

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 2010**



**PCA**

**Porirua City Aquatics**



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**WISHING YOU ALL A SAFE AND HAPPY**  
**CHRISTMAS**

**REMINDER: FAMILY FUN NIGHT**

**Monday 13<sup>th</sup> 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 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 2010 – normal club nights resume on Monday January 31st 2011.

## NOTE - CHANGES TO HOLIDAY TIME TABLE FOR ORCAS AND SWORDFISH

### 2010 2011 HOLIDAY TIME TABLE

This timetable differs to the one published in the November newsletter.

<b><u>December</u></b>	
Sunday 12 <sup>th</sup>	Final Sunday morning swimming for 2010
Monday 13 <sup>th</sup>	Family Fun Night – final club night for 2010
Tuesday 14 <sup>th</sup> to Friday 18 <sup>th</sup>	Normal sessions for the Orcas, Swordfish and Penguins. Friday 18 <sup>th</sup> will be the final session for the Penguins for 2010
Friday 18 <sup>th</sup>	6pm to 7.30pm – training with Mrs Adams for club swimmers who have entered the Wellington Champs
Monday 20 <sup>th</sup>	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 <sup>st</sup> <b>Wednesday 22<sup>nd</sup></b> <b>Thursday 23<sup>rd</sup></b>	4.15-5.45pm Orcas and Swordfish will train together  <b>note change of times for Wednesday and Thursday</b>
<b><u>January</u></b>	
<u>Monday 10<sup>th</sup></u>	6pm to 7.30pm Training will be available with Mrs Adams for swimmers not going to camp who have entered the Wellington Champs
11 <sup>th</sup> to 18 <sup>th</sup>	Squad camp in Palmerston North
Friday 14 <sup>th</sup>	As per 10 <sup>th</sup> January
Monday 17 <sup>th</sup>	As per 10 <sup>th</sup> January
<b>Wednesday 19<sup>th</sup></b> <b>and Thursday</b> <b>20<sup>th</sup></b>	4.15pm -5.45pm Orcas and Swordfish will train together <b>note change of times for Wednesday and Thursday</b>
Friday 21 <sup>st</sup>	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 <sup>th</sup> <b>Wednesday 26<sup>th</sup></b> <b>Thursday 27<sup>th</sup></b>	4.15-5.45pm Orcas and Swordfish will train together  <b>note change of times for Wednesday and Thursday</b>
Friday 28 <sup>th</sup>	6 –7.30pm Orcas and Swordfish will train together. Club swimmers who have swum the Wgtn Champs are also welcome.
Monday 31 <sup>st</sup>	The club's normal programme/timetable begins for the term.

### Results:

#### **Paul Kent Memorial swim meet: Levin, 6<sup>th</sup> November 2010**

45 PCA swimmers entered the Paul Kent Memorial swim meet in Levin on Saturday 6<sup>th</sup> November 2010. This was a fantastic number with PCA making up for over 1/3 of all the competitors entered into this meet. This meet was arranged as a club day trip with all swimmers aged 9 and over travelling to the meet by bus. The team were a mix of senior squad, junior squad and club swimmers aged between 8 and 17 years old.

The day began as a wet one as we departed on the bus from Paremata Railway station but by the time we arrived at Levin Adventure Park for lunch the day was fine and warm. The senior squad swimmers

showed that they had lost none of their enthusiasm for playgrounds with many running around like they were back in Primary School.

With lunch completed we made our way to the pool and got down to the serious business of showcasing the many talents of the team. PCA had a fantastic meet dominating many of the age groups at this meet with over 40 1<sup>st</sup> places, 25 2<sup>nd</sup> places and 14 3<sup>rd</sup> places recorded. On top of that there were 54 personal bests swum by PCA.

Following the meet the team overran Levin McDonalds for a well earned meal before returning to Porirua. The hope of a peaceful trip back was destroyed with the soft drink and frozen cokes obviously having a major effect, and quickly shattering any thoughts of a quiet sleep for the exhausted coaches and managers on the bus.

Overall the trip went fantastically, the team's behaviour was impeccable and the team bonded and mixed really well. They all showed a real team spirit, supporting and encouraging all the swimmers in their races. The reports from the swimmers were that they all really enjoyed the trip and look forward to having more trips away as a team in the future.

Thank you to the large number of parents who made their way up to the meet to support the team and also to Keely Saunders and D'Angelo Leavai who both had to withdraw from swimming with arm injuries but both came on the trip and assisted the meet by being runners.

Trips like this don't just happen so it is important to acknowledge a number of people working behind the scenes to make it happen. Ondine Soutar for organising the bus, Sarah Tait for organising the entries, the coaches, Eileen Adams, Neville Sutton and Alex Bennett for their assistance, and to Bill Walsh for his expert guidance in co-managing the team.

Terry Laws

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## **IN-HOUSE LEAGUE FINAL RESULTS**

Congratulations to all those who took part in our 2010 Club League series. It was great to see swimmers trying new events and supporting their team mates. The success of this league is very much dependant on the team leaders – our older swimmers who do a brilliant job organising their swimmers into their events as well as trying to give everyone a similar number of swims. Thanks to you all.

Thanks also to Sarah and her team for keeping the scores and to all those who helped out officiating.

### **Results were**

**1<sup>st</sup> Team 2 with 597 points**, Josh Trlin, Nicole Tait, DJ Stapleton, Riley Crosbie, Tayla Merrito, Sayla Southee, Reegan Gaulofa, Jordana Pointon-Haimona, Lucy Newton-Smith, Harry Ireland, Brooklyn Saunders, Jacob Brown, Grace Hunter, Charlie Cooling, Abby Laws, Alex Coupe, Matthew Ryan, Hayden Lister, Yasmeen Prescott, Jack Plummer and Ethan Kedzlie

**2<sup>nd</sup> Team 5, 573 points**, Bronagh Ryan, Tamati O'Hagan, Hamish Trlin, Chris Andrews-Kidd, Jared Priston, Laura Cameron, Josh Nairne, Angel Leavaiseeta, Hannah Holford, Sarah Williams, Grace Feite, Austen Rangi, Shannon Reid, Chloe Bouchier, Verity Isaacs, Seth Wilson, Brannan Merrito, Khi-Jyvonne Rapson, Ethan Kedzlie, Emilee Wilkinson and Millie Spicer

**3<sup>rd</sup> Team 1 554 points**, Aaron Lynch, Letitia Saunders, Ryan McBride, Natarsha Orsman, Stanley Foley, Josh Walsh, Charlotte Hollywood, Keely Saunders, Jessica Beddow, Tom Scott, Bowen Cook, Jordan Harris, Kaitlin Corlett, Nicholas Trlin, Emma Bagley, Shay Williams, Tasmin Kennedy, Gina Dao-McLay, Polly Baker, Lily-Anne Meyler and Stephi Tregear-Watts

**4<sup>th</sup> Team 6 511 points** Luke Feite, Susannah Lynch, Ben Walsh, Latisha Leavai, Callum Watts-Pointer, Hannah Bagley, Katherine Haywood, Christopher Woodmass, David Shepard, Jennifer Greig, Kelsea Elkington, Xavier Rapson, Katie Cameron, Tennessee Crawford, Danielle Foley, Thomas Tauvae, Hannah Kedzlie, Sophie Wilkinson, Niamh Brown, Ben Callear and Nicholas Churchill

**5<sup>th</sup> Team 3 509 points** Kiwa O'Hagan, Deborah Lynch, Hayley Andrews, Dannielle Gaulofa, Brooke Marsters, Helena Clark, Matisse Uluilata, Kate Laws, Bailey Coupe, Saasha Marsters, Brett McBride, Dom Kafatolu, Brad Crosbie, Connor Serici, Olivia Aunoa, Hannah Chevis, Matt Parsons, Georgia Nairne, Jacinta Parkinson-Campus, Molly Newton-Smith, Victoria Fergusson, Gemma Orsman and Aaron Scott

**6<sup>th</sup> Team 4 495 points** Craig Stapleton, Emily Laws, Skylaah Cruise, Victoria Comesky, Jasmin Inglis-Matchett, Monica Saili, Eden Cruise, Amelia Radley, Simone Ryan, Chris Pasrons, Liam Kennedy, D'Anjalo Leavai, Mia Uluilata, Nathan Tregear-Watts, Anais Lucas, Bernice Holford, Prajna Baskar, Hannah Aunoa, Samantha Hayes, Dannielle Coupe and Brodie Tierney.

## **Gold Coast Meet 21st November - Cannons Creek**

PCA put out a very strong team of 47 swimmers so we led the meet by the sheer volume of competitors in each race, which was great to see. We had quite a few new swimmers and some very young competitors too. Being at our home ground was a great way for these swimmers to learn the format of warm-ups, marshalling and competing. It was also a good opportunity for some new parents to get involved in some duties, despite the very warm evening! It was great having swimmers trying out some new events, whether a new stroke or a longer distance. Some good PB's were achieved, including many first recorded times.

Team Managers - Christine Marsters and Clare Newton Smith  
Coach - Alex Bennett

### **A note about Gold Coast Carnivals....**

Gold Coast carnivals are local carnivals held approximately 5 times a year between 4 clubs: PCA, Raumati, Kapiti and Tawa competing for the Gold Coast Personal Best Trophy. Points are *awarded* to clubs for swimmers attaining a PB (personal best), NT (new time). Points are *deducted* for swimmers that don't turn up to the meet NS (no swim) and for swimmers not attaining a PB, and DQ's (disqualifications). During the meet, points are collated and at the end of the carnival a percentage calculation based on the numbers of swimmers from each club is worked out to give an overall Winning Club, which is then awarded the trophy.

The winning club from the Gold Coast carnival held at Cannons Creek Pool on 21<sup>st</sup> November was Kapiti.

The results were:

- 1<sup>st</sup> place Kapiti with an overall score of 56%
- 2<sup>nd</sup> place Tawa with an overall score of 38%
- 3<sup>rd</sup> place Raumati with an overall score of 30%
- 4<sup>th</sup> place PCA with an overall score of 25%

Unfortunately we had 6 swimmers entered in a total of 13 events that for some reason didn't turn up to the meet so our club immediately lost a number of points.

### **When attending a swim meet...**

Just as a reminder, if competitors could arrive and be ready to warm up in good time please, as it gives everyone a better start. Let the team managers know you have arrived and txt or call if you are running late or not able to compete. The team managers numbers are generally noted on the entries confirmation email sent out by the Race Secretary. In some cases the club loses points for late scratchings and in others (Regional and National meets) there may even be fines which is a cost to the swimmer. It would also be great to see all our swimmers in PCA caps, which can be purchased from the club for \$10.

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## **POLICY**

### **SWIMMER FINANCIAL ASSISTANCE TO NATIONAL MEETS**



This policy covers Porirua City Aquatics financial assistance for members who represent the club at SNZ National Championships and Competitions.

Meets held within the Wellington Region.

For meets where swimmers stay at home

- *The club will pay the swimmer's entry fees. A swimmer scratching from any event is required to reimburse the club for that entry fee.*

Meets held in Wellington where the swimmers stay as a team – refer to Away Meets.

### **Away Meets**

For meets where swimmers stay as a team.

- Swimmers are to pay \$250.00 towards their food, accommodation and travel costs, by the stipulated due date. PCA will pay the balance of these costs.
- All swimmers are to pay their own entry fees, entertainment and other personal costs.

### **GENERAL**

To be eligible for financial assistance swimmers must

- Wear the club uniform as directed by the team management, including a club cap, if they normally wear a cap.
- Travel and stay with the team. In exceptional circumstances, approval may be given by the committee for swimmers to travel separately providing permission is requested in advance, in writing, outlining full details, pickup/drop off points, and noting who is responsible for the swimmer. There should be no expectation on the team management to go out of their way to transport swimmers travelling separately.
- A swimmer who withdraws from a team after the 'stipulated due date' will be liable for expenses incurred on their behalf. When such expenses are less than the deposit the swimmer will be refunded the balance of the deposit, otherwise they will be required to reimburse the club for the balance of the expenses.

This Policy applies to meets held during the 2011 calendar year.

*Approved at the November committee meeting*

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### **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.

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### **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 are 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](mailto: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.

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## Upcoming Meets

<b>UPCOMING EVENTS</b>			
<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>NOTES</b>
4 December	SW Juniors Rehearsal Meet	WRAC	Flyer on notice board. <b>Closes 29 November</b>
4 December	Dolphin Carnival	Fielding	Flyer on notice board. <b>Closes 15 November</b>
5 December	Gold Coast Chocolate Carnival	Raumati	Flyer to come. <b>Closes 3 December</b>
11 December	Mitch Tait Carnival	Masterton	Flyer on notice board. <b>Closes 29 November</b>
11 December	Swim Karapiro Open Water Swim		Enter online at <a href="http://www.swimkarapiro.co.nz">www.swimkarapiro.co.nz</a>
13 December	PCA Family Fun Night	Cannons Creek	
7-9 January	Manawatu Summer Champs	Palmerston North	Flyer on notice board. <b>Closes 10 December</b>
21-25 January	Wgtn Summer Long Course Champs	WRAC	Flyer on notice board. <b>Closes 17 December</b>
19-20 February	NZ Juniors	WRAC	Flyer on notice board. <b>Closes 31 January</b>
1-5 March	NZ Age Groups (NAGs)	WRAC	Flyer on notice board. <b>Closes 11 February</b>
16-19 March	NZ Div 2 Comp	Christchurch	Flyer on notice board. <b>Closes 25 February</b>
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.			

<b>Porirua City Aquatics Inc. Club Contacts</b>		<b>Phone</b>
President	Viv Morton <i>Viv will be away from 30<sup>th</sup> November until 15th January – for urgent matters contact Matt Trlin or Carol Corlett during this time.</i>	234 7071
Secretary	Carol Corlett	239 9766
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](http://swimporirua.co.nz)**

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

Please refer to the notice board and on our website for more  
information and entry details.

For some 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  
Megan Blair  
Katie Cameron  
Emelie Clarke  
Cheyne Copeland  
Alexandra Coupe  
Dannielle Gaulofa  
Jennifer Greig  
Hannah Holford  
Grace Hunter  
Holly Jenkins  
Kate Jenkins

Abby Laws  
Emily Laws  
Latisha Leavai  
Angel Leavaiseeta  
Susannah Lynch  
Brooke Marsters  
Saasha Marsters  
Lucy Newton-Smith  
Molly Newton-Smith  
Kiwa O'Hagan  
Jordana Pointon-  
Haimona  
Amelia Radley

Khi-Jyvonne Rapson  
Bronagh Ryan  
Monica Saili  
Brooklyn Saunders  
Keely Saunders  
Letitia Saunders  
Nicole Tait  
Matisse Uluilata  
Mia Uluilata  
Hayley Wilkins  
Sophie Wilkinson

**BOYS:**

Daniel Albert  
Chris Andrews-Kidd  
Alex Bennett  
Brad Crosbie  
Stanley Foley  
Reegan Gaulofa  
Jordan Harris  
Liam Hawthorne

D'Anjalo Leavai  
Aaron Lynch  
Brett McBride  
Tamati O'Hagan  
Jack Plummer  
Xavier Rapson  
Craig Stapleton

DJ Stapleton  
Hamish Trlin  
Josh Trlin  
Ben Walsh  
Joshua Walsh  
Dalton Wilkins

This list is current at 9<sup>th</sup> November. The eligibility list will also be updated at a later stage.

**The following swimmers have qualified for the upcoming  
2011 NZ Swimming Championships**

Please refer to the notice board and on our website for more information and qualifying details.

There are a number of events coming up prior to these nationals for more swimmers to qualify and add to this list...

**Junior Nationals**

Matisse Uluilata  
Mia Uluilata  
Joshua Walsh

**National Age Groups (NAGS)**

Bronagh Ryan  
Monica Saili  
Chris Andrews-Kidd  
Tamati O'Hagan  
Hamish Trlin  
Josh Trlin  
Ben Walsh

**Division 2 Competition**

Hayley Andrews  
Dannielle Gaulofa  
Holly Jenkins  
Emily Laws  
Susannah Lynch  
Brooke Marsters  
Kiwa O'Hagan  
Nicole Tait  
Daniel Albert  
Aaron Lynch  
Craig Stapleton

*This list is current as at 9<sup>th</sup> November.*