

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.

March 2010



EASTER HOLIDAYS

There will be no club swimming over Easter (that is Good Friday, Easter Sunday and Easter Monday).

SCHOOL HOLIDAY ARRANGEMENTS **(Alex's Groups)**

- The Penguins will not swim during the school holidays but will be welcome to attend our club nights and swim for distance badges (see later note).
 - Orcas and Swordfish coaching will continue as normal.
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SCHOOL HOLIDAY ARRANGEMENTS – CLUB SWIMMERS

During the school holidays club sessions will be devoted to swimming for distance badges.

For those new to the club, we have distance badges that swimmers can “earn” by completing the distance without stopping. The badges cover distances starting at 25m (one length), 50m, 100m, 200m, 400m, 800m and 1500m.

Once a swimmer has completed all these distances they can move on to swimming 1 kilometre (40 lengths) for a time and the club has various ribbons to reward swimmers for the times achieved.

During the school holidays swimmers wishing to “have a go” at distances up to 400m should come at 6.00pm and those swimming the longer distances should come at 7.00pm.

Parents should come along prepared to count lengths and/or timekeep.

CLUB T-SHIRTS - \$10.00

The club will subsidise t-shirts until 31st March 2010. After this date they will revert to full price. See the Committee Member on duty for details.

PCA WEBSITE

Check out our website – swimporirua.co.nz

HOUSEKEEPING

- There will be no club swimming at Queens Birthday weekend on either Sunday 6th or Monday 7th June.
- Parents and swimmers are reminded that as the club does not hire the pool on Monday and Friday nights until 6.00pm club swimmers should not "have a swim" before 6.00pm, even if parents are present and supervising, unless they pay the public door entry charge to the pool staff.
- 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. Each month a laminated copy of the Newsletter will be available for viewing on the noticeboard at both Cannons Creek Pool and TPAC.

AGM

The Porirua City Aquatics Inc. AGM will be held in May. The specific date will be advised as soon as possible.

Please give consideration to the following opportunities:

CLUB SECRETARY

Our Club Secretary position is vacant. 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.

CLUB TREASURER

Sandra Marks has advised she will be resigning from the role of Club Treasurer effective from this year's AGM. We will therefore be in need of a Treasurer to manage our club accounts.

If you would be interested in fulfilling this role, please contact Viv Morton on 234 7071, Tania Donaldson on 237 9333 or Sandra Marks on 234 8949 who will be able to answer any queries for you. MYOB experience an advantage but not essential.

The club's monthly committee meetings are usually held on the second Tuesday of the month at one of the meeting rooms at the Arena. The meetings start at 6.30pm and finish by the Arena closing time of 9pm.

CLUB RECORDS ACHIEVED OVER THE LAST FEW MONTHS:

Name	Age	Distance	Stroke	Time	Previous Time	Previous Name	Previous Date Set	No.	LC/SC
<i>Capital Sprint (13th February 2010)</i>									
Tamati O'Hagan	13	50	fly	29.6	29.99	Jason Eason MSC	18.01.02	31	LC
<i>NZ Junior Champs (20-21 February 2010)</i>									
Christopher									
Andrews-Kidd	12	50	free	28.4	28.74	Jason Eason MSC	25.08.01	32	LC
<i>National Age Group Champs (2-6 March 2010)</i>									
Tamati O'Hagan	13	50	fly	29.08	29.6	Tamati O'Hagan	13.02.10	33	LC
Bronagh Ryan	16	100	breast	1.15.90	1.17.74	Bronagh Ryan	25.01.10	34	LC
Bronagh Ryan	16	200	breast	2.45.99	2.46.83	Bronagh Ryan	25.01.10	35	LC
Ben Walsh	13	200	breast	2.45.21	2.51.32	Luke Hallsmith MSC	19.11.05	36	LC
Tamati O'Hagan	13	100	fly	1.06.32	1.16.51	Oliver Young MSC	01.91	37	LC

RESULTS

2010 New Zealand Junior Championships – 20-21 February

Juniors are held at three meets in Hamilton, Wellington and Christchurch simultaneously, with the results collated to give a National result in each event. Ten swimmers from Porirua City Aquatics qualified for this prestigious championship event. Congratulations to **Mia (9) and Matisse Ululelata (11), Reegan Gaulofa (10), Simon Pask (10), Joshua Walsh (10), Katie Trott (11), Brooke Masters (12), Monica Saili (12), Christopher Andrews (12) and Hamish Trlin (12)**. Christopher and Hamish were also selected to represent Wellington in the 12 years and under boys 4x 50m 200m freestyle and 200m medley relay teams.

The championships proved to be an outstanding success for the PCA team, with the PCA team winning **1 GOLD, 3 SILVER** and **2 BRONZE** individual medals, and achieving (overall) 12 top 5 national placings.

PCA finished **10th** out of 68 clubs on the points table, and was the 2nd highest placed Wellington club, behind Capital.

Hamish Trlin turned in a series of stunning performances, achieving significant personal bests in all his 9 individual events, winning the title of **Junior National Champion, GOLD** in the 12 year boys 100m breast, **SILVER** in the 12 year boys 50m breast, **SILVER** in the 12 year boys 200m breast, and **BRONZE** in the 12 year boys 200 individual medley. He also placed 4th in the 12 year boys 50m Fly and 50 Back; 5th in the 200 Back and 8th in the 100 Back.

Other top 10 places (finalists) were:

- Christopher Andrews : **BRONZE** medal 12 year boys 50 free, in a new PCA club record time of 28.40s; 4th 100 m Breast; 5th 200m Breast.
- Joshua Walsh: **SILVER** medal 10 year boys 50m Back; 4th 100m Back, 10th 200m Back.
- Katie Trott: 8th 11 year girls 50m Breast; 9th 100m breast.

Christopher and Hamish then combined with a very successful Wellington 12 years and under boys relay team, to win **2 BRONZE** relay medals in the 4x 50m free and 4 x 50m medley relays.

Overall an exciting meet, and fantastic results produced by our Junior National Swimmers!!

Thanks to Matt Trlin and Sandra Bednarek, our team managers, to our coaches, and the parents who officiated and/or served breakfasts for the officials.

2010 New Zealand Age Group Championship – QE II Leisure Centre Christchurch - 2-6 March

Congratulations to our team of: **Ben Walsh, Tamati O'Hagan, Nicola Trott, Kiwa O'Hagan, Bronagh Ryan and Nicole Mitchell** who represented PCA at NAGS in Christchurch recently.

Bronagh Ryan was our standout performer in the pool winning a silver medal in the 16 years 100 Breast, a bronze medal in the 200 Breast and a bronze medal as part of the Wellington freestyle relay team. Fantastic swimming Bronagh!

Other top 10 places (finalists) were:

- Ben Walsh: 4th 13 years 200 Breast, 6th 400 IM, 10th 400 Free
- Tamati O'Hagan: 5th 13 years 50 Fly, 6th 100 Fly, 6th 100 Breast, 6th 50 Breast, 9th 200 Breast
- Nicole Mitchell: 5th 17-18 years 200 Breast, 6th 100 Breast, 7th 200 IM.

2010 Division II Competition – WRAC – 17-20 March

Congratulations goes to all of our team who competed they were: **Dannielle Gaulofa, Daniel Albert, Hayley Andrews, Nicole Tait, Brooke Marsters, Aaron Lynch, Craig Stapleton, Ben Turner, Hamish Trlin and Josh Trlin**.

Josh had the honour of reading the athletes oath at the Opening Ceremony which he did with great aplomb.

Hamish Trlin continued with his winning ways and we had many more swimmers on the podium, our Top 10 (finalists) places were:

- Hamish Trlin 13 year boys = **winner of 200 Back, 100 IM, 100 Back**, 2nd 100 Breast, 200 Breast, 200 IM, 50 Back, 3rd 50 Breast, 4th 50 Fly, 8th 100 Fly
- Joshua Trlin 15 year boys = 2nd 100 IM, 400 IM, 200 Fly, 200 Breast, 3rd 100 Fly, 4th 50 Fly, 200 IM, 5th 100 Breast, 6th 400 Free, 9th 50 Breast

- Hayley Andrews 15 year girls = 2nd 100 Breast, 3rd 200 Back, 200 Breast, 5th 50 Back, 7th 100 Back, 50 Breast, 8th 200 IM
- Daniel Albert 16 year boys = 8th 100 Back, 9th 200 IM
- Craig Stapleton 15 year boys = 10th 50 Fly, 50 Back
- Aaron Lynch 15 year boys = 10th 100 Breast
- Nicole Tait 14year girls = 5th 50 Breast

We entered teams into the Club freestyle and medley relays. The boys team 'Hamish, Josh, Craig and Aaron' combined brilliantly to place 3rd in the Club Medley Relay (15 yrs and over) and 7th in the Freestyle Relay. The girls team 'Nicole, Hayley, Brooke and Dannielle' swam well and came 8th in the Club Medley Relay (15 yrs and over) but unfortunately didn't make the final for the freestyle relay.

Craig, Hayley and Nicole were also selected to swim in Wellington Region relays, well done.

PCA finished **6th** out of 82 clubs on the points table, and was the highest placed Wellington club.

Most of the team stayed at a motel in Newtown for the duration of Div2. This proved to be very beneficial for the swimmers as they were able to rest and chill out as a team. Thanks to Sandra Bednarek for organising the motel. Thanks also to Team managers Matt Trlin, Tania Donaldson and Sarah Tait for making sure the swimmers were fed, rested and got to the pool on time and to Coach Nevill for all the encouragement. Thanks also to all the parents who helped with our official duties.

At National meets the host region is responsible for providing the officials, as a result local clubs are often asked to fill more roles than the parents of swimmers at a particular meet can cope with. In this regard we'd like to acknowledge the following people who gave up their time to help out at this National meet: Onolata Little, Glenn Saunders, Eileen Adams, Rhonda Graham, Nikki Hooft, Murray Trott and Eddie Uluilata.

Wellington Fairbrother Cup Team – 28 March

The Fairbrother Cup is an annual Inter Centre Meet between Manawatu, Wairarapa and selected Wellington for swimmers who are 14yrs and under on the meet date and who have not qualified for NZ Age Group Championships. Congratulations to: **Joshua Walsh, Mia Uluilata, Katie Trott, Christopher Andrews-Kidd, Hamish Trlin, Dannielle Gaulofa** for their selection in the Wellington Fairbrother Cup Team.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
Saturday 24 th April	PCA Div 3	WRAC	Flyer and information on noticeboard. <i>Closes Friday 9th April.</i>
Friday 7 th May	PCA Club Champs		Information to follow. Watch the noticeboard!
Sunday 9 th May	Interclub League (1 st Meet)	Cannons Creek Pool	Flyer on noticeboard. <i>Closes Friday 9th April.</i>
Monday 10 th May	PCA Club Champs		Information to follow. Watch the noticeboard!
Friday 14 th May	PCA Club Champs		Information to follow. Watch the noticeboard!
Sunday 16 th May	PCA Novice Carnival		Flyer on noticeboard. <i>Closes Sunday 9th May.</i>
Sunday 23 rd May	Interclub League (2 nd Meet)	Cannons Creek Pool	
Sunday 13 th June	Interclub League (3 rd Meet)	Cannons Creek Pool	
Sunday 20 th June	Interclub League (4 th Meet)	Cannons Creek Pool	

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	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