

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.

*December 2009*

## **PCA FAMILY FUN NIGHT**

*Monday 14<sup>th</sup> 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. Normal club nights resume on Friday 29<sup>th</sup> January 2010.**



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**All squads and those who have qualified and entered the Wellington Summer Champs will be advised by separate notice about training times during the holidays.**

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## **TEAM MEETING**

A team meeting and training session (so don't forget your togs) is to be held at the Porirua Pool on Thursday 21<sup>st</sup> January 2010 from 5.30pm to 7pm for all Porirua City Aquatic swimmers who have entered the Wellington Champs. At the meeting the swimmers will be told who the team managers are for the various sessions and reminded about PCA expectations for the meet.

*All swimmers are reminded that they must report to the team manager when they first arrive at the pool.*

### **Swimmers are also reminded of the scratching rule for the Champs.**

For events that are to be run as heats and finals, it is presumed that a swimmer who does not go the marshal when the heats are called has withdrawn. While this is the rule, it is polite to advise the team manager, who will advise the meet organisers of the scratching.

If a swimmer wishes to withdraw from a final where heats have been swum, then they must get their scratching in within 30 minutes of the heat taking place. This also applies for swimmers who may be reserves for a final.

Those wishing to withdraw from a timed final must do so by the end of the preceding session.

Swimmers who do not comply with this scratching rule will receive a \$30.00 penalty.

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## **CLUB SECRETARY**

Pauline Ryan has recently resigned as Club Secretary. We wish to thank Pauline for her contribution to the Club in carrying out this role.

This does however leave us with a need for a Club Secretary. If you would be interested in fulfilling this role, please contact Viv Morton on 234 7071 or Tania Donaldson on 237 9333 and they will be able to answer any questions you may have.

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## **NEWSLETTER DISTRIBUTION**

In an effort to ensure that all Club members receive their Newsletters, and are up to date with upcoming events etc, we would like to email these to as many members as possible.

If you would be happy to receive your Newsletter by email, please forward your details to [tossandfloss@xtra.co.nz](mailto:tossandfloss@xtra.co.nz).

Each month a laminated copy of the Newsletter will be available for viewing on the noticeboard at both Cannons Creek Pool and TPAC.

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## **RESULTS**

### **IN HOUSE LEAGUE**

As always this event proved to be great fun and very exciting! This year's League was held over two Mondays (9<sup>th</sup> and 23<sup>rd</sup> November) rather than three. It was great to see lots of swimmers getting involved in the spirit of this club event.

We had six teams of 16-17 swimmers ranging from 7yrs-21yrs of age. With a total of 329 points, congratulations to Team 2 for winning overall.

Team 2 members were: Aaron Lynch, Tasmin Kennedy, Khi Rapson, Georgia Nairne, Mia Uluilalata, Angel Leavaseeta, Henry McCook-Weir, Bailey Coupe, Sarah Williams, Nicholas Sherry, Sarah Talbot, Ryan McBride, Hinewaka Hokianga, Hayley Wilkins, Catherine Pask and Mitchell Smith.

In second place came Team 5 with 312 points. Team 5 members were: Craig Stapleton, Anais Lucas, Areta Crawford, Hannah Aunoa, Austen Rangī, Saasha Marsters, Kahurangi Hokianga, Dalton Wilkins, Katie O'Hagan, Briana Davey, Helena Clark, Jesse Williams, Michael Sheppard, Dannielle Gaulofa, Tracey Mills, Nicola Trott and Steph Watts-Pointer.

Thanks to the six team leaders (Natasha Smith, Aaron Lynch, Josh Trlin, Ben Turner, Craig Stapleton and Trent Shields) for looking after your swimmers, especially the younger members.

Thanks to the parents that helped on both nights and to Viv for organising a fun programme.

### **PCA GOLD COAST – 22<sup>nd</sup> November**

This event was held at the Cannons Creek pool recently. We had a large team of 46 swimmers!

Thanks to Scott Kennedy and Anna Thomas for being Team managers for this large group, and thanks to all the parents who helped out with time keeping, marshalling, IOT, refreshments.

Well done to all the swimmers, especially those swimming events for the first time and to those achieving personal best times.

Kapiti won the Personal Best trophy with the highest percentage of swimmers recording a personal best time. PCA was second, with Raumati third, and Tawa 4<sup>th</sup>.

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### **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](mailto: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](mailto:tossandfloss@xtra.co.nz).

## UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
MONTH			
Saturday 12 <sup>th</sup> December	Swim Wgtn Christmas Blow-Out Short Course Meet	WRAC	Flyer on noticeboard. <i>Closed.</i>
Monday 14 <sup>th</sup> December	PCA Family Fun Night	Cannons Creek	See front page of newsletter. Final club night for 2009.
Friday 22 <sup>nd</sup> – Monday 25 <sup>th</sup> January	Wgtn Summer Long Course Champs	WRAC	Flyer and eligibility reports on noticeboard. <i>Closes Friday 18<sup>th</sup> December.</i>
Friday 5 <sup>th</sup> – Saturday 6 <sup>th</sup> February	Swimming Wairarapa Short Course Champs	Masterton	Flyer on noticeboard. <i>Closes Wednesday 20<sup>th</sup> January.</i>
Saturday 20 <sup>th</sup> – Sunday 21 <sup>st</sup> February	NZ Junior Champs (open to swimmers who meet SNZ qualifying times)	WRAC	Flyer on noticeboard and available on NZ Swimming website – <a href="http://www.swimmingnz.org.nz">www.swimmingnz.org.nz</a> <i>Closes Wednesday 27<sup>th</sup> January.</i>
Tuesday 2 <sup>nd</sup> – Saturday 6 <sup>th</sup> March	NZ Age Group Champs (NAGS) (open to swimmers who meet SNZ qualifying times)	Christchurch	Flyer on noticeboard and on NZ Swimming website – <a href="http://www.swimmingnz.org.nz">www.swimmingnz.org.nz</a> <i>Closes Monday 8<sup>th</sup> February.</i>
Wednesday 17 <sup>th</sup> – Saturday 20 <sup>th</sup> March	NZ Div 2 Competition (open to swimmers who meet SNZ qualifying times)	WRAC	Flyer on noticeboard and on NZ Swimming website – <a href="http://www.swimmingnz.org.nz">www.swimmingnz.org.nz</a> <i>Closes Monday 22<sup>nd</sup> February.</i>
N.B. If you require a list of your times, please email Sarah Tait - <a href="mailto:thetait@inspire.net.nz">thetait@inspire.net.nz</a> - and they will be sent back to you.			

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Vacant	
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.