

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 2011



SESSION TIMES FOR EASTER AND THE SCHOOL HOLIDAYS (Cannons Creek Pool)

All swimming is cancelled on Good Friday, Easter Sunday and Easter Monday.

Normal Sunday morning sessions are available from 8.30am to 9.30am on 17th April and 2nd May.

Monday 18th April and Friday 29th April from 6pm will be devoted to swimming for distance badges.

For those new to the club, PCA has 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 6pm, while those swimming longer distances are to come at 7pm. To help these evenings run smoothly Eileen and Viv will need help from parents counting laps and timing the 1k swimmers. It should also be noted that swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals

Penguins

As the Penguins do not train over the school holidays, they are welcome to join in these club sessions and swim distance badges.

Swordfish and Orcas

The Swordfish and Orcas will swim together during the holidays. Session times are as follows

- | | |
|---|------------------|
| • Monday 18 th | 4.30pm to 6pm |
| • Tuesday 19 th , Wednesday 20 th and Thursday 21 st | 4.15pm to 5.45pm |
| • Friday 22 nd to Tuesday 26 th inclusive, | no training |
| • Wednesday 27 th and Thursday 28 th | 4.15pm to 5.45pm |
| • Friday 29 th | 4.30pm to 6pm |
| • Monday 2 nd normal timetable resumes. | |

CLUB PICNIC

As only a few people had expressed an interest in attending the club picnic by listing their names on the notice board it was decided to cancel the event. Since then a number of people have said "Well, that was a shame – we had intended going". Should the committee decide to run a similar event in the future, it would be helpful if all those who intend supporting such an event list their names on the notice board – this will save future disappointments.

SQUAD FEES

Term one's coaching fee for the Penguins of \$90.00 is due now and should be paid and should be paid by the 15th of March.

Fees for the Swordfish are \$50.00 per month. While the club would prefer these to be paid on the first of each month, for that month by AP, those who wish to pay \$150.00 in one instalment for February, March and April should also pay in full by 15th March.

Orcas fees are \$80.00 a month. These should be paid by AP – refer to the Swordfish's instructions.

Squad/Coaching fees can be paid

- on line to account no 030547 0205093 **02** – please include your child's name.

If you do not wish to pay on-line – other payment options are

- Or by posting your cheque into the black box in the storeroom (see note above) in an envelope showing your child's name and your phone number..
 - Or by seeing the committee member on duty at the pool from 6pm to 8pm on a Monday and/or Friday night.
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Coaching arrangements while Alex is on leave.

You may have heard that Alex is taking four weeks leave from the end of this month. I have arranged for Dennis Smith to take Alex's groups during his absence. Dennis has relieved for the club before and comes with years of experience in swimming coaching. Dennis will be pool side from March 21st and Alex will be on leave from March 24th.



Porirua City Aquatic wishes
to Thank
The Lion Foundation
for their support and
contribution towards the
squad camp

Swimming NZ Awards 2011 – Congratulations to Graham Seagull who is a finalist in the *Technical Official of the Year* category for these awards. Graham, a member of PCA, is a FINA starter who gives hours of his time officiating at local, regional, national and international meets, even though his children haven't swum for over ten years. The winners are to be announced at SNZ Awards dinner to be held in Auckland on April 9th 2011.

INSPECTOR OF TURNS (IOT's)

All swim clubs are required to supply IOT's and timekeepers for every swim meet our club enters. PCA has plenty of timekeepers (although we always need more), however we only have 5 qualified IOT's and a couple more in training at the moment. Unfortunately this places an unreasonable amount of pressure on our club in filling our IOT requirements at swim meets.

PCA needs more IOT's. If you have children swimming in the club, particularly if they swim competitively or are in a squad then please consider becoming an IOT as a way of getting involved and helping out the club. The more we can get trained the more the load can be spread around.

What do IOT's do?

IOT's stand at each end of the pool and are responsible for ensuring the swimmers comply with the rules of swimming at the start, during the turns and at the end of the race. The position of IOT is arguably the most important one on the pool deck. Being an IOT is similar to being a referee or umpire in other sports.

If you are interested or want to know more about it then please contact me either at poolside, by phone: 2330360 or by email at: terrylaws@xtra.co.nz

Terry Laws
Officials Coordinator
Porirua City Aquatics

MEET ENTRY TIMES

For most meets swimmers entries times are shown on the programme and these determine the lane allocation for a race. Swimmers and parents need to be aware that there may be a difference between a swimmer's entry time and their personal best time depending on the whether the time was established in a 25m or a 50m pool, and the length of the pool the meet being entered is to be swum at.

Swimming NZ has a conversion table that makes allowances for the advantage that may be gained by the extra turns needed in 25m pools. In short, swimmers swimming at the same speed will normally record a slower time for the same distance when swimming in a 50m pool because of the lack of turns.

Conversion table

Freestyle		Backstroke	
50m	0.85 sec	50m	0.85 sec
100m	1.70 sec	100m	1.70 sec
200m	3.40 sec	200m	3.40 sec
400m	6.80 sec	Breaststroke	
800m	13.60 sec	50m	1.00 sec
1500m	25.50 sec	100m	2.00 sec
		200m	4.00 sec
Butterfly		Medley	
50m	0.70 sec		
100m	1.40 sec	200m	3.40 sec
200m	2.80 sec	400m	6.80 sec

Explanation

If a swimmer's time for 50m freestyle was 45.30 and this was established in a 25m pool. Should that swimmer enter 50m freestyle at a meet being swum in a 50m pool, then the entry time would show as 46.15 sec (that is 45.30 plus the conversation of .85sec).

Or the reverse – should a swimmer swim a Personal best of 1m30.00 at a 50m pool for 100m breaststroke. That time would convert to 1m28.00 if the swimmer was to enter an 100m breaststroke race at a 25m pool.

While it is a good ideal for swimmers to be aware and record of their Personal Best times – it is a better idea for them to keep two lists, one for short course best times (ie times swum in a 25m pool) and the other for long course (50m pool) best times.

SUBSCRIPTIONS

The final instalment for 2010/11 subscriptions of \$60 was due to be paid by 28th February.

Payments can be made by cash or cheque at Cannons Creek pool on Monday and Friday club nights, or by direct credit into the Club's bank account: 03-0547 – 0205093-00

If you have any queries as to amounts outstanding please email our Treasurer, Julie Saunders at treasurer@swimporirua.co.nz

Results:

2011 New Zealand Junior Championships – 18-19 February

Juniors this year had a slightly different format as it was decided to reduce the number of venues and hold it in just 2 instead of the usual 3. The South Island swimmers journeyed north and joined the Central region participants in Kilbirnie at the WRAC where they all competed against each other. The Northern Region swimmers competed at the same time as those in Auckland and the results were then combined to give an overall National result in each event.

Porirua City Aquatics had 6 swimmers who qualified and attended this prestigious championship event.

Congratulations to **Sophie Wilkinson (9)**, **Saasha Marsters (11)**, **Mia (10)** and **Matisse Ululelata (12)**, **Reegan Gaulofa (11)** and **Joshua Walsh (11)**.

The championships proved to be a great success for the PCA team with our young inexperienced swimmers setting new club records, personal PB's and generally performing with distinction.

Overall the team achieved 1 NZ Silver medal, 1 Regional 2nd placing, 3 Regional 3rd placings and several National Top 10 placings.

Our most successful swimmer was Joshua Walsh who turned in a series of top performances, achieving personal bests in several of his individual events, finishing with a national **SILVER medal** in the 11 year old boys 50m Backstroke (breaking his own club record establishing the new time of 35.17 seconds). He also achieved a Regional 3rd placing in the 11 year old boys 200 Backstroke (7th nationally) and a Regional 3rd placing in the 11 year old boys 100 Backstroke (5th nationally).

Mia Ululelata put up several very strong performances with her best result in the girls 10 year old 100 Freestyle where she achieved a Regional 3rd, placing her 5th nationally. Her other National Top 10 results included 6th in the 100 Backstroke where she also broke a long standing club record setting a new time of 1:22.80. Mia also achieved a National 7th in the 200 Backstroke, 9th in both the 50 Freestyle and 50 Backstroke and a 10th in the 200 Freestyle.

Sophie Wilkinson was the other swimmer who placed in the National Top 10 finishing 10th in the girls 10 and under 50 Backstroke. Sophie also placed well in the girls 10 and under 50 Freestyle, her time here was fast enough to also claim a club record setting a new time of 35.20 seconds . Sophie's results are that much more impressive when you consider she is only 9 years old and will return to the 10 and under age group next year as a more experienced 10 year old, so watch out for her then.

Overall an exciting meet, with some great results produced by our Junior National Swimmers!!

PCA was also well represented on pool side with our 'Senior' officials; Matt Meehan was Meet Director, Graham Seagull (starter) Gillian Kalafatelis (referee) and Rhonda Graham (recorder) - thanks to you all.

Thanks also to our swimmers who were a pleasure to look after, our coach Alex Bennett, the parents who officiated and finally to all those who helped in so many ways during the meet.

Capital Sprint Meet

"The Capital City Mazada Sprints meet was held on Saturday 12th Feb at the Aquatic centre in Town, 13 PCA swimmers attended and all seemed to have a good time. Over 18 Personal Best times were achieved, with 11 swimmers in the top 3 during the evening. Bronagh Ryan did extremely well, winning all her races and taking the overall prize for girls 16 and over. Tayla and Brannan Merito attended their first meet and both did really well. Thank you to Todd O'Hagan, our coach and Ondine who team manage with me. The skins death wheel caused lots of excitement and lots of chocolate for the ticket winners. Great evening. Lizzie."

Tawa Blast

We had a small but keen team of 11 attend this meet. Some were looking to improve on existing PB's others were trying out some new events to get times. Attending were Asia-vi Wawatai, Bernice and Hannah-Leigh Holford, Molly and Lucy Newton Smith, Abby and Kate Laws, Brooklyn and Keely Saunders, Jordana Pointon-Haimona and Jordan Harris. At the last minute we put together a 200M Medley team consisting of Keeley (back), Hannah (breast), Jordana (butterfly) and Lucy (free). We were entered into the first heat so the competition didn't appear strong, but we gave it our best and actually got the best time of both heats with 2:50:70. a clear 7 secs faster than second. Well done to all swimmers of the night. Thank you also to our parents that were officials and to those who qualified as timekeepers on the night.

Clare Newton Smith/Alex Bennett.

Learn to Swim

Term Two's Learn to Swim course will commence on Sunday May 8th and finish on June 24th. Lessons will not be held over Queens birthday weekend. The cost for seven lessons is \$40.00. Classes are at 9.30am or 10.00 am – Everyone is Welcome.

Porirua City Aquatics records broken during 2010-2011 (since previous newsletter)									
Name	Age	Distance	Stroke	Time	Previous Time	Previous Name	Prev Date	no	LC/SC
2011 Junior National Champs 19-20 February 2011									
Mia Uluilalata	10	100	Back	1.22.80	1.23.17	Neesha Wieser MSC	Feb-97	57	LC
Josh Walsh	11	50	Back	35.83	35.98	Josh Walsh	24.01.11	58	LC
Sophie Wilkinson	9	50	Free	35.2	35.33	Jaimee Rangi MSC	21.1.06	59	LC
2011 National Age Group Champs 1-5 March 2011									
Tamati O'Hagan	14	50	Breast	32.54	33.1	David Robati MSC	Jan-97	60	LC

Tamati O'Hagan	14	50	Fly	27.93	28.37	Tamati O'Hagan	24.01.11	61	LC
Tamati O'Hagan	14	100	Fly	1.02.68	1.02.77	Tamati O'Hagan	24.01.11	62	LC
Bronagh Ryan	17	100	Free	1.01.76	1.02.16	Nadia Larsen PSC	3.4.07	63	LC
Bronagh Ryan	17	400	Free	4.41.24	4.44.82	Bronagh Ryan	24.01.11	64	LC
Bronagh Ryan	17	800	Free	9.43.42	9.46.78	Bronagh Ryan	24.01.11	65	LC
Bronagh Ryan	17	50	Breast	35.28	35.32	Nadia Larsen PSC	3.4.07	66	LC
Bronagh Ryan	17	100	Breast	1.16.25	1.17.75	Bronagh Ryan	24.01.11	67	LC
Bronagh Ryan	17	50	Back	31.88	31.96	Bronagh Ryan	24.01.11	68	LC
Bronagh Ryan	17	100	Back	1.10.23	1.10.97	Bronagh Ryan	24.01.11	69	LC
Ben Walsh	14	100	Breast	1.11.60	1.13.71	David Robati MSC	Jan-97	70	LC
Ben Walsh	14	200	Breast	2.35.93	2.36.39	Oliver Young MSC	15.8.92	71	LC

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. 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.
- **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
19 March	PCA Div 3	Naenae	Flyer on notice boards. This is our clubs fundraiser, mark it on your calendar now. Lots of help will be required. Closes 11 March
26 March	Karori meet	Karori	Flyer to come

27 March	Fairbrother Cup (inter-regional)		Team selected by SWN – info to come
10 April	Interclub League #1		Flyer to come – watch notice boards
16 April	SWN relay champs	WRAC	Flyer to come
7 May	SWN 24 meet	WRAC	Flyer to come
15 May	Gold Coast Meet Paekakariki Shield Meet combined with a Chocolate Carnival.	Tawa Pool	Flyer to come. <i>Individual races in the meet will be limited to 50m. This will be an ideal meet for those new to swimming to enter</i>
21 May	Karori signature meet	WRAC	Flyer to come
4 June	Tawa Signature meet	WRAC	Flyer to come
18 June	Interclub League #2		Flyer to come – watch notice boards
21 May	Interclub League #3		Flyer to come – watch notice boards
4 June	Interclub League #4		Flyer to come – watch notice boards
13 August	Gold Coast – long course meet	Naenae Pool	Flyer to come
30 October	Gold Coast Ribbon Carnival	Cannons Creek Pool	Flyer to come
27 November	Gold Coast Chocolate Carnival	Raumati Pool	Flyer to come
N.B. If you require a list of your times, please email Sarah Tait - thetairs@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	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
