

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.

**August 2011**



## Monster Christmas Hamper raffle



For the first time, the Club is going to run a Monster Christmas Hamper raffle.

Tickets for this raffle will be \$5 each and we are aiming to sell 1,250 tickets in a 4 week period from the end of October to the end of November, with the raffle being drawn in the first week in December. Each family will be required to sell a minimum of one book of 5 tickets, with the balance being sold by those who are able.

If all tickets are sold, we can make \$6,250 for the Club to assist with the purchase of new equipment.

### **Prizes**

There will be six themed hampers:

- 1st** Monster Hamper (combination of all goods)
- 2nd** Meat Pack (including Ham on the bone)
- 3rd** Party Pack (drinks, nuts, chips etc)
- 4th** Xmas Pack (mince pies, Xmas cake etc) or perhaps a home-made Xmas Cake or pud if anyone is keen
- 5th** Pamper Pack (body washes, moisturisers etc)
- 6th** After Dinner Hamper (Coffee, Plunger, Biscotti, After Dinner Mints etc)

Each family will need to contribute an item a week to this raffle from the week commencing **Monday 22 August**. All contributions are appreciated. There will be boxes at Te Rauparaha Arena and Cannons Creek for the goods to be placed in.

If you have any queries about the Monster Christmas Hamper raffle or are interested or able to donate items for the Meat Pack or Xmas Pack (homemade cake or pud) please let Hiria or Rachel know as soon as possible.

Rachel – 2323 422  
Hiria – 027 6646 847

Thanks in anticipation for your support.

---

## **SUBSCRIPTIONS for 2011/2012 year are now Overdue**

Subscriptions for the new membership year (1<sup>st</sup> July 2011 to 30<sup>th</sup> June 2012) are now overdue, if you have not paid your new membership please arrange payment immediately. Please note that failure to pay subscriptions may result in swimmers being turned away from club nights.

**The subscription for 2011/12 is \$160.00 for the year.** This is unchanged from the previous year.

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.

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 2011. 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.

Any family wishing spread their payments to make the payment of subscriptions more manageable should contact to our Treasurer Julie at [juleskiwi11@googlemail.com](mailto:juleskiwi11@googlemail.com)

---

## **HARDCORE MEET**

A big **Thank you** to all those who supported and helped at our Hardcore Meet. As mentioned previously Swimming Wellington allocates each club one 'Signature' meet year at Kilbirnie and the Hardcore Meet was ours. Full credit to everyone, especially the committee for hosting a most successful meet.

Thanks to those who provided food – the officials really appreciated the variety of great food that was handed around.

To the huge number of our club parents who were on pool deck officiating and doing the '101 jobs' that are required to host a meet....**thank you**

In the pool our swimmers did well, and it was great to see two of the four \$50.00 lucky draws prizes go PCA swimmers. Also Bryan Graham (a PCA referee) won the officials raffle and Mike Bouchier (PCA parent) won the door raffle.

Lastly a big **Thank you** to **Active Marketing** who provided cake slices for the officials and **Heinz Watties** who provided product for the door raffle.

All in all, a very successful night for PCA  
Viv Morton

---

## **MEET ENTRIES – please help our new race secretary by meeting deadlines otherwise you may miss the meet.**

As you all know Andy Wilkinson has taken over the race secretary's role. Already he has been chasing our older more experienced swimmers for their entries for the NZ Short Course Champs. Andy will not chase entries in the future. If you do not get your entries to Andy by the due date, with the required entry fees, then you may miss the meet. Everyone needs to appreciate Andy has a full time job and he does not have the time to chase swimmers. To avoid errors and/or entries being missed please deal direct with Andy, please do not give messages to his family poolside, or to your coach for him. If anyone has a query about this, please give me a ring Viv, 2347071.

---

---

## **LEARN TO SWIM LESSONS**

Our next course of seven lessons begins on Aug 7th and finishes on Oct 2nd.

*There will be no lessons on either September 4th or 11th as most of our instructors will be involved with the Wellington Winter Swimming Championships that run over the two weekends at the Regional Aquatic Centre in Kilbirnie*

Everyone is Welcome - Seven Lessons cost \$40.00.

Swimmers should report at 9.15am for the 9.30 class, or 9.45am for the 10am class.

---

## **ANNUAL 100M HANDICAP TROPHY**

The club's annual 100m Handicap Trophy meet will be held on Monday 22nd August 2011. Warm up is 6pm for a 6.30pm start.

**To enter swimmers need to have a current 50m or preferably 100m freestyle time. There are plenty of carnivals, including our race night, coming up for swimmers to update their times.**

Swimmers who can swim 100m freestyle without stopping should enter – this is a really fun event.

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move into the second round – the semi finals. These thirty six swimmers will be the first three or four place getters from each of the heats, depending on the number of entrants/heats there are. The winner from each of six semi-finals will then compete in the grand final.

As swimmers “drop out” they will be put into one of the six relay teams. All teams will compete in relay heats to establish a time and then later in the relay final which will be handicapped. Teams improving their time by more than 4 seconds will be disqualified.

### **An explanation about handicapped swimming**

Swimmers will be given a handicap based on their best time. Take two swimmers – one who is 10 seconds faster than the other. When they start the race the starter will say “GO” and the slower swimmer will dive in – the starter will then count the seconds out loudly – the second swimmer will then start when the starter calls “10” – if both these swimmers are competing up to their best, they should finish at the same time.

Imagine having six swimmers in one race, all starting at different times and finishing within splits of each other – very exciting!!

To enter swimmers should list their names on the flyer on the noticeboard. Entries close on Monday 15th August. Late entries will not be accepted.

---

**GOGGLES** - If anyone has parts for goggles or broken goggles, could they please leave them on the bench in the storeroom. These may help others to fix their goggles.

---

## **Results:**

### **HARDCORE MEET**

On 16 July a large team of 41 swimmers was scheduled to swim at our very own "Hardcore" signature meet at the Wellington Regional Aquatic Centre. This kept Lizzie and I pretty busy especially in the 50m events. Like most meets the night produced a mixed bag of results - some stunning PBs and some disappointing DQs. By the close of the evening, the team had achieved Personal Best Times in just over half of the events swum. Good work swimmers!

Special thanks to Ryan McBride and Emily Laws who stepped into the relays at short notice, to Lizzie Plummer for her assistance with the team managing and to Alex for coaching the Juniors.

Tania Donaldson - Team Manager

---

### **Division 2 swim meet**

A small team of 3 PCA swimmers attended the National Div 2 meet in Rotorua from Wednesday 20<sup>th</sup> July through to Saturday 23<sup>rd</sup> July 2011. Dannielle Gualofa, Nicole Tait and Emily Laws represented PCA and all performed fantastically, achieving 23 personal bests, making 11 finals and coming away with 5 medals.

The medals were won in:

Dannielle Gualofa:	2 <sup>nd</sup> , 14 year old girls 100 free with a time of 1.03.52
	3 <sup>rd</sup> , 14 year old girls 50 free with a time of 29.56
	3 <sup>rd</sup> , 14 year old girls Wellington regional relay 4 x 50 freestyle team
Nicole Tait:	2 <sup>nd</sup> , 15 year old girls 50 breast with a time of 36.91
Emily Laws:	3 <sup>rd</sup> , 14 year old girls Wellington regional relay 4 x 50 freestyle team

Emily and Dannielle represented Wellington in the girls 13/14 years relay teams for the 4 x 50 freestyle and 4 x 50 medley where they achieved a 3<sup>rd</sup> place and a 5<sup>th</sup> place. Nicole represented Wellington in the girls 15 years and older relay teams in the 4 x 50 freestyle and 4 x 50 medley where they achieved a 5<sup>th</sup> and 6<sup>th</sup> placing.

A particular highlight was the 14 year old girls 50 freestyle final where Dannielle and Emily raced next to each other. In a great battle Dannielle finished 3<sup>rd</sup> just pipping Emily who finished 4<sup>th</sup>. Their times were 29.56 and 29.61 which were over a second below their PB's. All of the girls are now close to meeting qualifying times for the National Age Group champs and based on how they swum in Rotorua I would be surprised not to see them swimming at that next level soon.

Thanks to Leanne who did all of the cooking/housekeeping duties etc and Sarah and Greg Tait for their support up in Rotorua.

PCA is also grateful to the Mana Community Grants Foundation for a grant that helped with the teams travel and accommodation expenses.

Terry Laws – Team Manager

---

### **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](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 389 5907.

## Upcoming Meets

<b>UPCOMING EVENTS</b>			
<b>DATE</b>	<b>EVENT</b>	<b>VENUE</b>	<b>NOTES</b>
6-9 August	NZ Short Course Championships	WRAC	Flyer to come – open to qualified swimmers. <b>Closed</b>
13 August	Gold Coast - <b>open to all swimmers</b>	Naenae Pool – this meet will be swum long course	Flyer on notice board. <b>Closes 8<sup>th</sup> August</b>
20 August	SZR 4 by 4 Meet	Naenae Pool	Flyer on notice board. <b>Closes 13<sup>th</sup> August.</b>
22 August	100m Handicap Trophy	Cannons Creek Pool	Flyer on notice board & see above section of this newsletter. <b>Closes 15<sup>th</sup> August</b>
3&4 September 10&11 Sept.	Wellington Winter Championships	WRAC – 8 sessions	Flyer on notice board – open to qualified swimmers. See list at the end of this newsletter for qualified swimmers. <b>Closes 22nd August</b>
24 September	Interclub League #4	Raumati Pool	
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 Andy Wilkinson – [andyandnicola@gmail.com](mailto:andyandnicola@gmail.com) - and they will be sent back to you.

<b>Porirua City Aquatics Inc. Club Contacts</b>		<b>Phone</b>
President	Viv Morton	234 7071
Secretary	Carol Corlett	239 9766
Treasurer	Julie Saunders	389 5907
Race Secretary	Andy Wilkinson	233 6016
Club Captain	Onolata Little	235 5646
Squad Liaison	Tania Donaldson	237 9333
Officials Contact	Terry Laws	233 0360

### **PCA WEBSITE**

Check out our website – [swimporirua.co.nz](http://swimporirua.co.nz)



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

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

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	Grace Hunter	Khi-Jyvonne Rapson
Chloe Bouchier	Hannah Kedzlie	Bronagh Ryan
Katie Cameron	Tasmin Kennedy	Monica Saili
Caitlin Clarke	Abby Laws	Brooklyn Saunders
Emelie Clarke	Emily Laws	Keely Saunders
Cheyne Copeland	Latisha Leavai	Letitia Saunders
Kaitlin Corlett	Angel Leavaiseeta	Sayla Southee
Alexandra Coupe	Anais Lucas	Nicole Tait
Skylaah Cruise	Saasha Marsters	Matisse Uluilelata
Grace Feite	Lucy Newton-Smith	Mia Uluilelata
Dannielle Gaulofa	Molly Newton-Smith	Hayley Wilkins
Jennifer Greig	Kiwa O'Hagan	Sophie Wilkinson
Bernice Holford	Jordana Pointon-	Shay Wiremu-Williams
Hannah Holford	Haimona	

**BOYS:**

Daniel Albert	D'Anjalo Leavai	Josh Trlin
Chris Andrews-Kidd	Brett McBride	Nicholas Trlin
Michael Chang	Ryan McBride	Bailey Vitaliano
Bailey Coupe	Tamati O'Hagan	Ben Walsh
Tennessee Crawford	Jack Plummer	Joshua Walsh
Luke Feite	Xavier Rapson	Callum Watts-
Reegan Gaulofa	Olliver Smith	Pointer
Jordan Harris	DJ Stapleton	Dalton Wilkins
Grant Hawthorne	Nathan Tregear-Watts	
Liam Hawthorne	Hamish Trlin	

Note: This list is current at 19<sup>th</sup> July. The eligibility list will also be updated at a later stage.