

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.

September 2011



REMINDER



Monster Christmas Hamper raffle



You will have seen in the last club newsletter that we are running a Christmas raffle to raise money to purchase new equipment.

Each family is being asked to contribute an item a week to this raffle. There will be boxes at Te Rauparaha Arena and Cannons Creek for the goods to be placed in. So far donations have been slow and we really need the help of all club members to make this fundraising effort a success for the club. All donations will be gratefully received.

To give you some idea of goods to contribute the prize packs are as follows:

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)

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

REMINDER: **SUBSCRIPTIONS for 2011/2012 year are now Overdue**

Subscriptions for the new membership year (1st July 2011 to 30th 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.

Additionally, swimmers who have not paid their membership will not be able to swim at any meets until subs have been paid, as they will not be registered with Swimming Wellington.

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

CARNIVAL ENTRIES

When entering a carnival swimmers/parents should consider the meet programme and order of events. To enter 'back to back' races is unwise as no one can be sure how many heats of each race there will be until all the entries are collated, this may leave swimmers racing events one after another. Not only does this place unnecessary stress on the team manager and marshall it is not fair on the swimmer who is trying to race to their potential and produce good times. This happened a few times at the Naenae Gold Coast at Naenae, and everyone should learn from that experience.

PCA Uniforms

The Club is planning to place an order for PCA uniform with Kukri at the end of September. The uniform will take approx. 8 weeks to come after we have placed the order and we would like to have an order in to cover us for the summer champs. Hopefully the orders will arrive at the end of November, so would make great Christmas gifts

Because of the long order time we have decided to place uniform orders 3 times a year and they will be announced in the newsletter. So if you would like some uniform please complete the order form and place it with payment into the PCA box in the store room at Cannons Creek, or you can email me your order and pay on line (details on the order form)

I will confirm your order when it has been received, please ensure you give me a mobile or email address on the order form so that I can contact you when it arrives.

The sizing chart is on the web site, I do have some various sizes in T shirts if you want to try and will bring them with me on Monday nights.

The uniform looks great and all PCA looked fantastic at the champs this weekend, so don't miss out and place your order.

Closing date for orders will be Friday 30th September 2011

Congratulations to Matt Meehan

At Swimming Wellington's recent AGM Matt Meehan was presented with a Swim Wellington Service Award in recognition of the ten years service he has given to our sport. While most of these hours have been officiating on pool deck, Matt has also been a committee member, officials liaison and is currently our Patron. Matt continues to support competitively swimming even though his own children retired 4 or 5 years ago.

Following the unexpected death of Bill Matson, Matt has been appointed by SNZ to take over as Assessor for Central NZ. In this position he will assess those wishing to become nationally qualified officials. This is a tremendous appointment and shows the regard SNZ have for Matt.

Bill Matson's death shocked the swimming world, especially locally as he had been involved with both the Tawa and Raumati clubs as well as the Gold Coast Zone over many years. More recently had been a Vice President of FINA (Swimming's world governing body) – Bill will certainly be missed by those who knew him.

Our club was also saddened by the death Jack Underhill. Jack was instrumental in setting up our club, then the Cannons Creek Swimming Club nearly 40 years ago. Our condolences go to both the Matson and Underhill families.

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:

2011 New Zealand Short Course Championships – 6th – 9th August 2011

Congratulations to *Kiwa and Tamati O'Hagan, Bronagh Ryan, Monica Saili, Nicole Tait, Hamish Trlin and Ben Walsh* who all performed with distinction in the recently held NZSC champs here in Wellington.

The champs this year had a slightly different format, due to the RWC and the inclusion of Open grade swimmers the meet was reduced to only 4 days instead of the usual 5. Porirua City Aquatics had 10 swimmers qualified for this prestigious event but in the end we only had 7 swimmers actually competing.



The championships proved to be a great success for the PCA team with our swimmers winning medals, setting new Wellington and club records, achieving personal PB's and generally putting in fantastic performances.

Overall the team achieved 5 Gold Medals, 3 Silver Medals, 1 Bronze Medal and several National Top 10 placings. There were 71 clubs competing and PCA finished 17th overall on the points table only 2 points behind Tawa in 16th place.

Results;

Kiwa OHagan (15): 50m Butterfly (19th) and 50m Backstroke (23rd).

Bronagh Ryan (18): 50m Breaststroke (12th), 100m Breaststroke (14th), 50m Backstroke (17th), 50m Freestyle (22nd) and 100m Freestyle (28th).

Monica Saili (13): 200m Freestyle (6th), 400m Freestyle (6th), 50m Breaststroke (12th), 200m Breaststroke (13th), 50m Freestyle (16th) and 50m Butterfly (28th).

Nicole Tait (15): 50m Breaststroke (15th)

Tamati OHagan (14) put in several very strong performances which included winning the Silver Medal in the Mens 14 years 50m Breaststroke and the Bronze medal in 100m Butterfly. Tamati also set new club records in the 100m Fly as well as the 50m Fly where he finished 5th nationally. Other results 100m Breaststroke (4th), 50m Backstroke (8th) and the 100m Medley (5th).

Hamish Trlin (14) swam a very full calendar of events competing in 10 heats and making the finals of every one. Results were 50m Fly (9th), 50m Backstroke (9th), 100m Backstroke (5th), 200m Backstroke (4th), 50m breaststroke (10th), 100m Breaststroke (6th), 200m Breaststroke (5th), 100m Medley (6th), 200m Medley (7th) and 400m Medley (5th).

www.swimporirua.co.nz

Our most successful swimmer was **Ben Walsh (14)** who turned in a series of top performances, achieving personal bests in several of his individual events. Ben finished with 5 Individual Gold Medals, 1 Individual Silver medal, he was also a member of the Wellington 15 & Under Regional Medley relay Team where he assisted the team to a hard fought second place earning him another Silver medal bringing his overall medal count to 7.



Ben achieved a clean sweep of the Breaststroke events winning the National titles in the Mens 14 years 50m, 100m and 200m races. He also won the National titles in the 100m and 200m Medley events. Whilst doing this Ben set new Wellington age group records in the 200m and 100m Breaststroke along with the 100m Medley. He also set new club records in the above events along with the Mens 14 years 100 Backstroke where he finished second nationally. Other results 400m Medley (7th) and 50m Fly (8th).

Overall an exciting meet with many hard fought races and several great results produced by our Senior National Swimmers!!

Thanks to all our swimmers, you were a pleasure to look after, our coaches Nevill and Todd, the parents and volunteers who officiated, the club members who came in and supported the team and finally to all those others who helped in so many ways during the meet.



100m HANDICAP MEET

The clubs 100m Handicap Meet (swum on 22nd August) proved to be as exciting as ever, with close racing, good swimming, lots of hype and a huge amount of cheering from the grandstand!

Congratulations to the all the finalists and especially the winner. First place went to Shayen Rungasanny, with Tom Scott 2nd, 3rd Ryan McBride, 4th Sophie Wilkinson, 5th Nathan Tregear-Watts and 6th Anais Lucas.

Well done to all those made it through the first round and competed in the semi-finals – Shayen Rungasamy, Stephanie Tregear-Watts, Tom Gibbs, Morgan Miller, Georgia Nairne, Samantha Hayes, Thomas Tavae, Verity Isaacs, Hannah Aunoa, Anais Lucas, Laura Cameron, Simone Ryan, Bernice Holford, Alex Coupe, Keely Saunders, Katie Cameron, Sophie Wlikinson, Xavier Rapson, Lucy Newton-Smith, Ryan McBride, Hannah Holford, Josh Walsh, Monia Saili and Ben Walsh.

In the relays Team Two took out first place after team 4 was disqualified. Well done to Victoria Ferguson, Shay Wiremu-Williams, Mia Uluilalata, Hannah Aunoa, Asia-Vi Wawatai, Emma Botha, Keely Saunders and Lucy Newton-Smtih.

Second place went to team 3, Samantha Hayes, Bernice Holford, Abby Laws, Chloe Bouchier, Jacinta Parkinson-Campus, Liam Kennedy and Laura Cameron, with team 1 finishing third - Nicole Tait, Matt Ryan, Josh Gibbs, Morgan Miller, Katie Cameron, Olivia Aunoa,, Ben Walsh and Joshua Nairne.

Thanks to the relay captains for organising their relays teams. Thanks also to all the officials, timekeepers and organisers for ensuring this exciting night ran without a hitch.

Gold Coast Long Course Meet Report

On 13 August a large team of 58 swimmers were entered in this Gold Coast Long Course (50m) Meet at Naenae Pool.

Congratulations to All swimmers especially those of you competing in your first competitive swim meet, to those that got personal bests, to the parents for their awesome support of all our swimmers and to the Managers (Tania & Claire) who did a fantastic job managing a large team of 59 swimmers. You all rocked!

A few reminders:

- Let a team manager know if you won't be making it to a meet.
- Swimmers need to check in with the Team Manager as soon as they arrive to get their name signed off. This ensures we know who is at the meet and also shows if a swimmer isn't entered in any events at the meet.
- Please try to avoid entering swimmers in back to back events - it is hard on the swimmer, who gets no time to recover between events, and on the team management, who are trying to facilitate good marshalling.
- Swimmers need to dry off and put on warm clothes & footwear between events.

Thanks to Claire Newton-Smith for the help team managing and to Alex for coaching the Juniors.

Tania Donaldson
Team Manager

Club Records

<u>PCA Race Night 24 June</u>										
Bronagh Ryan	18	400	Medley	5.34.91	n/a	n/a		n/a	14	SC
<u>Qualifying-Relay Meet 2-3 July</u>										
Ben Walsh	14	100	Medley	1.03.07	1.03.26	Jason Eason MSC	24.9.03		15	SC
<u>PCA Hardcore Meet 16 July</u>										
Bronagh Ryan	18	800	Free	9.31.40	n/a	n/a		n/a	16	SC
Bronagh Ryan	18	100	Breast	1.15.15	n/a	n/a		n/a	17	SC
Bronagh Ryan	18	200	Fly	2.41.44	n/a	n/a		n/a	18	SC
<u>2011 NZ Short Course Champs 6-11 August</u>										
Hamish Trlin	14	200	Back	2.12.99	2.13.33	Todd Morton MSC	5.8.96		19	SC
Ben Walsh	14	100	Back	1.00.24	1.01.77	Jason Eason MSC	31.8.03		20	SC
Ben Walsh	14	100	Breast	1.05.60	1.10.87	David Robati MSC =	16.8.97		21	SC
					1.10.87	Ben Walsh =	23.05.11			
Ben Walsh	14	200	Breast	2.22.38	2.34.63	Oliver Young MSC	27.9.92		22	SC
Ben Walsh	14	50	Breast	31.18	31.48	Ben Walsh	04.06.11		23	SC
Ben Walsh	14	100	Medley	1.00.51	1.03.07	Ben Walsh	02.07.11		24	SC
Ben Walsh	14	200	Medley	2.12.21	2.17.35	Todd Morton MSC	18.9.96		25	SC
Tamati O'Hagan	14	50	Fly	27.07	27.77	Jason Eason MSC	31.8.03		26	SC
Tamati O'Hagan	14	100	Fly	1.00.28	1.02.38	Tamati O'Hagan	23.05.11		27	SC
Monica Saili	13	400	Free	4.42.26	4.43.92	Monica Saili	04.06.11		28	SC
Bronagh Ryan	18	100	Free	1.00.32	n/a	n/a	n/a		29	SC
Bronagh Ryan	18	50	Back	31.04	31.05	Bronagh Ryan	04.06.11		30	SC
Bronagh Ryan	18	50	Breast	35.03	n/a	n/a	n/a		31	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 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 389 5907.

Upcoming Meets

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
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. Closed
16 September	PCA Race Night 6pm warm up for a 6.15 start	Cannons Creek	Flyer on notice board – Closes 9th Sept Race Night is an ideal meet for those new to the sport to gain some racing experience
24 September	Interclub League #4	Raumati Pool	This is the final meet in Swim Wgtn's 2011 league series. Teams were selected for this series earlier in the year
22 October	Capital Swim Meet		Flyer to come
30 October	Gold Coast Ribbon Carnival	Cannons Creek Pool 5pm warm up	Flyer to come – This is another meet ideal for swimmers new to the sport
5 November	SZR Signature Meet		Flyer to come
19 November	UHSC Signature Meet		Flyer to come
27 November	Gold Coast Chocolate Carnival	Raumati Pool	Flyer to come. This will be another meet ideal for new swimmers.
3&4 December	SW 12 & under meet		Flyer to come
N.B. If you require a list of your times, please email Andy Wilkinson – andyandnicola@gmail.com - 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	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



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



PCA CLOTHING ORDER FORM

Name:

Tel:

PCA ORDER FORM		WOMEN									MEN										ORDER	\$ TOTAL
MENS & WOMENS	Price	8	10	12	14	16	18	20	22	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL			
Hoodie with Zip	\$81																					
Hoodie	\$81																					
T-Shirt	\$35																					
Polo Shirt	\$46																					
Vest	\$35																					
Track Top	\$75																					
Track Pants - Inside leg - REGULAR	\$58																					
Track Pants - Inside leg -LONG	\$58																					
Swim Shorts	\$33																					

CHILDREN	Price	3-4yr	5-6yr	7-8yr	9-10yr	11-12yr	13-14yr	ORDER	\$ TOTAL
Hoodie with Zip Kids	\$69								
Hoodie Kids	\$69								
T-Shirt Kids	\$26								
Vest Kids	\$31								
Track Top Kids	\$64								
Track Pants Kids	\$46								
Swim Shorts Kids	\$26								

Contact;

Lizzie Plummer PCA Uniforms
2 Ames Street
Paekakariki
Kapiti Tel: 0210 2410450

email: pca@cplummer.co.nz
 Available at club on Monday Evening

Total Payment with Order: \$