

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.

Sept/Oct 2009

PCA CLUB TRIP

to the

ICE BREAKERS AQUATIC'S MEET **at Freyberg Pool Palmerston North** **Sunday 18th October**

The club will be taking a team by bus to this meet. This trip is open to all club members 9 years and over. Younger swimmers are welcome to make their own travel arrangements and join the team at the pool in Palmerston North.

The bus will leave Paremata Railway Station at 5.45am and return in the early evening. Swimmers are to bring a cut lunch to have during the break at the carnival and money for tea at McDonalds on the way home. Swimmers must also bring all their racing gear, snacks, drink bottles etc. Note – the cut lunch is essential as no one will be allowed to leave the pool/team to buy their lunch.

Bill Walsh (ph 235 5346) has been appointed as Team Manager. Obviously Bill will need assistance, depending on the team numbers – if you would like to assist managing this team please ring Viv Morton on 234 7071.

Swimmers who wish to join this team must do three things.

1. List your name and phone number on the noticeboard if you intend coming on the bus.
2. Complete a permission/health form (available on the noticeboard) and return it with your entries to the Race Secretaries entries box at either Cannons Creek or the Porirua Pool.
3. Enter the meet. Race entries are to be completed as usual i.e. write on an envelope your name, event numbers and phone number, and enclose the entry fees. You can only enter events that you have official times for. Entries with 'no times will be not be accepted.

THE CLOSING DATE FOR JOINING THIS TRIP & ENTRIES IS 23rd SEPTEMBER.

SCHOOL HOLIDAYS

During the school holidays there will be swimming as usual for all swimmers. As our Monday and Friday sessions (except for the Orca's session on Mondays) will be dedicated to Distance Badge swimming. Those new to the club and/or those who wish to swim for up to 400m should come at 6pm. Those swimming 800m, 1500m and doing the 1000km (40 length) timed swim should come at 6.45pm. The club's distance badges cover 25m, 50m, 100m, 200m, 400m, 800m and 1500m. The aim is for swimmers to complete the distances without stopping. Swimmers may change their stroke during the swim, providing they don't change in the middle of a length.

RESULTS

Upper Hutt Last Chance Meet

19th August at Naenae Pool

We had a large team of 34 swimmers. It was another very long meet with lots of swimmers trying to get qualifying times for the Wellington Winter Champs.

Thanks to Terry Laws and Glenn Saunders for team managing and to other parents who helped with timekeeping etc.

Wellington Winter Champs Report

This meet was held recently over two weekends – 5th & 6th and 12th & 13th September at the Wellington Regional Aquatic Centre (WRAC) in Kilbirnie.

Well done to all the swimmers who qualified and swam at these champs and thanks to all the parents who stepped up and helped over the duration with our team duty requirements and team management.

In the team scores, **PCA came 4th** behind Capital 1st, Swimzone 2nd and Karori 3rd. For those who are not familiar with the scoring system, points are awarded to swimmers in the top ten in each event age group. (ie 1st 20 points, 10th 1 point). However it should be noted that the top three clubs had a lot more swimmers than we did (Capital 117 with an average 49.24pts per swimmer; Swimzone 112 with an average of 27.22pts per swimmer; Karori 71 with an average of 20.29pts per swimmer and we had 48 with an average of 27.02pts per swimmer).

In the 12 & under team scores, Capital 1st, Swimzone 2nd, **PCA 3rd**, Karori 4th.

In the individual Age Group scores, congratulations to:

Ben Walsh – 1st place in the 12yr old boys
Katie Trott – 2nd place (but only by 2points!!) in the 10yr old girls
Nicola Trott – 2nd place in the 13yr old girls

As mentioned above, we had a team of 48 swimmers, including some competing at this level for the very first time. Overall there were a huge number of personal best times achieved, well done!

We had a number of medallists:

Ben Walsh – 6 Gold, 4 Silver, 3 Bronze
Katie Trott – 3 Gold, 3 Silver, 4 Bronze
Nicola Trott – 1 Gold, 7 Silver, 2 Bronze
Catherine Pask – 2 Gold
Trent Shields – 1 Silver, 4 Bronze
Christopher Andrews – 1 Silver, 2 Bronze
Kiwa O'Hagan – 3 Bronze
Susannah Lynch – 3 Bronze
Joshua Walsh – 2 Bronze
Bronagh Ryan -2 Bronze
Tamati O'Hagan – 2 Bronze
Nicole Tait – 1 Bronze
Monica Saili – 1 Bronze
Totalling 12 Gold, 16 Silver, 29 Bronze

A more detailed list of top ten placings follows this report. For full results visit the Wellington Swim website: www.swimwn.co.nz

Sarah Tait – Race Secretary

2010 NZ JUNIOR CHAMPIONSHIPS

Just to clarify, despite recent rumours the format for the 2010 NZ Juniors will remain the same as for previous years. The qualifying times and meet details are posted on www.swimmingnz.org.nz.

Swimmers should also be aware that the option for younger swimmers to swim at Div II in the 13yrs and under age group has been withdrawn. The youngest age group for both National Age Groups and Div II for 2010 is 13 years.

2010 NATIONAL MEETS ARE AS FOLLOWS:

- *NZ Age Groups, Christchurch - Tuesday 2nd March to Saturday 6th March 2010.*
Motel bookings for this meet are currently being made. It is our intention that the team will travel to Christchurch on Sunday 28th February 2010.
 - *2010 Division II Competition, Wellington - Wednesday 17th March to Saturday 20th March 2010.*
While this meet is in Wellington, to give our swimmers the best opportunity to swim well, the club has made motel bookings in town for the team.
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2010 SQUAD CAMP (10th – 16th January 2010)

The club is calling for expressions of interest from people who wish to either manage the 2010 Squad Camp or be an assistant manager for the full week. Extra assistant managers will also be required for the part of the week from when the Orcas squad join the camp.

As the cooking and washing is done by the Palmerston North Boys High staff, our management team is responsible for the swimmers well being and supervision, as well as transporting swimmers to and from the pool, assisting the coach as required, and providing a positive and fun environment for the team.

The number on the management team will be based on the number of swimmers attending. The costs for the management team will be built into the swimmers overall camp cost. As every effort will be made to keep costs to a minimum, the only adults to attend camp will be those appointed by the committee.

If you would like to be considered for one of these positions please email the PCA Secretary, Pauline Ryan, at johnryan.plumbing@xtra.co.nz by October 6th 2009. Only expressions of interest in writing will be considered.

HOUSEKEEPING

- It is the wish of all our coaches that swimmers do not take a recreation swim prior to training, but instead save their energy to get the most out of their training session. Swimmers who swim on a Monday and/or Friday should remember the club does not hire the pool until 6pm, and anyone swimming prior to 6pm must pay a door entry fee to the council pool staff. Our coaches appreciate that squad swimmers do pay the council door entry fee, and are entitled to have a swim if they wish – but doing this can jeopardise the quality of the training put in and the benefits gained from that session. We would ask that all swimmers respect this request from our coaches.
- 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. Club enrolments forms, subscriptions and/or squad fees payments are **NOT** to be put in the Race Secretaries entries box. These are to be paid to the committee member on duty on a Monday or Friday night from 6pm to 7.30pm at the Cannons Creek Pool.
- Swimmers are reminded that the club's monthly newsletter is available for collection at both pools. As these will not be named, it is up to the swimmers to pick a copy up.

REMINDER – NEW ENROLMENT FORMS & MEMBERSHIP FEES

PCA membership fees and new enrolment forms are to be handed in at the club desk at Cannons Creek pool on Monday or Friday evenings between 6pm and 7.30pm, or can be mailed to The Treasurer PCA, 2 Mizzen Place, Whitby, Porirua 5024.

If you are paying membership, squad or race entry fees by direct credit please ensure you use the correct account number as shown below and include your child's name and any other relevant particulars.

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 Payments – 03-0547 – 0205093-02

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.

Please email the following with confirmation of the deposits:

- Membership subs: tossandfloss@xtra.co.nz
- Squad fees: morton_family@xtra.co.nz
- Race Entry fees: thetaits@inspire.net.nz

Please do not place *membership fees* in the Race Entry box.

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.

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.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
MONTH			
Saturday 19 th September	Masterton Mitch Tait Meet	Masterton	Entries closed.
Saturday 26 th September	Karori 12 & Under Meet	Karori	Flyer on noticeboard. <i>Entries close Monday 14th September.</i>
Sunday 27 th to Wednesday 30 th September	NZ Swimming Spring Competition	Christchurch	Refer to NZ Swimming website for meet info.
Saturday 17 th October	Gold Coast Meet	Naenae Pool – this is a opportunity to race in a 50m pool	Flyer on noticeboard. <i>Entries close Tuesday 15th September.</i>
Sunday 18 th October	Ice Breakers Aquatic Carnival	Freyberg Pool Palmerston North	Club bus trip. Flyer and info on noticeboard. <i>Entries close Wednesday 23rd September.</i>
Saturday 24 th October	Capital Classic	WRAC	Flyer on noticeboard. <i>Entries close Friday 9th October.</i>
Friday 6 th November	Swim Wgtn Distance Meet		Flyer to come.
Saturday 7 th November	PCA Hardcore Meet	<i>Please support this club fundraiser. Assistance will be required with running this meet.</i>	Flyer on noticeboard. <i>Entries close Monday 26th October.</i>

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.