

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.

Oct/Nov 2009

CLUB SESSIONS – LABOUR WEEKEND

There will be no club sessions held on Sunday 25th October and Monday 26th October.

PCA Hardcore Meet

Saturday 7th November – WRAC Kilbirnie

This is OUR club's fundraising meet.....please support it!!!

Refer to flyer on noticeboard for event information – Entries close Monday 26th October

It would be great to see heaps of entries from our club. Entry fees are reduced to \$4.00 per event for PCA members, all other swimmers will pay \$6.00.

To run this meet we will need lots of offers of help with the various duties. To help with organising please indicate on the list on the notice board, along side the flyer, if you are available to help. Help is required with timekeeping, IOT, serving refreshments, manning the door, posting results on the wall etc.

We will be running a raffle at the meet and would appreciate donations of grocery items. If all club members could donate one non perishable grocery item we would have a fantastic raffle. Items can be left with the committee member on duty at Cannons Creek Pool on Monday or Friday nights, or with Nevill at TPAC.

PCA IN HOUSE LEAGUE

*Monday 9th & Monday 23rd November – Cannons Creek Pool
6.00pm Warm Up – 6.30pm Start*

A FUN NIGHT AND IS NOT COMPETITIVE

Entries close Friday 6th November

This is a team competition, run over 2 Monday nights (replacing normal club night and squad training).

Everyone entering is put into one of six teams which, depending on entries, will be made up of swimmers from each age group. Each team is managed by one of our older swimmers who organise the swimmers in their events.

Everyone swimming earns points for their team – 1st 6 points, 2nd 5 points, etc, down to 6th place one point. All the individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays.

While swimmers will not be asked to swim anything they aren't capable of doing, we will expect them to come along with a '*have a go attitude*' and/or '*I'll give it a go for the good of the team*'. Teams do much better when they have a swimmer in each race, rather than someone being fussy about what they swim.

Swimmers entering need to be available for both nights. It lets the team and organisers down when people don't turn up. We need help on the night with judging the finishes. Timekeepers are not needed.

To enter swimmers need to complete the entry list at the pool (list will be on noticeboards at both pools).

PCA CHALLENGE CERTIFICATE NIGHT

*Friday 13th November - 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.

On Friday 13th November, we will be holding a Challenge Certificate night. 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 times 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

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 cash or cheque, no eftpos. Classes are held at 9.30am and 10.00am, swimmers should be at the pool 15 minutes before their lessons. Swimmers arriving late can be very disruptive to the class. Enrolments will be taken on the first day.

PCA FAMILY FUN NIGHT

*Monday 14th December – Cannons Creek Pool
6.00pm Warm Up – 6.30pm Start*

Traditionally this has been an evening of fun races for the whole family. The programme includes piggy back races, a family relay (for teams of three – all members of one family), crocodile races etc. There will be a kickboard race across the pool for the younger family members and an adults 50m sprint for those who wish to relive their swimming days! It is hoped that most parents will take part – apart from the 50m sprint all other events are for non-swimmers – if you can walk in the pool carrying a child on your back – then we need you!!!

All families are asked to bring a plate of finger food. There will be a sausage sizzle. Sausages and orange drink will be supplied.

This will be our final club night of 2009.

RESULTS

Mitch Tait Carnival

19th September in Masterton

The Masterton Swimming Club's popular Mitch Tait Carnival was attended by 4 PCA swimmers: Nicola and Katie Trott, Ben and Josh Walsh. The team was bolstered by the inclusion of Murray Trott and Bill Walsh who entered the Masters events at the meet. The "Dads" provided the real excitement of the day with Bill being almost Phelps like, dominating his races. He won an impressive shield for the freestyle race however as he swam over 5 seconds faster than his submitted time for the handicapped Breaststroke event he was disqualified from this event and the race was then awarded to Murray who also won a shield (for the 3rd successive year).

All our swimmers had great success with Josh winning the 10 years and under 100 back and 50 fly and swimming a 5 sec pb in his 200 IM. Katie won the 10 years and under 100 breast and swam a stunning 50 fly to take 3 seconds off her pb. Ben dominated the 11 to 12 years age group winning the 100 breast, 50 fly and 100 IM while Nicola won the open 100 fly, did a NAGS time in her 100 breast but most importantly beat her father by a massive 0.2 of a second in this bragging rights race.

The success on the water was followed by some "inventive" mini-golf and of course a much needed visit to a nearby café for the Team Managers.

2010 SQUAD CAMP (10th-16th January 2010)

Please note that deposits for camp are due *by Sunday 1st November*, and can be paid direct into the Squad bank account.

Seniors	\$250.00
Orcas	\$150.00

Please direct any queries to Matt Trlin.

Squad account details are:

Porirua City Aquatics – Squad Account – 03-0547 – 0205093-02

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.

PCA COACHES REPORT

October 13th 2009

2009 Wellington Short Course Championships

- Overall combined team points 1297 – 4th placed club
- 12 and under team points 627 – 3rd placed club
- Total of 57 medals – 29 Bronze, 16 Silver, 12 Gold

Individual Top Ten Placegetters				
Age Group	Boys/Girls	Points	Swimmers Name	Placing in age group
10	Girls	155	Katie Trott	2nd
11	Girls	50	Monica Siali	8th
12	Girls	36	Dannielle Gaulofa	8th=
12	Boys	220	Ben Walsh	1st
12	Boys	75	Chris Andrews	4th
13	Girls	164	Nicola Trott	2nd
14	Girls	67.5	Catherine Pask	6th
14	Boys	78	Trent Shields	5th
15	Girls	30	Hayley Andrews	10th
16	Girls	68.5	Bronagh Ryan	7th

Overall comments:

- Thank you to all the parents for their help with the two weekends.
- A big thank you to all those swimmers who represented the club at the Short Course Championships – you “did us proud”
- Congratulations to those swimmers who won medals, achieved PB’s and achieved qualifying times for National Events.
- The “team” get together at TPAC the Friday before the meet was a really good idea and I would like to see this repeated before each championship – 50 swimmers in three lanes was what we wanted the swimmers to experience.
- Team managers must have cellphone contacts for **all** swimmers competing at any event in case of non attendance or emergency.
- A banner needs to be designed and constructed before the Wellington Long Course Championships.
- Qualifying times for this meet need to be short course not long course converted times. The same policy needs to apply for the Wellington Long Course Championships.

Technique Month:

- This is the first time I have tried this concept. For those who took up the opportunity it worked really well. Far better than taking a two week break.
- The reduced training load should allow the swimmers to come back fresher.
- All strokes were reviewed with a DVD session held on all but fly. This will take place next week. The theatre is a great asset which we need to use more often.

Sharks Squad:

- Danny McDowell will be transferring to Capital Swim Club. After discussions with Danny, Gary Hurring and I it was decided it was in Danny’s best interests to move at the start of Term 4.

- Kathryn Bunckenburg has decided to hang up her togs and stop swimming. The past term Kathryn has been struggling with her swimming. I am pleased that Kathryn has made a decision and I wish her well.
- Our visitor from Germany, Antonia Schrieck, has also headed back to Europe after a stay of twelve weeks. Thank you to Daniel Albert's mum for organising this. We often have visiting swimmers from other clubs wanting to swim with us. I try to accommodate them because this helps with our swimmers who head away for holidays and still want to swim.
- Attendances for the period ending October 10th 2009 have not been the greatest. Bronagh Ryan leads the way with 90 sessions attended for the season with the next best being Hayley Andrews with 64 sessions attended.
- A Parents Information Meeting will be held on Monday 19th October at 6.00pm at Te Rauparaha Arena Theatre. A notice will be given out this Wednesday afternoon at training.

Swordfish & Orcas Parents Information Meeting:

- Held at Cannons Creek Pool – Monday 12th October at 6.30pm
- Only ten parents attended which was disappointing.
- Dennis Smith will be the replacement coach for Alex who is away at the World Masters Championships in Sydney. Dennis will be taking all sessions with Alex to return to pool deck on Tuesday 20th October. Dennis has made himself available if Alex is unwell or away which is very helpful.
- Parents were asked to introduce themselves to Alex so he can “put a name to a face”.
- Discussion took place with regards to the timing of sessions. It was decided that:
 - Thursday and Friday Orcas will be 4.30-6.00pm with dry land taking place during the session rather than being held fifteen minutes prior. Saturday a.m. at TPAC will have a 5.15am start for all swimmers attending.
 - It was discussed that swimmers need to attend as many sessions as they can to benefit from the programme. Some concerns were expressed as to the fitness element of the programmes. Alex and I will be addressing this over the new term.
 - Please remember that Alex is not to be held accountable by all club parents. If anyone has an issue regarding coaching, or Alex, they are to contact me.

Orcas attending January Camp 2010:

- Those swimmers who achieve an attendance level with an average of **80% attendance** at sessions a week will be offered the opportunity to attend the swim camp from Tuesday 12th January through until Saturday 16th January.
- Swimmers attitude at training and swimming results will also be taken into consideration when considering those who should their application be accepted to attend the camp.

General:

- I was disappointed to read in the newsletter that only meet entries are to be accepted at the TPAC club box with all other correspondence to be taken to Cannons Creek Pool. Can this not be revisited to give some level of customer service rather than requiring another trek to Cannons Creek Pool?

Nevill Sutton
Head Coach PCA

COMPETITIVE SQUAD PATHWAY INFORMATION

Squad	AIMS	Attendance	Performance Criteria	
Aquatic Centre				
Killer Whales	To compete at Open Nationals Expected to make the highest level of commitment to their swimming in the club To medal at WSA Championship events To make finals at National Age Groups To compete at WSA Premier Events	Minimum average of 8 sessions weekly	Improve FINA points ranking for Short Course and Long Course events e.g. Improve performance individually heats to finals etc. Achieve Australian Age Groups Qualifying time in an event that is not individual swimmers #1 event	
Sharks	To qualify for DIV 2 and or NAGS To make finals at WSA Championships To compete at all Premier events	Minimum average of 6 sessions weekly	Performance Must achieve a DIV 2 qualifying time Use XLR8 Points scores	Progression Upon achieving a NAGS time Head Coaches discretion
Dolphins	To qualify for DIV 2 and or NAGS To make finals at WSA Championships To compete at all Premier events	Minimum of 5 sessions a week	Performance Must achieve a DIV 2 qualifying time Use XLR8 Points scores	Progression Upon achieving a NAGS time Head Coaches discretion
Marlins Swimmers who have not achieved National Qualifying time	To compete at WSA Championship events To achieve National qualifying times To compete at all Premier events	Minimum of 5 sessions a week	PHASE 1 – within 3 secs of 100m and 6 secs of 200m DIV 2 time PHASE 2 – within 1.5 secs of 100m and 3 secs of 200m DIV2 time Use XLR8 Points scores	Upon achieving a DIV 2 Qualifying time At Head coaches discretion
Cannons Creek Pool				
Orcas Qualified for WSA Championships in Olympic Events	To swim at NZ ALL Junior To compete at WSA Championship events To compete at all Premier events	Minimum of 2 sessions a week	Lots of smiling Complete a 200IM short course Progression will be based on 200IM Times Use XLR8 Points scores	At Head Coaches discretion
Swordfish Not qualified for WSA Championships Events	To master stroke fundamentals To compete at Gold Coast Meets Club League	1 – 3 sessions a week	Lots of smiling Able to complete a 100m IM Progression will be based on 100IM Times Able Swim 25m butterfly	At the Head coaches discretion

UPCOMING EVENTS

For those new to swimming the list of upcoming events (see the following page) probably seems very confusing. Briefly all the In-house meets planned for the Cannons Creek Pool on Monday or Friday nights are open to all club members. As mentioned earlier the Challenge Certificate night is about *having a go* and targets those who train at the Cannons Creek Pool.

The Gold Coast Meets also target new swimmers. These meets provide an introduction to racing with new swimmers racing together, while everyone else swims against those who have similar times. Swimmers establishing a new time or recording a Personal Best will receive a PB ribbon. The emphasis of Gold Coast Meets is on Personal Achievement - it is not about being first or last in the race. There is a Gold Coast meet at Cannons Creek on November 22nd, and the meet at Raumati in December is a Chocolate Carnival where those achieving a new or best time will receive a Chocolate Bar as well as a Ribbon.

If you are unsure if a meet is suitable for your swimmers please speak to your child's coach.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
MONTH			
Saturday 17 th October	Gold Coast Meet	Naenae Pool	Flyer on noticeboard. <i>CLOSED</i>
Sunday 18 th October	Ice Breakers Aquatic Carnival	Freyberg Pool Palmerston North	Club bus trip. Flyer and info on noticeboard. <i>CLOSED</i>
Saturday 24 th October	Capital Classic	WRAC	Flyer on noticeboard. <i>CLOSED</i>
Friday 6 th November	Swim Wgtn Distance Meet		Flyer on noticeboard. <i>Closes Monday 2nd November.</i>
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. Entry Fee \$4.00 per event. <i>Entries close Monday 26th October.</i>
Monday 9 th November	PCA In House League (run over 2 nights – 2 nd night Monday 23 rd Nov)	Cannons Creek <i>Non competitive – fun night!</i>	Flyer on noticeboard. <i>Closes Friday 6th November.</i>
Friday 13 th November	PCA Challenge Certificate Night	Cannons Creek	Flyer on noticeboard. 6.00pm Warm Up 6.30pm Start
Sunday 15 th November	Kiwi West Aquatics Carnival	Freyberg Pool Palmerston North	Flyer to come.
Sunday 22 nd November	PCA Gold Coast Meet	Cannons Creek	Flyer on noticeboard. <i>Closes Friday 20th November.</i>
Monday 23 rd November	PCA In House League (2 nd night – refer Monday 9 th November)	Cannons Creek <i>Non competitive – fun night!</i>	Refer Monday 9 th November.
Saturday 28 th November	Swimzone Racing Meet	WRAC	Flyer to come.
Sunday 6 th December	Gold Coast Chocolate Meet	Raumati	Flyer to come
Saturday 12 th December	Dolphin Carnival	Fielding	Flyer on noticeboard. <i>Closes Friday 20th November.</i>
Monday 14 th December	PCA Family Fun Night	Cannons Creek	
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