

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.

**October 2011**



## UPDATE



### 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 **28 Oct to 25 Nov** with the raffle being drawn on **Monday 5 December**.

Each family will be asked 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 themed hampers for 1 – 6

- 1st Monster Hamper (combination of all goods)
- 2nd Meat Pack (including Ham on the bone)
- 3rd Party Pack (drinks nuts, chips etc)
- 4th Christmas Goodies Pack (mince pies, Xmas cake etc)
- 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:

<b>Week Beginning</b>	<b>Item</b>
24 Oct	Confectionary
31 Oct	Drinks
7 Nov	Snacks
14 Nov	General grocery
21 Nov	Xmas Goodies
28 Nov	Last chance – anything goes

There are boxes at Te Rauparaha Arena and Cannons Creek for the goods to be placed in.

Any questions or concerns, please feel free to give us a call. Thanks in anticipation for your support.

Rachel & Hiria  
2323 422 027 6646 847

## Learn-to-Swim - A chance to put something back into our club

Did you know that ...

- our club has been teaching children in our area to swim since 1968
- around 100 children participate in our Sunday morning Learn-to-Swim programme each term
- our Learn-to-Swim programme is the most successful fundraising activity we run each year, generating about \$10,000 pa for our club
- our programme is profitable because it is staffed by a team of dedicated volunteers made up of current and ex senior swimmers (14 years +), interested parents, and individuals who are simply passionate about swimming and understand how important it is in an island nation like New Zealand that is surrounded by water
- we need to increase our current pool of Learn-to-Swim volunteers both in and out of the pool.

Are you interested in supporting this activity by becoming a volunteer. If you are please contact Viv Morton (234 7071) to discuss how you can help. Our next Learn to Swim programme runs from 30 October to 11 December 2012.

---

### **IN HOUSE LEAGUE**

Team three is winning after the first night of the series with 187 points, they are closely followed by team 2 on 185pts. Team 5 is 3<sup>rd</sup> with 165pts, Team 4 4<sup>th</sup> 162pts, Team 6 5<sup>th</sup> 155pts and team one is 6<sup>th</sup> with 139 points.

Swimmers who would like to be added to a team for the remaining two meets (Monday November 7<sup>th</sup> and Monday November 28<sup>th</sup>) should list their name on the noticeboard, or leave a message on my phone (Viv) 234 7071.

For those new to league, the number of heats in an event varies, depending on the numbers in each team of that age group. For example if most teams have 4 eight year olds then there may be three heats of events for 8 year olds. This allows for teams that may have swimmers away, sick etc. It should not be expected that every eight year old will race every event for their age group. The team leaders make every effort to see swimmers get an even number of swims on a night, and this is helped if swimmers sit with their teams and come along with a 'have-a-go' attitude. Parents who have concerns or questions about the league should speak to Viv Morton or Bill Walsh on the night.

Thanks to the parents who judged the races – there were some close calls, but you did well – thanks also to Sarah and Andy for collating the scores and the older swimmers who lead the teams.

---

### **Away Trip to Levin – entry reminder**

For all swimmers attending this away trip meet, please remember that you need to fill out an entry form as well as writing your name up on the notice board for the bus trip. Race entries are to be completed as usual ie. Complete a PCA Race Entry form and place in the appropriate entries box, with your entry fees. Please complete the Code of Conduct form as well and attach with your entry

More information about this trip can be found on the website and on the notice boards.

---

### **DOOR CHARGES for the CANNONS CREEK POOL**

Club members are not required to pay the council door entry fees when they train on Sunday mornings or after 6pm on Monday and Friday evenings. At all other times club members **MUST PAY** the council's door charge.

This week I have had my third email from the council, for this year to say our club members aren't always paying the door charge willingly. The club has a great relationship with the council and the pool staff, please don't jeopardise this by not having your money ready when you come into the pool.

Viv Morton

**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.

---

## Inspector of turns (IOT's)

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. It is the 2nd step up the officiating ladder after timekeeping.

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. Unfortunately this places an unreasonable amount of pressure on our current IOT's in filling our 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.

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](mailto:terrylaws@xtra.co.nz)

Terry Laws  
Officials Coordinator  
Porirua City Aquatics

---

## Results:

### Tokelau Swim Team – Pacific Games Report

On 23 August 2011 Dannielle & I started our journey to the Pacific Games by flying to Samoa to join the rest of the 20 person Team Tokelau delegation, made up of 12 rugby sevens players, 1 swimmer & 7 officials. A couple of days later we travelled to New Caledonia with the 309 person Samoan team. On arrival at the games village we were quite surprised by the size of it all, so it was great when we arrived at our accommodation to find that two local attaché's were assigned to the team for support and advice!

After a good night's sleep we were into the business of being a swim team at the games. We became familiar with the village itself in the morning and with the swimming facilities in the afternoon. The pool and facilities were outstanding and the other teams friendly.

All up there were 72 swimming competitors representing 11 nations (American Samoa (1), Fiji (10), Guam (10), Marshall Islands (3), Micronesia (2), New Caledonia (26), Palau (2), Papua New Guinea (10), Tahiti (4), Tokelau (1) and Tonga (3)). At 14, Dannielle was one of the younger competitors. After three days of training, getting used to the pool and the weather, the competition began and our routine became one of heats each morning and finals each night.

The meet itself progressed smoothly and culminated in Dannielle:

- swimming 14 swims across 8 events
- achieving 10 Long Course (50m) Personal Best times
- getting into 6 'A' Final and 1 'B' Final.

Dannielle's 'A' final placing's were:

- 6<sup>th</sup> \* 2 (100m & 200m Backstroke)
- 7<sup>th</sup> \* 2 (50m Backstroke and 100m Breaststroke)
- 8<sup>th</sup> \*2 (50m Breaststroke and 100 Free).

From a swimming perspective participation in the Games enabled Dannielle to experience an international competition and to swim alongside a number of very talented swimmers including Diane Dui Buyet (holder for the Short Course 100m Butterfly world record); Ryan Pini and Anna-Liza Mopio (Olympic swimmers); and Lara Grangeon (who swam at the FINA World Championships). It also provided her with the opportunity to make connections with people at the top New Caledonian swimming club, Cercle des Nageurs Calédoniens (CNC), where she trained in the week following the Games competition.

From an overall development perspective, Dannielle also grew as a result of being offered a number of one-off opportunities related to being in Team Tokelau at the Games. The most significant of these was being the flag-bearer at the opening ceremony, an experience that Dannielle will treasure for the rest of her life. Other opportunities included being hosted by Kanak and Wallis Island communities and getting to experience their cultures and hospitality first hand, being interviewed by French journalists for a TV mini-documentary and separately for a Youth magazine, and lastly but not leastly celebrating her 15<sup>th</sup> birthday in the village with her wider Tokelauan family.

Dannielle's experiences at the Pacific Games re-invigorated her passion for swimming and inspired her to make a new dream – to be a part of Team Tokelau for the 15<sup>th</sup> Pacific Games in Papua New Guinea. As a result, we are interested in hearing from/of any other Tokelauans who are currently swimming competitively, who may be interested in the next games. If this is you, or you know of someone else who fits the bill, please contact me on phone 237-9333 or email [rania.donaldson@clear.net.nz](mailto:rania.donaldson@clear.net.nz)

Tania Donaldson

## Wellington Winter Champs, September 2011

Congratulations to the 48 swimmers who swam at the Wellington Winter Champs.

The PCA team had a fantastic meet performing with distinction with swimmers achieving a huge number of personal bests, hauling in an incredible 74 medals, 32 Gold, 20 Silver and 22 Bronze, breaking numerous club records and a Wellington record (congratulations Sophie Wilkinson)!

In addition to her Wellington record in the 9 years girls 50 metre Backstroke **Sophie** won the award for top female swimmer of her age group. **Ben Walsh** and **Jack Plummer** also topped the men's 14 years and 9 years age groups respectively. Jack's achievement is all the more special as he is still only 8 and had swum against the 9 year olds. We can only imagine how far ahead he will be by this time next year. Congratulations to you all.

Overall the club placed 4<sup>th</sup>, from the 17 clubs at the meet- tussling with Karori for 3<sup>rd</sup> place. In the 12 years and under age group PCA finished an outstanding 3<sup>rd</sup>.

Below is the list of all medalists, a HUGE well done to all! A special congratulation to Xavier Rapson who medalled at the Winters for the first time.

### PCA 2011 Wellington Summer Champs Medalists

Gold- 32	Silver- 20	Bronze- 22
<b>(10)</b> Ben Walsh, 14 yrs: 50 Free, 100 Free, 50 breast, 100 Breast, 200 Breast, 50 back, 100Back, 50 fly, 100 fly, 100IM	<b>(7)</b> Mia Uluilalata, 10 ys: 50 free, 100 free, 200 Free, 100 Back, 50 Breast, 200 Breast, 100 fly	<b>(6)</b> Bronagh Ryan, 16 yrs & over: 50 Back, 50 free, 100 free, 200 free, 100 Breast, 200 Breast,
<b>(8)</b> Jack Plummer, 9 yrs & Under: 50 fly, 50 Back, 100 Back, 50 free, 100 free, 50 Breast, 100 Breast, 100IM	<b>(3)</b> Hamish Trlin, 14 yrs: 50 Fly, 50 Back, 400IM	<b>(5)</b> Hamish Trlin, 14 yrs: 100IM, 200IM, 50 Breast, 100 Breast, 200 Breast
<b>(7)</b> Sophie Wilkinson, 9 ys: 50 Fly, 100 Fly, 50 free, 100 free, 100IM, 50 Back, 100 Back.	<b>(3)</b> Ben Walsh, 14 yrs: 200 Free, 200IM, 200 Back	<b>(4)</b> Tamati O'Hagan, 15 yrs: 100 IM, 50 Fly, 100 Fly, 200Fly
<b>(4)</b> Mia Uluilalata, 10 ys: 100IM, 100 Breast, 50 Back, 200 Back	<b>(2)</b> Bronagh Ryan, 16 yrs & over: 50 Breast, 400 free	<b>(2)</b> Monica Saili, 13 yrs: 50 fly, 400 free
<b>(1)</b> Tamati O'Hagan, 15 yrs: 100 Breast	<b>(2)</b> Sophie Wilkinson, 9 ys: 50 Breast, 100 Breast,	<b>(2)</b> Josh Walsh, 12 yrs: 50 Back, 100 Back,
<b>(1)</b> Hamish Trlin, 14 yrs: 200 Back	<b>(2)</b> Jack Plummer, 9 yrs & Under: 100 fly, 200IM	<b>(1)</b> Nicole Tait, 15 yrs: 50 Breast
<b>(1)</b> Monica Saili, 13 yrs: 50 Breast	<b>(1)</b> Xavier Rapson, 11 yrs: 50 Back	<b>(1)</b> Mia Uluilalata, 10 ys: 50 fly,
		<b>(1)</b> Jack Plummer, 9 yrs & Under: 200 free

Thanks to all our swimmers, you were a pleasure to look after, our coaches Neville, who fell ill on the second weekend so Todd helped out, 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.



---

## Interclub League

This interclub competition spanned 4 event dates from April to Sept so a great deal of commitment was required from the swimmers and their supporters. This competition comprises of entering a 10 strong team aged 12 and under (occasional subs allowed). The same swimmers are required to show for all 4 meets, where possible. PCA entered 2 teams, one more senior and one younger and the swimmers were:

**Black Team:** Katie Cameron, Hannah-Leigh Holford, Latisha Leavai, Saasha Marsters, Lucy Newton Smith, Jordana Pointon-Haimona, Keely Saunders, Matisse Uluilalata, Mia Uluilalata, Sophie Wilkinson and Reegan Gaulofa.

**Turquoise Team:** Kaitlin Corlett, Abby Laws, Alex Coupe, Grace Feite, Bernice Holford, Kate Laws, Angel Leavaiseeta, Molly Newton Smith, Brooklyn Saunders, Jordan Harris and Jack Plummer.

There were 19 teams in total in the competition, which was a lot more than in previous years, so the event was extremely busy for all in some pretty crowded conditions! Overall, we saw some good personal bests achieved, but above all, we had great team spirit and supported each other throughout. The final scores after the 4<sup>th</sup> event were:

- Black Team, 2<sup>nd</sup> overall with 1875 points
- Turquoise Team, 10<sup>th</sup> overall with 593 points.

The placings reflect the fun we had and here are some of the highlights from the last round to wrap up:

- Lucy 2<sup>nd</sup> in 50m Freestyle, Sophie 4<sup>th</sup> 100m Back, Hannah-Leigh 4<sup>th</sup> 50m Fly, Black Team 3<sup>rd</sup> in the Backstroke relay,
- In the final relay of all 10 swimmers - PCA Black came 2<sup>nd</sup> and PCA Turquoise came 5<sup>th</sup> out of all 19 of the teams! A tremendous result!
- Saasha then accidentally hopped in the pool fully clothed to celebrate! Fortunately, she wasn't holding her pizza!

Many thanks to all the supporters and officials. Many thanks to Alex Bennett for coaching.

Team managers:  
Ondine Souter  
Tania Donaldson  
Clare Newton Smith

---

## 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

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
30 October	Gold Coast Ribbon Carnival	Cannons Creek Pool 5pm warm up	Flyer on notice board – Closes 28 October. <b>This is a meet ideal for swimmers new to the sport</b>
5 November	SZR Signature Meet	WRAC	Flyer on notice board – Closes 26 October
7 November	PCA In House League 2	Cannons Creek	See item earlier in newsletter
12 November	Paul Kent Memorial Spring Meet	Levin	Flyer on notice board. This is a club away trip – details on notice board and earlier in this newsletter
19 November	UHSC Signature Meet		Flyer to come
27 November	Gold Coast Chocolate Carnival	Raumati Pool	Flyer to come. <b>This will be another meet ideal for new swimmers.</b>
28 November	PCA In House League 3	Cannons Creek	See item earlier in newsletter
3&4 December	SW 12 & under meet	WRAC	Flyer on notice board. Closes 21 November
N.B. If you require a list of your times, please email Andy Wilkinson – <a href="mailto:andyandnicola@gmail.com">andyandnicola@gmail.com</a> - 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)**