

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.

June 2010



Cannons Creek Pool Maintenance Closure Closed from Monday 28th June – Re-opening 19th July

For the period the Cannons Creek pool is closed the club has been able to book limited space at the Porirua Pool.

Please note - All swimmers are required to pay the public door entry charges at the Porirua Pool.

	Monday Lane 4	Tuesday Lane 5	Wednesday Lane 4	Thursday Lane 5	Friday Lane 4
Penguins	4.15-5pm			4.45-5.30pm	4.15-5pm
Swordfish	5pm to 6pm		4.30-5.30pm		5-6pm
Orcas	6 to 7.30pm	4.15 to 5.45	5.30-7pm	5.30-7pm	

For these squad sessions just one lane is available as listed
This same timetable will apply for the three weeks.

The following sessions are available for those who swim at the Cannons Creek Pool on Monday and Friday evenings. Sunday morning training will not be available during this time.

	Monday 28th June Lanes 5 and 6 – Lane 7 from 7.30pm	Friday 2nd July Lanes 5, 6 and 7
7pm to 7.45pm	Swimmers who normally swim at 6pm	Swimmers who normally swim at 6pm and 6.40pm
7.45pm to 8.30	Swimmers who normally swim at 6.45pm and 7.30pm	Swimmers who normally swim at 7.20pm and 8pm
	Monday 5th and 12th July Lanes 5 and 6 – Lane 7 from 7.30pm	Friday 9th and 16th Lanes 5, 6 and 7
7pm to 7.45pm	Distance badges 25m to 400m	Distance badges 25m to 400m
7.45pm to 8.30	800m, 1500m and 1k for a time	800m, 1500m and 1k for a time

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

For those new to the club, we have distance badges swimmers can achieve by completing a distance without stopping, The distances covered are 25m (one length) 50m, 100m, 200m, 400, 800, and 1500m. Once a swimmer has completed all these distances they can move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

Those swimming up to 400m metres should come at 7pm, while those swimming longer distances should come at 7.45pm. As we only have three lanes available swimmers should be prepared to wait if the lanes are full. Squad swimmers are welcome to come join in.

Results:

Club Champs:

Our annual Club Champs were held at Cannons Creek pool on the 21st and 24th May. We had 107 swimmers entered! Well done to everyone giving it a go and thanks to all the parents for helping with time keeping and other duties.

Look out for information about prize giving coming up in July.

Karori Go for Gold Signature meet

We had 1 swimmer at this meet held at WRAC 22 May. Well done to Ben Walsh for winning his age group and winning some loot!

SW Achievers Squad

Congratulations to Hamish Trlin and Tamati O'Hagan for their selection in Swim Wellington's team to swim at the Hamilton Winter Meet 9th-11th July. To be eligible for this Achievers Squad Team swimmers must meet at least one qualifying time that would put them in the top five in the country for their age group. To be selected for this squad is quite an achievement. Ben Walsh also qualified to go but was unavailable. Todd O'Hagan is joining the team as coach.

Central Region Representative Meet (6 Centre Meet)

This is an Annual inter-centre meet between teams from Hawkes Bay, Manawatu, Taranaki, Wairarapa, Wanganui and Wellington. The meet will held at Palmerston North on 27th June. Seven PCA swimmers were nominated for this team, with Matisse Ululelata and Ben Walsh being selected. Congratulations to you both.

NOVICE CARNIVAL

**The club would like to thank Westpac and Eagar for Leisure for donating
Lucky Lane Prizes for our Novice Carnival**

SUBSCRIPTIONS for the new membership year (1st July 2010 to 30th June 2011) are due on July 1st and the first instalment should be paid by the end of July 2010.

Subs can be paid directly into the club's main bank account no 030547 0205093 **00** – please include the swimmer's name as a reference or can be paid on Monday or Friday nights between 6pm and 8pm at the Cannons Creek Pool during the last two weeks of July 2010.

The subscription for 2010/11 is \$160.00 for the year. At least \$100 of this is to be paid by the end of July 2010 with the balance to be paid no later than the 28th February 2011.

For swimmers who are either in our Senior Squad, the Orcas, Swordfish or Penguins squads this subscription is reduced to \$110 for the year payable in full by the end of July 2010. This reduction recognises the fact that pool hire is built into the monthly squad fees or in the Penguins case term fees. Please remember subscriptions are additional to squad fees.

Note: As our sub is GST inclusive the club will be absorbing the GST increase from 1st October 2010. Also, any family wishing spread their payments further to make the payment of subscriptions more manageable should contact to our Treasurer Julie at juleskiwi11@googlemail.com

Over the next couple of months the committee will be revisiting the squad fees and it is expected that the fees for most squads will increase.

PRESIDENT'S REPORT ON THE ANNUAL GENERAL MEETING

To all those who attended our recent Annual General Meeting – thank you.

Following are those who have been elected to run the club for the 2010/11 year.

PATRON	Matt Meehan	CLUB CAPTAIN	Onolata Little
PRESIDENT	Vivien Morton	VICE CLUB CAPTAIN	Onedine Souter
VICE PRESIDENT	Matt Trlin	HON. AUDITOR	Jeanette Adams
SECRETARY	Carol Corlett	COMMITTEE	
TREASURER	Julie Saunders	Eileen Adams	Terry Laws
RACE SECRETARY / REGISTRAR		Brent Harris	Nevill Sutton
Sarah Tait		Bill Walsh	Andy Wilkinson

As you can see there has been some changes on the committee. It was a little disappointing that only 13 people were prepared to stand when the club's rules allow for a committee of up to 15. The sport of swimming does require a huge input from volunteers and it would have been good to have more hands on deck to spread the load. If anyone is interested in joining the committee please give me a ring 234 7071.

Tania Donaldson and Sandra Marks, two people who have made a huge contribution to the club over the years did not seek re-election. Tania was officially Vice President and then took on the Secretary's role for most of the year. Earlier Tania put a lot of time into Mana Swimco's strategic direction document, as well as helping progress the merger. Sandra has done a fantastic job as treasurer as well as being responsible for the newsletter. Sandra has continued in her role even though her children haven't swum for over six months. Thank you both for your contribution.

Also standing down this year is Marion Bunckenburg and Robin Cowan – Marion has had a long history with the Porirua Swimming Club, while Robin has helped out with coaching. Thank you.

Viv Morton

DISQUALIFICATIONS

Below is a very brief summary of the most common reasons why swimmers may be disqualified.

- False Start – diving in or moving on the starting block before the starters signal

FREESTYLE

- Failed to touch at the end of the race or at the turn. At the turn swimmers are required to touch the end with at least one part of their body.
- Walked – a swimmer may stop in a freestyle race, but must not take a step.

BACKSTROKE

- Pushed off the wall at the turn on their tummy.
- Off their back at the finish (over 90 degrees) This also applied if the swimmer is doing a touch turn.
- For a tumble turn the swimmer must not glide into the wall. They must judge the distance very carefully.
- Swimmers must have two hands on the block at the start.

BREASTSTROKE

- Alternating arm and feet movements.
- Wrong kick – feet not turned out.
- One handed touch – at the finish and for all turns swimmers must touch with two hands at the same time.
- Failure to break the surface with the head during each stroke
- Two strokes under water at the turn – one stroke, is permitted.

BUTTERFLY

- Arms not synchronised or brought over the water.
- Under water recovery. This applies at the turn and finish – if the swimmer has started their arm pull then they need to complete it.

- Incorrect kick – feet not staying together.
- One handed touch – as for breaststroke.

For Freestyle, Backstroke and Butterfly (in individual races and during relays) swimmers must surface from a dive or turn within 15 metres.

MEDLEY

- Incorrect order (Fly, Back, Breast and Free)
- Incorrect turn or finish – for all strokes the turn and finish rules for that stroke apply.
- Incorrect stroke and/or kick

RELAY

- Incorrect order in medley relay (Back, Breast, Fly and Free)
- Incorrect turn or finish
- Incorrect stroke or kick
- Starting early – before the previous swimmer has touched the wall.
- All swimmers (except the last swimmer must exit the pool immediately after they have swum their leg.

This is a very brief summary of Swimming Rules, and may go some way to helping swimmers and their parents understand why they may have been disqualified at the Club Champs. If your child was disqualified they should discuss the DQ with their coach to ensure they are better prepared for next time.

Swim Meets and Entry Instructions

Swim Meet notices:

These will be displayed on the notice board at Cannons Creek pool plus at the Aquatic Centre in the PCA cupboard which needs to be opened and accessible at each session.

Also in the monthly newsletters there is a table of upcoming events. The newsletters are handed out to as many members as possible plus can be viewed via our website: www.swimporirua.co.nz

Meet Entry Instructions:

For GOLD COAST MEETS, (and in-house club events) *swimmers* need to write their name clearly on the entry form provided and tick the events they wish to enter. Please be aware of any entry criteria. *Parents* need to help with duty requirements as necessary (time keeping, door, refreshments etc) and write their name on the sheet provided.

For ALL OTHER MEETS, swimmers must complete the PCA Meet Entry Form and place in the Race Entry box with payment. At CCK pool the race entry box is the green letterbox not the black box on the wall, and at the Aquatic Centre it is held at reception. There is a supply of envelopes at both locations if required.

The PCA Meet Entry Form will be available on the website and a supply will also be available on the notice boards

PARENTS, you will be required to help out from time to time with our club's official duties at the meets your child is swimming at. (eg. time keeping, IOT, door, refreshments....). When required our Officials Co-ordinator (Terry Laws) will contact you requesting your assistance.

Please ensure all entries are in **before** the closing date that has been written on the top of the meet flyer. Please be aware that the closing date for entries will differ than those seen on websites to allow time for processing entries and payments.

Late entries and/or entries without money will not be accepted.

Thanks

Sarah Tait

Race Secretary

Email: thetait@inspire.net.nz, race@swimporirua.co.nz or ph 2375588

FRIDAYS NIGHTS BBQ

On Friday nights at the Cannons Creek Pool there is an opportunity for people to raise money to help with their families swimming expenses. The profits from the sausage sizzles are divided each term, between those who have manned the BBQ. For one nights work people can earn \$40.00 to \$50.00 profit that is held by the club and can be used for entry fees, subs, squads fees, to purchase uniforms etc. Anyone interested in cooking for a night should ring Onolata Little ph 235 5646.

DUTY ROSTER

The club is also looking for volunteers to take 'man' the desk on Monday and Friday nights at Cannons Creek. This includes taking the roll, receipting any money, answering questions, taking enquires etc....and if you haven't got all the answers Viv and Eileen are on pool deck for advice. You would be required to be at the pool by 5.45pm and would finish about 7.30pm on Monday's and 8pm on Friday's. Those interested should ring Onolata Little ph 235 5646.

HOUSEKEEPING

- 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. Please ensure race entries and entry fees are placed in the correct box. If you are unsure please check with your coach or the Committee member on duty.

- **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 Pmts– 03-0547 – 0205093-02

If you are unsure which account you should be using, please contact our Treasurer Julie Saunders on 235 5646.

Upcoming Meets

Swim Wgtn Relay Champs – flyer on the notice boards, please list your name if you are available for selection. There is no limit on the number of teams a club can enter in each event – the more the merrier! Entries close 16th June.

Swim Wgtn Long Distance meet (800m and 1500m races only) – for swimmers 12yrs and over. Flyer is on the notice board. Each swimmer must provide an official who is for the duration of the meet. Please enter as usual and complete the 'Named Officials' section on the list provided with the flyer. Entries close 6th August.

Swim Wgtn Short Course Champs - The flyer for this meet is available on both notice boards and on the website. Listed later in this newsletter are the names of all those who have qualified for this meet. This is a huge list – probably the most PCA has ever had qualified for a meet like this. Hopefully most swimmers will take up the opportunity to swim at this meet. This is one of the biggest meets on Swim Wellington's calendar and gives our developing swimmers a chance to see Wellington's top swimmers in action. All events are timed finals (meaning they are only swum once, then the times are listed to rank the swimmers. The first three swimmers will be presented with medals, while finalist ribbons are available for those finishing 4th to 10th) If you would like to see what you have already qualified in, then check the eligibility report that is on the notice board. The eligibility report show qualified swimmers by name, in alphabetical order - boys and girls have separate lists with the events

swimmers have qualified in. If you have trouble following this report at the Cannons Creek Pool speak to Viv. As we get closer to the meet this report will be updated. Entries close 16th August.

Upper Hutt Sprint Competition - Saturday 10th July at Huia. If you're around in the holidays then this could be a great meet for those wanting to get new or update their 50 and 100m times. Closes Wednesday 30th June. Flyer will be on the notice boards

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
Saturday 19 th June	Raumati Meet	WRAC	Closed
Sunday 20 th June	Interclub League (4 th and Final Meet)	Cannons Creek Pool	
Saturday 26 th June	SW Relay Champs	Naenae	Flyer on notice boards. Closes 16th June.
Saturday 3 rd July	Swimzone Winter Meet	Naenae	Flyer on notice board. Closes 21 June
Saturday 10 th July	Upper Hutt Sprint Meet	Huia	Flyer on notice board. Closes 30th June
Saturday 17 th July	Manawatu Winter Meet		Flyer on noticeboard. Closes Monday 25th June.
Saturday 24 th July	Tawa Dash for Cash Signature Meet	WRAC	Flyer on notice board. Closes 12th July
Sunday 1 st August	Gold Coast Carnival		Flyer to come
Saturday 7 th August	Upper Hutt Signature meet	Huia	Flyer to come.
Saturday 14 th August	SW Distance meet	Naenae	Flyer on notice board. Closes 16 August
28-29 August & 4-5 September	SW Short Course Champs	WRAC	Flyer on notice board. Closes 16 August
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	Carol Corlett	234 1370
Treasurer	Julie Saunders	235 5646
Race Secretary	Sarah Tait	237 5588
Club Captain	Onolata Little	235 5646
Squad Liaison	Matt Trlin	233 0934
Officials Contact	Terry Laws	

PCA WEBSITE

Check out our website – swimporirua.co.nz



PCA members MEET ENTRY FORM

NAME of swimmer:	MEET name:
VENUE of meet:	DATE of meet:
PRICE per event:	ENTRY CONDITIONS: Please check entry details and qualifying times
Contact ph no. (hm): Contact c/p no.	Parents Name(s)

EVENT NO	STROKE	DISTANCE

NOTE:

Check closing date for club entries, this will be different to date seen on flyer on website

Entry forms can be:

- dropped off to the Entry Box at either Cannons Creek pool or the Aquatic Centre
- emailed to thetait@inspire.net.nz or race@swimporirua.co.nz

Bank Account Details: Porirua City Aquatics - Entries 030547 0205093 01

NB. Tick appropriate boxes below:

- Internet Transaction
 Completed
 (by closing date)
 Must fill in:
 1. Child's name
 2. What meet it's for?
 3. Individual deposit for each meet

- Cheque/Cash enclosed – envelopes provided
 (please make payable to Porirua City Aquatics or PCA)

Parent - Can help with:

- Team managing –
 Time keeping –
 IOT –
 Club duties -

Thanks
 Sarah Tait – PCA Race Secretary

Well done to the following swimmers who have qualified for the upcoming
Wellington Regional Short Course Champs.

More information and entry details, please refer to the notice board and
on our website.

For many of you this may be the first time you have qualified for these
Championships, if you are unsure please talk to your coach

GIRLS:

Hayley Andrews	Rose Jenkins	Khi-Jyvonne Rapson
Megan Blair	Abby Laws	Bronagh Ryan
Katie Cameron	Emily Laws	Monica Saili
Cheyne Copeland	Latisha Leavai	Brooklyn Saunders
Alexandra Coupe	Angel Leavaiseeta	Keely Saunders
Grace Feite	Susannah Lynch	Letitia Saunders
Dannielle Gaulofa	Brooke Marsters	Natasha Smith
Jennifer Greig	Saasha Marsters	Sayla Southee
Hinewaka Hokianga	Georgia McLaren	Nicole Tait
Kahurangi Hokianga	Nicole Mitchell	Matisse Uluilalata
Charlotte Hollywood	Lucy Newton-Smith	Mia Uluilalata
Grace Hunter	Kiwa O'Hagan	Hayley Wilkins
Holly Jenkins	Jordana Pointon-Haimona	Sophie Wilkinson
Kate Jenkins	Amelia Radley	

BOYS:

Daniel Albert	Brett McBride
Christopher Andrews- Kidd	Joshua Nairne
Alex Bennett	Tamati O'Hagan
Bailey Coupe	Simon Pask
Nicholas Cowan	Xavier Rapson
Tennessee Crawford	Craig Stapleton
Brad Crosbie	DJ Stapleton
Luke Feite	Hamish Trlin
Reegan Gaulofa	Josh Trlin
Jordan Harris	TJ Tulepu
Alex Hooft	Ben Turner
Jonathon Hunter	Ben Walsh
Liam Kennedy	Joshua Walsh
D'Anjalo Leavai	Dalton Wilkins
Aaron Lynch	

This list is current as at 6th June. The eligibility list will also be
updated at a later stage.

