level of improvement. Swimmers are expected to be swimming at SW Summer Championships 2010 if they are going on swim camp.
5. Junior swimmers will need to show that they want to compete and will have attended the Premier SW Meets and are tracking a level of improvement.

Meeting the above criteria does not guarantee a swimmer an automatic right to attend swim camp.

SQUAD FEES

The Committee has recently reviewed the structure for squad fees. Effective from **1st August 2009** squad fees for all the club's squads training at the Porirua Pool (excluding Orcas and Swordfish) have been increased to \$120.00 per month.

If you are currently paying these fees by automatic payment, can you please ensure you update your monthly amount.

If you have any questions or concerns relating to the fee adjustment please contact Matt Trlin – Squad Liaison.

THANK YOU

A big THANK YOU to Glenn Saunders for organizing the purchase of a new BBQ for our Friday night sausage sizzles!

LEARN TO SWIM

Our next course of seven lessons will commence on Sunday 1st November and conclude on December 13th. The cost is 40.00 – classes are held at 9.30am and 10am – swimmers should be at the pool 15 minutes before their lessons. Swimmers arriving late can be very disruptive to the class.

PCA SQUAD SWIMMING - BBQ FUNDRAISING

WHAT IS IT ABOUT?

This is an opportunity for all squad families to volunteer to take turns cooking sausages on a Friday Club night at Cannons Creek Pool, to fundraise for their individual swimmer/s

The profit made on each night, is at the end of the year divided up amongst the families who took part. For example if we had 20-sausage sizzles in the year and your family cooked 3 times your swimmer will get 3/20^{ths} of the profit share.

HOW CAN THE BBQ FUNDRAISING MONEY BE SPENT?

The money each family receives is held as a credit in the squad account and can be used on any swimming expense. i.e. squad fees, camp fees, swim meet entry fees.

HOW DO I VOLUNTEER?

There is a BBQ co-ordinator (Onolata Little: 235 5646 or 027 6006616) who will have a list of dates. You will need to either advise her by phone, text or email, which date you would like and she will advise if it is available. A roster will be posted up at Cannons Creek and Porirua Aquatic Centre. Any questions/queries or constructive criticism/advice please do not hesitate to contact Onolata.

WHERE IS THE BBQ KEPT AND WHAT DO I NEED TO DO?

- The club's BBQ and gas bottle are kept in the storeroom at the far end of Cannons Creek Pool.
- In the storeroom on the right hand side there is a bench with different containers stacked on it. A red square container with no lid that holds the oil, tomato sauce, mustard, hygiene gloves, tin foil, and handy towels, serviettes etc.
- **You need to purchase one bag** (70 pre-cooked) sausages from Preston's and 4 loaves of bread from wherever you wish to purchase them from.
- If you wish to have onions, please purchase and slice (optional)
- **Can you please bring your own utensils**, that way you are able to take them home and we have clean utensils each week.
- Take the BBQ from storeroom and wheel it out to the front entrance where you set up and start cooking at 6pm
- Viv Morton will have a float ready for you.
- Sausages are sold for \$1.00 each.
- At the end of the night, give the money to Viv Morton. Take out the cost of the sausages and leave the docket in the container, normally \$20 if purchased from Preston.
- Please make sure the BBQ is **cold and clean** before it is put away.
- Please notify Onolata Little if the gas bottle is low or any of the sauce supplies, serviettes, paper towels etc are needed to be purchased.

Available dates for Term 3 are September 4th, 18th and 25th. If you are able to help on these dates please contact Onolata asap.

SITUATIONS VACANT – CALLING ALL WEBSITE/COMPUTER EXPERTS!

With the merger of Mana Swimco and Porirua Swim Club, we need help to design and maintain a new website for our new club, Porirua City Aquatics. If you are interested in helping out with this please contact Viv Morton 234 7071. This may be a project that would suit a student.

We would also like to take this opportunity to thank Greg Tait for all the work and effort he has put in to developing the Mana Swimco website.

PCA BANK ACCOUNT DETAILS

With an increase in payments being made directly to our bank accounts, we advise our account numbers are as follows:

- Main Account – Subs/Uniforms etc – 03-0547 – 0205093-00
- Race Secretary – Race Entry Fees – 03-0547 – 0205093-01
- Squad Account – Squad Fees & Squad Camp Payments – 03-0547 – 0205093-02

When paying by direct credit could you please ensure you use the correct account as shown above and include your child's name and any other relevant particulars. If you are unsure which account you should be using, please contact our Treasurer, Sandra Marks on 234 8949.

Automatic payment forms are available from the person on duty at the club table.

CONTACT DETAILS DATABASE

We are continually updating our club records and e-mail contact list. If your home address, e-mail addresses and contact phone numbers have changed please ensure you let us know so we can keep you informed. Can families please send their name, home address and current e-mail address to manaswimco@paradise.net.nz or alternatively advise the person on duty at the club table.

If you would prefer to have your newsletter emailed to you, please send your details to tossandfloss@xtra.co.nz.

MEMBERSHIP FEES 2009/10

A reminder for those who haven't yet paid their \$80 sub which was due by 31st July 2009 - Payment may be made as follows:

- **Cheque or cash** to Committee Member on duty during club nights
- **By Direct Credit** into the Porirua City Aquatics Inc. account - 03-0547 – 0205093-00
If paying by direct credit please ensure you include your child's name in the particulars section. It would also be appreciated if you could email the relevant payment details to our Treasurer, Sandra Marks – tossandfloss@xtra.co.nz.
- **Mail a cheque** to:
Porirua City Aquatics Inc.
C/- 2 Mizzen Place
Whitby
Porirua 5024

For any fees still outstanding as at 31st August 2009, an invoice will be forwarded. Please note that your child/ren will not be allowed to participate in swimming carnivals/events if the amount due remains unpaid.

If you have any queries regarding the fees, or would like to make arrangements to pay, please contact our Treasurer Sandra Marks, or discuss with the Committee Member on duty during club nights.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
MONTH			
Sat 5 th & Sun 6 th and Sat 12 th & Sun 13 th September	Wgtn 2009 Short Course Champs	WRAC	Flyer and eligibility report (as at 26/06/09) on notice board. <i>Entries close 7pm Monday 17th August.</i>
Saturday 5 th September	Dolphin Carnival	Makino, Fielding	Flyer to come
Friday 18 th September	PCA Challenge Certificate Night	Cannons Creek Pool 6.00pm Warm Up 6.30pm Start	All swimmers welcome. 50 free & 50 back. Enter on the night.
Saturday 19 th September	Masterton Mitch Tait Meet	Masterton	Flyer to come
Saturday 26 th September	Karori 12 & Under Meet		Flyer to come
Sunday 27 th to Wednesday 30 th September	NZ Swimming Spring Competition	Christchurch	Refer to NZ Swimming website for meet info. <i>Entries close approx. 9th September (tbc).</i>
Sunday 18 th October	Ice Breakers Aquatic Carnival	Freyberg Pool Palmerston North	Club bus trip. Flyer to come.
Sunday 18 th October	Gold Coast Meet		Flyer to come
Saturday 24 th October	Capital Classic	WRAC	Flyer to come

N.B. If you require a list of your times, please email Sarah Tait - thetait@inspire.net.nz - and they will be sent back to you.

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Pauline Ryan	237 5738
Treasurer	Sandra Marks	234 8949
Race Secretary	Sarah Tait	237 5588
Club Captain	Onolata Little	235 5646
Squad Liaison	Matt Trlin	233 0934
Officials Contact	Marion Bunckenburg	477 0277



PORIRUA CITY AQUATICS INC. would like to thank the NZ Community Trust for their support in providing a grant towards our pool hire costs.