

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.

November 2010



Porirua City Aquatics

FAMILY FUN NIGHT

Monday 13th December 2010, 6pm warm for a 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 the 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 re-live 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 your 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 2010 – normal club nights resume on Monday January 31st 2011.

COUNCIL DOOR ENTRY CHARGES

All Penguins, Swordfish and Orcas are to pay the council's door charges when they come into the pool, as they have done before.

Those who swim during the club's exclusive use times – Monday and Friday's from 6pm and Sunday morning 8.30am to 9.30, and those who attend Learn to Swim on a Sunday morning from 9.30am to 10.30 are not required to pay door entry. (Note - This covers the Orcas Monday night session)

Food for thought – I asked one of my groups if they knew what PCA (on our caps) stood for and to my horror half of the swimmers didn't. Please check this out with your child and see what they say!

Viv

2010 2011 HOLIDAY TIME TABLE

<u>December</u>	
Sunday 12th	Final Sunday morning swimming for 2010
Monday 13th	Family Fun Night – final club night for 2010
Tuesday 14 th to Friday 18th	Normal sessions for the Orcas, Swordfish and Penguins. Friday 18 th will be the final session for the Penguins for 2010
Friday 18th	6pm to 7.30pm – training with Mrs Adams for club swimmers who have entered the Wellington Champs
Monday 20th	6pm to 7.30pm – the Orcas and Swordfish will train together. At the same time training will be available with Mrs Adams for club swimmers who have entered the Wellington Champs.
Tuesday 21 st	4.15-5.45pm Orcas and Swordfish will train together
Wednesday 22 nd and Thursday 23rd	5.30-7pm Orcas and Swordfish will train together
<u>January</u>	
Monday 10th	6pm to 7.30pm Training will be available with Mrs Adams for swimmers not going to camp who have entered the Wellington Champs
11 th to 18th	Squad camp in Palmerston North
Friday 14 th	As per 10 th January
Monday 17th	As per 10 th January
Wednesday 19 th and Thursday 20 th	5.30pm to 7pm Orcas and Swordfish will train together
Friday 21 st	4.30pm to 6pm At the Arena Pool a meeting will be held for all those entering the Wellington Champs, with a swim session to follow. Take your togs and door entry money
Tuesday 25 th	4.15-5.45pm Orcas and Swordfish will train together
Wednesday 26 th and Thursday 27th	5.30-7pm Orcas and Swordfish will train together
Friday 28th	6 –7.30pm Orcas and Swordfish will train together. Club swimmers who have swum the Wgtn Champs are also welcome.
Monday 31st	The club's normal programme/timetable begins for the term.

Results:

NZ Short Course Age Group Swimming Champs 2010



Congratulations goes to all of our team that competed at this years NZ Age Group Short Course Champs: from left **Monica Saili(13)**, **Christopher Andrews-Kidd(13)**, **Hamish Trlin(13)**, **Ben Walsh(13)**, **Bronagh Ryan(17)**, **Tamati OHagan(14)**, **Josh Trlin(15)**.

Originally this meet was scheduled to be held in Christchurch over the 5 days from 26th to the 30th of September but after the recent earthquakes and associated damage it was hastily moved to Wellington, where it was held at the Wellington Regional Aquatic Centre (WRAC) in Kilbirnie.

The champs provided a number of excellent, exciting and record breaking swims.

The team represented PCA well gaining many outstanding results. In total the team won **9 medals** (3 Gold, 3 Silver and 3 Bronze), competed in 32 finals and achieved countless PBs.

Ben Walsh and Bronagh Ryan were our standout performers in the pool winning all 9 medals between them. Fantastic swimming, congratulations to them both!

Their results are:

Ben Walsh	(13)	2 Gold (200 Breast [Wellington Record],100 Breast [Wellington Record], 1 Silver (50 Breast); 3 Bronze (400IM [Wellington Record],200IM [Wellington Record]) 100IM Finalist (50 Back 4 th)
Bronagh Ryan	(17)	1 Gold (100 Breast) 2 Silver (50 Breast[Wellington Record]; Girls 200 Free relay. Finalist (100 Fee 8 th , 200 Breast 4 th , 50 Back 7 th , 50 Free 7 th)
Hamish Trlin	(13)	Finalist (100 IM 4 th , 200 IM 8 th , 100 IM 6 th ,50 Back 10 th , 100 Back 7 th , 50 Breast 6 th , 100 Breast 4 th)
Monica Saili	(13)	Finalist (50 Fly 8 th , 200 free 8 th , 200 Breast 8 th , 800 Free 4 th ,100 Breast 6 th).
Tamati OHagan	(14)	Finalist (50 Fly 9 th , 100 Fly 10 th , 200 Fly 9 th , 50 Breast 6 th , 100 Breast 5 th)
Christopher Andrews	(13)	Finalist (50 Free 10 th , 50 Breast 5 th , 100 Breast 5 th).
Josh Trlin	(15)	(200 IM 15 th , 200 Fly 14 th , 200 Breast 12 th).

PCA came 16th on overall club points out of the 63 clubs competing – looking at it against only Wellington clubs PCA came in 3rd behind Capital and Tawa but finished ahead of Karori and Swimzone. 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 10 points, 8th 1 point).

Well done to those that qualified and swam at this national meet and thanks to all the parents who stepped up and helped throughout the competition, **especially** those who didn't even have swimmers competing.

A special thanks to **Todd OHagan** who again stepped in at short notice and covered for Nevill, who for personal reasons was called away at the last minute. Todd's knowledge of swimming and each swimmers individual ability was a major contributing factor in their overall results.

Thanks, also to **Bill Walsh** - PCA's team manager. The club appreciates that many take time off work and often use up their annual leave to help out at National Meets.

Some of the team in stretching mode:



Congratulations to Jack Plummer – Great Results



Jack Plummer, who was 8 last week, swam at the Ice Breaker Carnival in Palmerston North on the 17th October and won all the boys 8 years & under events, coming away with 4 gold medals. He also set 4 new personal bests, including taking a massive 12 seconds off his PB for the 50m breaststroke, finishing in 51.94 secs

Naenae Gold Coast Long Course Meet

Thanks to the all parents that helped with officiating at this meet as it almost didn't start due to the lack of timekeepers – all you have to do is press a button (although you may get the odd splash)! _PCA had quite a good turnout though with 21 swimmers participating. The team was Helena Clark, Brad & Riley Crosbie, Jennifer Grieg, Jordan Harris, Abby & Kate Laws, D'Angelo & Latisha Leavai, Angel Leavaiseeta, Brooke & Saasha Marsters, Lucy Newton-Smith, Jordana Pointon-Haimona, Monica Saili, Nicole Tait, Thomas Tauvae, Nathan Tregear-Watts, Mia & Matisse Uluilalata and Sophie Wilkinson.

We appreciated the effort put in by the swimmers to remain in the group area and to check with the team managers if they have to leave. There were many personal best ribbons to bring home, well done to all those who participated. Thanks also to our meet coach Alex for his helpful advice to all. The Personal Best trophy went to the Tawa Swimming Club this time, we must have been close, but we'll get it back next time.

Phil Watts & Clare Newton-Smith

Team Managers

Capital Classic 23rd November.

PCA was represented by a small but talented team of seven girls at the Capital Classic 2010 swim meet. The swimmers were Nicole Tait, Emily Laws, Brooke Marsters, Matisse Uluilalata, Saasha Marsters, Katie Cameron and Mia Uluilalata. Highlights included some great PBs: Saasha 4 seconds in 100 back, Brooke and Emily 2 seconds in 100 back, Matisse 3 seconds in 100 free and Mia 5 seconds in 100 breast. The last event, The Wheel of Pain saw Commonwealth Games swimmers Glenn Snyders and Tash Hind competing. Tash Hind showed her class in winning the 200IM, but the 200 fly was too much for NZ top breaststroker Glen Snyders who finished fourth.

Ondine Souter & Christine Marsters
Team Managers

Report from the 2nd night of the PCA In-House league.

Yet another exciting night of swimming!

Fantastic to see a huge number of members taking part in this fun event. Thanks to our senior swimmers for looking after our younger members.

The points are getting very close. Results so far are as follows:

Leading in 1st place is TEAM TWO with 399 points narrowly ahead of...

2nd place is TEAM THREE with 392 points closely followed by

3rd place are TEAMS FIVE with 390 points just ahead of

4th place is TEAM ONE with 383 points

5th place is TEAM FOUR with 343 points

6th place is TEAM SIX with 334 points

The 3rd and final night of the league will be on the 15th November...

Records broken since last newsletter:

2010 NZ Age Group Short Course Champs 26-30 September 2010

Bronagh Ryan	17	50	Breast	33.81	34.51	Bronagh Ryan	05.09.10	26	SC
Bronagh Ryan	17	100	Breast	1.13.88	1.14.09	Bronagh Ryan	05.09.10	27	SC
Bronagh Ryan	17	50	Free	27.45	27.84	Bronagh Ryan	05.09.10	28	SC
Tamati O'Hagan	14	100	Fly	1.03.85	1.05.50	Jeremy Lane PSC	8.6.02	29	SC
Monica Saili	13	800	Free	9.38.09	9.42.42	Lucy Meehan MSC	8.11.05	30	SC
Ben Walsh	13	200	IM	2.20.10	2.20.49	Ben Walsh	05.09.10	31	SC
Ben Walsh	13	400	IM	4.55.89	4.57.89	Ben Walsh	05.09.10	32	SC
Ben Walsh	13	200	Breast	2.30.61	2.36.04	Luke Hallsmith MSC	13.9.05	33	SC
Ben Walsh	13	100	Breast	1.10.83	1.11.11	David Robati MSC	10.08.96	34	SC

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 night's 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. These boxes can also now be used for uniform purchase forms. 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.
- Newsletter – if you would like to receive the newsletter via email in future please send an email to Carol on secretary@swimporirua.co.nz.

- **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

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
6 November	Levin 'Paul Kent Memorial' meet	Levin	Club trip by bus, refer to details earlier in newsletter. Closed
6 November	Swimzone Signature Meet	WRAC	Flyer on notice board. Closed
12-14 November	NZ Open Short Course Champs	Mt Maunganui	Flyer on NZ Swimming website. Closed
13 November	SW Long Distance meet	WRAC	Flyer on notice board. Closes 5 November
14 November	Kiwi West Aquatics	Palmerston North	Flyer on notice board. Closed
15 November	PCA In-House League 3	Cannons Creek	See flyers on notice boards. (Replaces Orcas squad training and normal club night)
21 November	Gold Coast Carnival	Cannons Creek	Flyer on notice board. Closes 19 November.

4 December	SW Juniors Rehearsal Meet	WRAC	Flyer on notice board. Closed
5 December	Gold Coast Chocolate Carnival	Raumati	Flyer to come. Closes 3 December
11 December	Swim Karapiro Open Water Swim		Enter online at www.swimkarapiro.co.nz
13 December	PCA Family	Cannons Creek	
7-9 January	Manawatu Summer Champs	Palmerston North	Flyer to come & closing date tba
21-25 January	Wgtn Summer Long Course Champs	WRAC	Flyer to come. Entries will be closing prior to Xmas, date tba
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	233 0360

PCA WEBSITE

Check out our website – swimporirua.co.nz
