

Welcome to this month's edition of the **Porirua City Aquatics** Newsletter. We hope you find our swimming news an informative and enjoyable read.

AUGUST
2012

www.swimporirua.co.nz



PORIRUA CITY AQUATICS will be holding an INFORMATION EVENING

On Tuesday 25th September 2012 7pm. Venue to be advised – full details will be on the noticeboard. All parents, especially those new to the club and squad parents are invited.

Often those new to the club and/or those entering more meets find swimming very confusing. Many people would like the same question answered - questions like “Which Meets should my child enter?” “What is a Long Meet compared to a Short Course Meet?” “If my swimmer joins a squad, does he/she have to attend all sessions?” “What is the procedure for moving from the club lanes to a squad?”

The purpose of this meeting is to answer those questions and any others you may have.

The agenda will cover (in no particular order)

- The training plan and expectations for the Senior squad for the next 6 months.
- Junior Squad coaching (Orcas, Swordfish and Penguins)
- Meets and Carnivals
- Officiating and officials pathways.
- Club Uniforms. (a limited range of uniform items will be available to purchase on the night – those interested should bring their wallets)
- The club in general, and any other questions.

Trusting you will come along.

PCA IN HOUSE LEAGUE

10 September, 29 October and 19 November 2012 – All Monday nights

Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start

THREE FUN NIGHTS – OPEN TO ALL CLUB MEMBERS

This is a team competition, run over three Monday nights (replacing normal club night and squad training). Everyone entering is put into one of six teams. Each team is managed by one or two of our older swimmers who organise their swimmers into their events, and then try to ensure all swimmers have a similar number of swims.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a *'have a go attitude'* and/or *'I'll give it a go for the good of the team'*. Teams do much better when they have a swimmer in each race, rather than someone being fussy about what they swim.

Team selections are based on the expectation that swimmers are making a commitment and will be at each meet. Every effort is made to ensure teams have a similar spread of age groups that will give a balanced competition. We appreciate that at times things do crop up and missing a league night is unavoidable, but swimmers who forget and/or just don't turn up are letting their team down.

We need help on the night with judging the finishes. Timekeepers are not needed.

Swimmers- need to complete the entry list at the pool (lists will be on noticeboards at both pools). Please have your names up by 7:00pm on 3 September.

PCA SUMMER SWIM TRAINING CAMP 2013

As you are aware from last months newsletter article, we had to cancel the PCA Summer Swim Camp due to lack of participants. Please ensure that you contact the PCA Treasurer for any refunds of the deposit paid if not already done so, the deposit can be put towards the 2012 club fees or squad fees please let Viv or our Treasurer to know how you would like your deposit actioned.

Thank you for your interest.

SUBSCRIPTIONS for 2012/2013 year

Just a reminder to pay your subscription fees by the end of the year.

Subscriptions for the new membership year (1st July 2012 to 30th June 2013) must be paid as soon as possible.

The subscription for 2012/13 is \$160.00 for the year This is unchanged from the previous year.

The subscription for squad swimmers is \$110 per 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

Any family wishing spread their payments to make the payment of subscriptions more manageable should contact to our Treasurer Julie at treasurer@swimporirua.co.nz

WELLINGTON MEET REPORTS

Centre Representatives - Wellington Fairbrother Cup Team 29th July 2012

The Wellington Fairbrother Cup inter-centre Meet was held in Masterton on 29th July 2012. Wellington team, which included; Sophie Wilkinson, Jack Plummer and Jordan Harris swam against Manawatu and Wairarapa. Wellington won the cup again, with some great swimming from the whole team. It was a great experience and all the swimmers had a great day, the coach trip went really fast and gave all the swimmers a chance to catch up and get to know each other. Jack Plummer achieved a Wellington Record in the 100m Freestyle

Wellington Regional Interclub League Swim Meets 2012

The Wellington Regional Interclub League swim meets finished with heat 4 on the 31st July 2012. There had been a series of heats held between May and July. Swimmers were chosen based on performance & meet criteria from the participation form placed on the club noticeboard. We were able to have 2 teams PCA Black & PCA Turquoise.

PCA Black won the league, having held 1st position from heat 1 and PCA Turquoise came 6th out of 14 teams. This is a fantastic result and reflects the great training the club provides and the dedication of our swimmers.

So thank you to the PCA Black team;

Chloe Bouchier, Jordan Harris, Bernice Holford, Molly & Lucy Newton Smith, Jack Plummer and Sophie Wilkinson.

Reserve, Mia Uluilalata, who swam in heat 2 replacing an injured swimmer.

Also thank you to the PCA Turquoise team;

Prajna Baskar, Alex Coope, Merryn Giblin, Samantha Hayes, Verity Isaacs, Emily Laws, Nicholas Trlin and Asia-Vi Wawatai.

Reserve's: Brooklyn Saunders who replaced Asia-Vi from heat 2 following Asia Vi's relocation to Vietnam and Emily Wilkinson who swam in heat 4, replacing a sick swimmer.

All our swimmers swam extremely well achieving a fantastic 36% of PBs from the total of 128 individual swims during the series. They worked well as a team, supporting each other and had a great time.

A huge thank you to Clare Newton Smith who was the Team Manager for PCA Black and worked on the pre-meet administration. Thanks Clare, it was great working with you. Thank you also to the coaches, officials and parents who supported the inter-club league.

GO PCA !!!

Lizzie Plummer (Team Manager PCA Turquoise)

West Coast Championships, Wanganui 4th & 5th August 2012.



We had a small team of swimmers attending the West Coast Championships and they were Chloe Bouchier, Jordan Harris & Jack Plummer.

Chloe achieved 4 PBs and achieved one First and 4 second places in her 6 age group races.

Jordan showed great stamina swimming in 12 events over the weekend and achieving 7 first places and 5 seconds places in his age group races.

Jack Plummer swam in 9 events coming first in all of them in the 10 years and under age group category. He also achieved 2 PBs and a Wellington Record in the 100m Backstroke for 9 years boys in a time of 1:20:28.

We all had a great time and the children had fun spending time together.

Lizzie Plummer (Team Manager)

Swim Zone Racing (SZR) Signature meet 4th August 2012

The SZR Signature Short Course meet was held at Wellington Regional Aquatic Centre on Saturday 4th of August. PCA had 14 Swimmers competing on the night and the team managed to achieve Personal best times in about half of the events swum and a number of team members who were yet to qualify for the Wellington winter Championship managed to do so.

Congratulations to Ben Walsh who managed to take over a second off the Wellington record for the 100m Individual Medley, a record which had stood for nearly seven years.

Special thanks to both of the coaches Neville and Alex for their work pool side in getting the swimmers ready for their events.

Carl Fisk ((Team Manager)

Race Night – 10th August

It was great to see a huge number of swimmer participate in Race night. This was certainly the biggest race night we have ever run, with 114 swimmers entering. Not that 114 swimmers turned up. It is always disappointing when swimmers enter this and any meet and don't turn up. Preparing a meet does take our Race Secretary hours of work and it is a courtesy to advise him if you are unable to make the meet.

On a positive note, there were a number of PBs, while a number of swimmers made the most of this opportunity to swim new events. While the 200m fly was the last event, it is one of the tougher events and it was great to see our older swimmers swim it such ease.

Thanks to all the parents who helped out with timekeeping and other official duties. Thanks especially to Bryan and Rhonda Graham, our senior officials who gave up another evening for our sport.

Viv Morton

Gold Coast Zone – PCA Carnival – 19th August 2012

This was a great evening with 39 PCA Swimmers from both Squad and Club attending from age 6 – 13. Lots of PBs and happy faces as the kids came back with their ribbons.

Raumati Swim Club won the Personal Best Trophy for the most points based on best times on a percentage basis.

Thank you to every one who helped on the evening, the meet ran smoothly and was a great evening for PCA.

Lizzie Plummer (Team Manager)

Notes for Swim Meets

We will be taking photographs of swimmers at some of the swim meets for the newsletter. If you do not want your child photographed please let the Team manager know on the day of the meet – thank you.

Please can all swimmers report to the Team Manager when arriving for a Swim Meet, this is to ensure that we have all our swimmers and that we are not fined for non attendance at the larger meets. Can all swimmers also let the Team Managers know when you are leaving the group ie: toilet break or going home. This is so that we can keep track of our swimmers and ensure that you do not miss a heat.

Thank you

DISQUALIFICATIONS

Below is a very brief summary of the most common reasons why swimmers may be disqualified.

False Start – diving in or moving on the starting block before the starters signal

FREESTYLE

Failed to touch at the end of the race or at the turn. At the turn swimmers are required to touch the end with at least one part of their body.

Walked – a swimmer may stop in a freestyle race, but must not take a step.

BACKSTROKE

Pushed off the wall at the turn on their tummy.

Off their back at the finish (over 90 degrees) This also applied if the swimmer is doing a touch turn.

For a tumble turn the swimmer must not glide into the wall. They must judge the distance very carefully.

Swimmers must have two hands on the block at the start.

BREASTSTROKE

Alternating arm and feet movements.

Wrong kick – feet not turned out.

One handed touch – at the finish and for all turns swimmers must touch with two hands at the same time.

Failure to break the surface with the head during each stroke

Two strokes under water at the turn – one stroke, is permitted.

BUTTERFLY

Arms not synchronised or brought over the water.

Under water recovery. This applies at the turn and finish – if the swimmer has started their arm pull then they need to complete it.

Incorrect kick – feet not staying together.

One handed touch – as for breaststroke.

For Freestyle, Backstroke and Butterfly (in individual races and during relays) swimmers must surface from a dive or turn within 15 metres.

MEDLEY

Incorrect order (Fly, Back, Breast and Free)

Incorrect turn or finish – for all strokes the turn and finish rules for that stroke apply.

Incorrect stroke and/or kick

RELAY

Incorrect order in medley relay (Back, Breast, Fly and Free)

Incorrect turn or finish

Incorrect stroke or kick

Starting early – before the previous swimmer has touched the wall.

All swimmers (except the last swimmer must exit the pool immediately after they have swum their leg.

This is a very brief summary of Swimming Rules, and may go some way to helping swimmers and their parents understand why they have been disqualified. Disqualified swimmers should always discuss their DQ with their coach to ensure they are better prepared for next time.

CLUB SWIMMING CAPS

At the April meeting the Committee agreed on a new policy for issue of club caps which will come into effect from the start of the 2012/13 subscription year:

1. That all members are given a club cap for the 2012/2013 year on receipt of subscription payment.
2. Caps will be replaced if they break or split providing the old cap is returned.
3. For the future new members will be given a cap on receipt of their subs.
4. Swimmers losing their club cap will need to buy a replacement.

CLUB SWIMMING SESSIONS

It can be very disruptive for a group and the coach when swimmers arrive late to their club session. Swimmers are reminded of the club sessions times and are asked to wait at the start end of the pool in their togs, with their goggles, ready to go when their class is due to start.

Class time are

Friday nights - 6pm, 6.40pm, 7.20pm and 8pm.

Monday nights - 6pm, 6.45pm and 7.30pm.

Sunday morning - 8am and 8.45am.

PCA SWIM RECORDS

Congratulations to all the swimmers who have broken club records. As you can see some of these records have stood in excess of 15 years and to see them being broken now is true recognition of talented swimmers we have in our club.

RECORD	NEW RECORD HOLDER	OLD RECORD HOLDER	DATE SET
F (10 yr) 50m Free	Sophie Wilkinson 31.45	Mia Uluilalata 31.99 (Sept 2011)	21 July 12
F (10 yr) 50m Back	Sophie Wilkinson 34.57	Sophie Wilkinson 35.98 (June 2012)	21 July 12
M (9 & U) 100m Free	Jack Plummer (1.10.52)	Sebastian Young 1.11.22 (April 1992)	29 July 2012
M (9 & U) 100m Back	Jack Plummer 1.20.28	Tamati O'Hagan 1.20.47 (July 2006)	4 Aug 2012
M (15 yr) 100m Back	Ben Walsh 58.40	Jason Eason 1.00.98 (Sept 2004)	4 Aug 2012
M (15 yr) 50m Fly	Ben Walsh 26.08	Jason Eason 27.14 (Sept 2004)	4 Aug 2012
M (15 yr) 100m IM	Ben Walsh 58.40	Todd Morton 1.02.76 (Aug 1997)	4 Aug 2012
M (15 yr) 400m Im	Ben Walsh 4.36.48	Oliver Young 4.38.09 (Sept 1993)	4 Aug 2012
M (Senior) 50m Back	Ben Walsh 27.79	Michael Sorenson 27.85 (Aug 1996)	21 June 2012

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 – 03-0547 – 0205093-02
deposits

If you are unsure which account you should be using, please contact our Treasurer Julie Saunders on 389 5907 or treasurer@swimporirua.co.nz

PCA CLUB UNIFORM

We do hold a small stock of child size club uniform, so if you would like any items please complete the order form on the web site and forward to Lizzie Plummer at mail@cplummer.co.nz. Payment details are on the order form.

The recent PCA Uniform order will be arriving this week, I will contact people who have ordered direct once the order has been received.

We have also secured a new item to our uniform, which is a padded long bench coat. We have ordered 1 for display purchases so when the next order arrives you can have a look. We are very aware that our swimmers do get cold between heats at some race meets and it is important to ensure they are kept warm. If the swimmers get cold the body will use energy to keep them warm, which will leave less energy for the swimming and their muscles will get stiff. The new bench coat will market for \$98.





PRE LOVED UNIFORM & OTHER ITEMS



Uniform – if you have any uniform that your swimmers have grown out of please feel free to list it for sale on the noticeboard at Cannon’s Creek Pool. Make sure to include what is for sale, size, price and contact details. Coaches and committee members on duty will not be responsible for taking messages in relation to these sales. If you would like items listed in the newsletter please drop the information into the box at Cannons Creek.

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
26 th – 27 th August	Swim Wellington Championships (SC)	WRAC	Closing date 13 th August
1 st – 2 nd September			
10 TH September	PCA In House League #1 (SC)	Cannons Creek	Closing date 3 rd Sept.
22 nd September	Upper Hutt Signature Meet	WRAC	Closing date 14 th Sept.
30 th – 4 th September	Swimming NZ Open (SC) – aged 13 upwards with qualifying times.	WRAC	Closing date 7 th Sept

N.B. If you require a list of your times, please email Andy Wilkinson – race@swimporirua.co.nz - and they will be sent back to you.

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Mike Bouchier	
Treasurer	Julie Saunders	389 5907
Race Secretary	Andy Wilkinson	233 6016
Club Captain / Junior Club Liaison	Onolata Little	235 5646
Senior Squad Liaison	Hiria Pointon	478 9265
Officials Contact	Terry Laws	233 0360
Uniforms	Lizzie Plummer	9055052