

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

September
2012

www.swimporirua.co.nz



Congratulations to Ben Walsh who broke his second New Zealand Age Group record for 2012. Swimming at the Wellington Short Course Championship he set the new time in 100m medley for 15 year old boys. Ben's time of 58.24 was just under the previous record of 58.30 seconds.

Ben also achieve 11 club records over the Wellington Sort Course Champs, see 'PCA Swim Records', an awesome achievement.

PORIRUA CITY AQUATICS - INFORMATION EVENING

Note – Change of date

All parents, especially those new to the club and squad parents are invited to attend our information evening to be held on **Wednesday, 26th September 2012** in the upstairs meeting room at Te Rauparaha Arena at 7pm.

Often those new to the club and/or those entering more meets find swimming very confusing. Many people would like the same questions answered - questions like "Which meets should my child enter?" "What is a Long Course Meet?" "What is 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 have your questions answered by our Professional Coaches and/or committee members.

The agenda will cover (in no particular order)

- Training plan and expectations for the Senior squad for the next 6 months.
- Junior Squad coaching (Orcas, Swordfish and Penguins)
- Training for Club swimmers qualified for the Wellington Champs, Swordfish, Orcas and Seniors over January, in lieu of a Summer Camp.
- Entering 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.

SWIM WELLINGTON AGM 29th August 2012

Congratulations to **Sarah Tait** who was one of eight people to be awarded a Swim Wellington Service Award at this meeting.

As most of you know Sarah has been a tireless worker for our club over a number of years. She was the Race Secretary for two years, prior to Andy Wilkinson taking over. Last year she trained and assisted Andy to ensure a smooth transition as he came to grips with the job. More recently Sarah helped organise the 40th Reunion Dinner, and now even though she has stepped off the committee she happily assists in the back room our club meets, helping with the computer and keeping scores at In-House League. Sarah is a very worthy recipient of this award.

Also at the AGM **Nevill Sutton was named National Age Group Coach of the Year.**

Swimmers coached by Nevill were very successful at National Age Groups. Ben Walsh won the three Gold Medals in his age group breaststroke events and set three Wellington records along the way. Bronagh Ryan also broke a Wellington record, while Ben Walsh, Hamish Trlin and Christopher Kidd-Andrews swam in selected Wellington Relay teams that won Silver Medals.

Well done, Nevill.

New Zealand Age Group and Open Short Course Swim Champs

The NZ short course swim champs are on in Wellington from Sunday 30th September to Thursday 4th of October at Kilbirnie. This is during the school holidays. There are a total of 10 sessions (2 each day for 5 days). Morning sessions start at 9am and these are the heats. Evening sessions start at 6pm and are the finals.

PCA has been asked to supply 1 timekeeper and 1 IOT per session.

PCA are also the duty club on Thursday 4th October along with Hutt swim club. This means we need to supply:

2 x door people for each session. (this finishes when the racing starts)

3 x refreshment people for each session

2 x Marshalls for each session

2 x medal assistants for each session (1 x adult and child)

2 x results persons for each session (putting the results up on the wall as they come out)

Most of the above roles can be done with the assistance of your children (except timekeeping and marshalling).

This is a fantastic opportunity to see the best in the country swim and it is likely that a few of our Olympic team will be swimming.

You will also be able to support our own small team while there.

I appreciate that most of you do not have children swimming in this meet but PCA have always come to the party at national meets and managed to fill our requirements.

Please consider helping out in some way or another and let me know what you can help with

Many thanks

Terry Laws
Officials Coordinator

PCA IN HOUSE LEAGUE

29th October and 19th November 2010 – All Monday nights

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

The first In House League meet was held on Monday the 10th September, all the swimmers had a great time and it was a fun evening. The 6 team captains are; Emily Laws (Team 1), Monica Saili (Team 2), Ben Walsh (Team 3), Leticia Saunders (Team 4), Bronagh Ryan (Team 5) and Ryan McBride (Team 6).

It was an exciting first competition with the Team lead changing all evening. However, at the end of round 1, Bronagh Ryan's Team is in the lead with 217 points. The In House League is a team competition, run over three Monday nights (replacing normal club night and squad training). The older swimmers organise their teams/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.

Swimmers wishing to join in for the second meet of the series, should just turn up on the night and they will be put them into teams.

Club e-mail list

The club is creating an e-mail list (called Newsletter) in a password protected area of our website for all members for the distribution of newsletters, general club and competition information. This is to replace the many lists that are held by various committee members.

You will receive an e-mail invitation to join this list and it would be appreciated if you would enrol in the list by following the instructions in the e-mail.

Your details will only be able to be changed by you, and you can unsubscribe or change your e-mail address whenever you need to.

Please e-mail info@swimporirua.co.nz if you have any queries.

Learn to Swim

As you may know the club runs Learn to Swim Lessons on Sunday mornings for seven weeks each school term. The instructors are all volunteers and for each course of lessons usually 90 to 100 children enrol.

Last week, at the end of the term III course we farewelled Craig Stapleton and Stephanie Watts-Pointer, and her mother Jacqui. Both Craig and Stephanie swam with the club for many years, and during that time started helping out at Learn to Swim. For teenagers to give up their Sunday's for 28 weeks of the year, is a huge commitment and the club is extremely grateful to them both, and also to Jacqui who has played a big part in the administration of our programme. *Thank you very much*

Teaching Learn to Swim is very rewarding. The club's lessons play an important part in the community as well as providing a nursery for prospective club members. If you would like to assist at Learn to Swim, we have some vacancies for instructors – see Viv. Our next course starts on October 29th Initially new instructors work along side a more experienced person, and the club will pay for committed instructors to attend one of SNZ Instructors course.

SUBSCRIPTIONS for 2012/2013 year

If you have not paid your annual subscription please pay now – thank you

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

PCA Uniform

Fancy giving PCA uniform as a Christmas present or want some new uniform for the Summers.

We will be placing an order with Kukri at the end of September, so if you want some please place an order ASAP – ORDER FORM ON WEB SITE

PORIRUA CITY AQUATICS HARDCORE MEET 3rd November 2012

PCA is hosting this meet at the Wellington Regional Aquatic Centre on 3rd November 2012 - 5pm warm up for a 5.30pm start. This meet is part of Swim Wellington Signature Series and is PCA's one opportunity for 2012 to hold a meet at WRAC. The pool will be set up as the 50m length, with electronic timing, scoreboards etc. This is a great opportunity for club members to swim in a 50m pool and enjoy the facilities WRAC offers.

The meet is a huge fund raising opportunity for the club and hopefully we will also have the biggest team entered. The flyer is on the noticeboard and you will see the events include a kicking race. To enter the kicking race swimmers must be able to complete the distance within a qualifying time. For those 12 years and under the race is 50m and the time of 2min. For 13yrs and over the distance is 100m and the time 3m. Those who wish to enter these races will need to ask their coach to time them before placing their entry. Entry fees for the kicking race is \$2 and the fee for all other events is \$8.00 per race – reduced to \$5.00 per event for PCA members.

With the reduced entry fee all club members and their families will be expected to help at the meet. Whether it be officiating, door duties, posting results, helping in the office, or with refreshments for the officials – we will need many helping hands. For the 50m kick races the boards will need to be carried back to the start end. We will also be asking club families to contribute to the officials food. You will be contacted nearer the day with our suggested items. Watch the notice board for further details.

WELLINGTON MEET REPORTS

Wellington Regional Short Course Championships 25th, 26th August & 1st & 2nd September 2012

The Wellington Regional Champs were held over the last weekend of August and first weekend of September, it was a busy few days, with some early starts and late nights.

PCA has a great show of swimmers qualifying for the Champs, with 48 swimmers attending, 27 from the junior squads, 17 from the senior squad and 4 from club, swimming in 250 events. Everyone seemed to have a good time and enjoyed the atmosphere and experience. Swimmers achieved 183 personal best times, which reflects the great effort that everyone put in.

Sophie achieved wellington records in the 50m backstroke & 50m freestyle, Jack improved his Wellington Records times for the 100m and 50m freestyle, while Ben improved his 100m IM (15 years) record and also achieved a New Zealand record in the 100 m IM (15 year old boys) - fantastic! Jack, Sophie, Bronagh & Ben also achieved 20 new club records between them (see club records section in newsletter)



It was great to see new swimmers coming to the champs for the first time and others catching up with friends.

PCA Swimmers having fun and waiting to swim



Medal Results

Name	Gold	Silver	Bronze	Points	Placing
Christopher Andrews - Kidd	-	1	2	64	6th in 15 year boys
Gemma Orsman	2	-	-	45	5th in 9 & under girls
Jordan Harris	-	-	-	50.5	6th in 11 year boys
Jack Plummer	12	0	0	240	1st in 9 & under boys
Bronagh Ryan	2	6	2	168	2nd in 18 & over girls
Monica Saili	-	-	1	34	10th in 14 year girls
Mia Ululelata	2	-	-	47	8th in 11 year girls
Ben Walsh	15	1	-	314	1st 15 year boys
Sophie Wilkinson	4	6	-	170	2nd in 10 year girls
TOTAL	37	14	5		

Top 10 Ribbons

The following PCA swimmers came in the top 10 of their events, receiving a Wellington Winter Champs ribbon/s and also points for the overall Team Rankings;

Chloe Bouchier	Lucy Newton Smith
Ben Callear	Molly Newton Smith
Katie Cameron	Gemma Orsman
Catlin Clarke	Jordana Pointon
Emile Clarke	Khi-Yyvonne Rapson
Alexandra Coope	Xavier Rapson
Jordan Harris	Bronagh Ryan
Bernice Holford	Monica Saili
Hannah Leigh Holford	Brooklyn Saunders
Jessica Jenkins	Nicholas Trilin
Christopher Andrews-Kidd	Emile Wilkinson
Filimaua Lualua	Sophie Wilkinson
Ryan McBride	

PCA came 4th in the overall Team Rankings with 1283.5 points. Capital was first, Swimzone 2nd and Karori 3rd.

PCA was also 4th in the 12 and under Team rankings with 675.5 points. Capital was 1st, Swimzone 2nd and Masterton 3rd.

PCA was placed 4th on the Mens point score with 711 and 5th on the women's point score with 572.



It was a very busy couple of weekends and would not have been possible without the support of families supporting the club, both with Team Managing, officiating and helping with the club duty session, so thank you everyone for your time and help.

Also thank you to the squad coaches who were there to advise and support our swimmers, and also our club coaches. The clubs results show what a great job they do.

WELL DONE EVERYONE, IT WAS A GREAT RESULT FOR PCA.

Junior Coach Alex taking video of PCA swimmers to discuss at training.

Lizzie Plummer

PHOTOS AT 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.

OCTOBER SCHOOL HOLIDAYS

CLUB SESSIONS

Sunday morning club sessions will carry on as normal during the school holidays. Monday and Friday swimming will be devoted to distance badge swimming.

For those new to the club, PCA has distance badges swimmers can achieve by completing a distance without stopping. The distances covered are 25m (1 Length) 50m, 100m, 200m, 400m, 800m and 1500m. Once a swimmer has completed all these distances they can move on to swimming 1K (40 Lengths) for a time. The club has various ribbons to challenge and reward swimmers for the times achieved. Those starting out, intending to swim 25m, 50m and 100m should come at 6pm. All other swimmers should come at between 6.30 and 7pm. No one will allowed to start a distance after 7.15pm.

PENGUINS.

As the Penguins do not train during the holidays they are welcome to join in the club sessions and swim for distance badges.

SWORDFISH and ORCAS.

Training is available for both the Swordfish and Orcas from Monday to Friday for both weeks of the school holidays. It is hope that our Swordfish and Orcas will take advantage of the extra sessions available. The Swordfish will train form 4pm to 5pm and the Orcas from 5pm to 6.30pm.

JANUARY SQUAD TRAINING

Nevill, has organised a schedule of training for the squads during January 2013 and prior the Wellington Regional Summer Championships and Junior Nationals.

The training will take place at the Te Rauparaha Arena for both the junior and senior squads. Nevill will train the Senior Squads and Alex the Junior Squads.

There will be 10 sessions per week available for the Senior Squad and they will need to be at the pool 30mins before the session commences for land training. If this is not possible please discuss directly with Nevill.

There will be 5 sessions a week available for the Junior Squads and they will need to be at the pool 15mions before the session commences.

Nevill would like all the Swimmers to attend all sessions offered to their respective squads during this time. We will clarify the programme for the Junior Squads nearer the time

Training will be arranged for club swimmers who have qualified to swim at the Wellington Summer Champs, in January. The days and times will be discussed nearer the time

Monday 7th Jan – Friday 11th Jan Trust Porirua Aquatic Centre

am		Mon	Tues	Wed	Thurs	Fri
	Senior	5.30 – 7.30	5.30 – 7.30	5.30 – 7.30	5.30 – 7.30	5.30 – 7.30
	Senior	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00
pm						
	Junior	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30
	Senior	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00
	Senior	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00

Monday 14th Jan – Thursday 17th Jan Trust Porirua Aquatic Centre

am		Mon	Tues	Wed	Thurs	Fri
	Senior	5.30 – 7.30	5.30 – 7.30	5.30 – 7.30	5.30 – 7.30	
	Senior	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	
pm						
	Junior	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30	
	Senior	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	
	Senior	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00	

Tuesday 22nd Jan – Fri 24th Jan Trust Porirua Aquatic Centre

am		Mon	Tues	Wed	Thurs	Fri
	Senior			5.30 – 7.30	5.30 – 7.30	5.30 – 7.30
	Senior			5.30 – 7.00	5.30 – 7.00	5.30 – 7.00
pm						
	Junior		4.00 – 5.30	4.00 – 5.30	4.00 – 5.30	4.00 – 5.30
	Senior		5.30 – 7.00	5.30 – 7.00	5.30 – 7.00	5.30 – 7.00
	Senior		5.00 – 7.00	5.00 – 7.00	5.00 – 7.00	5.00 – 7.00

OFFICIALS UPDATE

Timekeeping

All swim meets require assistance from parents to help run the meet. Timekeeping makes up a large number of the officials that are required for each meet. Usually 3 timekeepers are needed for each lane so depending on the pool size this can be anything from 18 to 24 timekeepers per meet. PCA may be asked to supply up to 3 of those timekeepers as part of our share for that meet.

It is expected that all parents of competitive swimmers will volunteer for timekeeping occasionally. PCA don't expect you to time keep every meet but we do expect that you will assist occasionally when you can.

Timekeeping is not hard, it's very social and you have the best view of the meet with a guaranteed seat. You also have free entry and often get something to eat and drink. So when you enter your child in a swim meet please indicate either on the entry form or when emailing the entry to Andy Wilkinson, what you can assist with at that meet.

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. Currently PCA have 6 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

Terry Laws
Officials Coordinator
Porirua City Aquatics

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 the 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 31.06	Mia Uluilata 31.99 (Sept 2011)	25 August 12
F (10 yr) 100m Free	Sophie Wilkinson 1:09.70	Mia Uluilata 1:10.18 (Sept 2011)	25 August 12
F (10 yr) 50m Back	Sophie Wilkinson 34.29	Sophie Wilkinson 35.98 (June 2012)	25 August 12
F (10 yr) 50m Fly	Sophie Wilkinson 34.46	Kiwa O'Hagan 34.60 (Aug 2006)	25 August 12
F (Senior) 200m Breast	Bronagh Ryan 2:40.48	Nicole Mitchell 2:40.88	25 August 12
M (9 & U) 50m Free	Jack Plummer 31.47	Jack Plummer 32.35 (June 2012)	25 August 12
M (9 & U) 100m Free	Jack Plummer (1.08.73)	Sebastian Young 1.11.22 (April 1992)	25 August 12
M (9 & U) 100m Back	Jack Plummer 1.20.28	Tamati O'Hagan 1.20.47 (July 2006)	25 August 12
M 9 & U 200m IM	Jack Plummer 2:51.66	Jack Plummer 2:57.76	25 August 12
M (15 yr) 50m Free	Ben Walsh 24.81	Jason Eason 25.40 (Aug 2004)	25 August 12
M (15yr) 100m Free	Ben Walsh 53.89	Jason Eason 1:00.98 (Aug 2003)	25 August 12
M (15yr) 200m Free	Ben Walsh 1:56.15	Jason Eason 1:59.33 (Aug 2004)	25 August 12
M (15yr) 400m Free	Ben Walsh 4:06.72	Jason Eason 4:14.78 (Sept 2004)	25 August 12
M (15yr) 50m Back	Ben Walsh 26.72	Jeremy Lane 28.60 (Aug 2003)	25 August 12
M (15yr) 200m Back	Ben Walsh 2:07.51	Jeremy Lane 2:10.22 (Aug 2003)	25 August 12
M (15yr) 50m Fly	Ben Walsh 25.99	Jason Eason 27.14	25 August 12

		(Sept 2004)	
M (15yr) 100m Fly	Ben Walsh 58.30	Oliver Young 1:00.58 (Aug 1993)	25 August 12
M (15 yr) 100m IM	Ben Walsh 58.24	Todd Morton 1.02.76 (Aug 1997)	25 August 12
M (15yr) 200m IM	Ben Walsh 2:08.96	Oliver Young 2:11.36 (March 2009)	25 August 12
M (15 yr) 400m Im	Ben Walsh 4.32.00	Oliver Young 4.38.09 (Sept 1993)	25 August 12

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.

FUND RAISING SAUSAGES

With the agreement of the committee sausages sold on Friday night will now be \$1.50. This price is in line with most Fundraising Sausage Sizzles. Please remember, the Friday night BBQ give families an opportunity to raise money to help with their swimming expenses. Those interested should speak to Onolata 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 please see the article on the 'Club email list' earlier in the newsletter.

CANNONS CREEK POOL MAINTENANCE UPDATE

You may have seen the Dash newsletter for Sept 2012 and the article discussion closure of the pool during the Christmas holidays for maintenance.

We have requested more information on dates etc and will update members regarding closure times and alternative arrangements for squad training in the next newsletter.

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 & deposits | – | 03-0547 – 0205093-02 |

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 have a stock of PCA uniform hoodies with zips, T shirts & shorts in ages 9-10, 11-12, 13-14 which you can purchase when required.

We can also order the new Swim Parka in any size \$98 child, \$110 adult

We also have the following stock, which are available for sale;

Ladies Tracksuit top size 18 - \$81

Ladies Tracksuit bottoms size 12 - \$64

Ladies T shirt size 10 - \$35

Ladies size 12 shorts - \$35

Child tracksuit bottoms size 13-14 - \$52



Please contact Lizzie Plummer if you would like any of these items - see web site for details, order form and bank details or email @ mail@cplummer.co.nz

Club togs are also available, they are produced by Spank, black with PCA logo on. They come in the following sizes;

Girls -	6 – 14 years - \$46
Boys -	6 – 14 years - \$45
Women -	Size 10 – 18 - \$60

Men - Sizing & price to be confirmed.

Please contact Onolata Little for more information and to order togs on 04 235 5646

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
22 nd September	Upper Hutt Signature Meet	WRAC	Closed
30 th – 4 th September	Swimming NZ Open (SC) – qualified swimmers 13yrs plus	WRAC	Closed
13 th October	Swimzone Racing Level 2 (LC)	Naenae	To be advised – see web site & board @ pool
21 st October	Paul Kent Memorial (SC)	Levin	Closing date 1 st October
27 th October	Gold Coast (LC)	Naenae	Closing date 19 th October
29 th October	PCA In House League (2)	Cannons Creek	Swimmers will be added to teams on the night
3 rd November	PCA Hardcore Meet (LC)	WRAC	Closing date 19 th October

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	049055052