



# PCA News

March 2013

[www.swimporirua.co.nz](http://www.swimporirua.co.nz)

## Race Meet Report – National Age Groups 26 February to 2 March 2013

Congratulations to our PCA team (Matisse Uluilata, Christopher Andrews-Kidd, Monica Saili and Ben Walsh) who recently competed at this year's NZ Age Group Swimming Champs held in the city at the Wellington Regional Aquatic Centre.

Overall the team achieved 3 Age Group Silver Medals, 2 Age Group Bronze Medals, a Regional Relay Bronze medal and several National Top 10 placings. PCA finished 41st on the final points table out of the 79 clubs that appeared (not bad for just 4 swimmers).

Results:

**Matisse Uluilata (14):** qualified in just the 100m Fly where she finished 15<sup>th</sup> overall. But for the first time there were no qualifying times set for the 50 metre races, if you had qualified in a 100metre or longer event you were allowed to swim in the 50 metre race of that stroke. This meant Matisse could swim in the 50 Fly which she chose to do. In her first NZ Age Group Champs Matisse managed to make the final in the 50 Fly where she finished with a national 10<sup>th</sup> placing also setting a very nice PB.

**Christopher Andrews-Kidd (15):** swam in 4 individual events and was also selected as a member of the boys 15yrs and under Regional relay teams. Results were 50m Breaststroke (14<sup>th</sup>), 50m Freestyle (14<sup>th</sup>), 100m Freestyle (18<sup>th</sup>) and 100m Breaststroke (12<sup>th</sup>), Wellington Regional Men's 15 & Under Freestyle Relay (4<sup>th</sup>) and, Wellington Regional Men's 15 & Under Medley Relay (5<sup>th</sup>).

**Monica Saili (15):** swam in all the Freestyle disciplines available from the 50m sprint to the 800m endurance event. Results were 50m Free (5<sup>th</sup>), 100m Free (9<sup>th</sup>), 200m Free (26<sup>th</sup>), 400 Free (19<sup>th</sup>) and 800m Free (13<sup>th</sup>).

**Ben Walsh (16):** As always Ben had aged up just 3 weeks before this event but still managed to turn in some excellent results collecting 3 individual Silver medals, 2 Individual Bronze medals, a team Bronze medal, 2 Wellington Open records, 4 Wellington Age Group records.

Ben placed second in all 3 of the Breaststroke events and he set new Wellington Age Group records in all 3 events and new Wellington Open records in the 100m and 200m events. Ben also placed 3<sup>rd</sup> in the 50m Fly setting another Wellington Age group record, he placed

3<sup>rd</sup> in the 200m Medley and 9<sup>th</sup> in 100m Fly. Ben was asked to swim in the Men's 16yrs and over Regional relay team which finished a creditable 3<sup>rd</sup> place as well taking his total medal haul to 6.

Overall another exciting meet with many hard fought races and several great results produced by our Swimmers.

Thanks to all our swimmers, you were a pleasure to manage, our coach Nevill and 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.

Regards

Bill Walsh – Team Manager

## Gold Coast Meet – Raumati Ribbon Carnival Sunday 10 March 2013

At our local Gold Coast competitions it is always good to see so many swimmers competing from all the clubs and for PCA. It is a perfect opportunity for our club members to be introduced to competing at all our local based pools and aquatic centres.

At the Raumati Ribbon Carnival we had 23 swimmers competing in a total of 76 events, with a combination of 13 swimmers competing in races not yet swum and earning ribbons as a result.

There were also plenty of other ribbons achieved by the rest of the swimmers resulting in some great PB's (personal best) times. It was a rewarding evening to finish off the weekend in a soon to be legendary location.

Thank you to all the parents who were able to assist as officials and timekeepers and to our Club Coach Alex for all his support to all the celebrities of the night.....THE SWIMMERS!!!!

Libby Lucas

Team Manager

## Club Race Night Friday 15 March 2013

Club Race Night is open to all PCA swimmers and provides an ideal opportunity for those new to the sport/club to come along and see what racing is all about. The programme caters for all levels from new swimmers through to our more competitive swimmers

who wish to up-date their times. Swimmers may enter a maximum of three events.

On Friday, March 15<sup>th</sup> the Club held its first 2013 Club Race night with 119 swimmers entered – fantastic! – however there was number of swimmers that did not turn which is always very disappointing, particularly for those that work tirelessly to organise the meets for our swimmers.

Despite this it was an excellent night of swimming with new and old club members and squad members setting some first times, new times and personal bests. Congratulations to all those that participated!

A big mihi to all those that volunteered on the night we are most grateful to you all and hope that you enjoyed the evening. Don't forget that in April the Club will be hosting two more Club Race nights on **Monday, 15<sup>th</sup> April and Friday, 19<sup>th</sup> April, 2013**. We look forward to seeing you all there.

See the [Calendar](#) on our Website for more information

### No Club or Squad Swimming During Easter

Please note there will be **no Club or Squad Swimming during Easter** – that is Good Friday, Easter Sunday and Easter Monday. We hope you all have a great break and if travelling away for the holidays, travel safe and we look forward to seeing you all after the Easter break.

### Novice Carnival

Sunday 5<sup>th</sup> May 2013.

1.30pm warm up for a 2.00pm start

Come along and **HAVE A GO** – an introduction to racing!

Porirua City Aquatics is hosting this Novice Carnival on Sunday 5<sup>th</sup> May which is a great opportunity for those who are new to the Club and those who have not competed in many carnivals.

Races at this meet are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

As this is a Novice Carnival there are restrictions on those who can enter. All swimmers under 8 years old are classed as Novices, while those 8 years and over can only swim if they have not competed in more than three inter-club carnivals (club race nights do not count) and/or have not qualified for the Wellington Championships. This meet is targeting swimmers new to competitive swimming. Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. Those winning their heat will receive a 'heat winner' ribbon. Swimmers will swim each event/s they enter once, and the times will be collated to rank the swimmers – in swimming this is known as *timed finals*. Ribbons will be presented to those who place first to sixth in each event.

Full details and entry instructions are on the noticeboard.

It would be great if our club had the biggest team at the meet. If you have a query about this meet please speak to your child's coach or ring Viv on 234 7071.

### Club Championships

Monday 15<sup>th</sup> April and Friday 19<sup>th</sup> April 2013.

6pm warm up for a 6.30pm start.

Age as at 15<sup>th</sup> April 2013.

Over the years the club has had over fifty cups and trophies donated and these are swum for at our Annual Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups from 6yrs and under up to 17yrs and over, and the points earned in these races (1<sup>st</sup> 8, 2<sup>nd</sup> 5, 3<sup>rd</sup> 3, and one for all others participating) contributed to the Age Group medals.

Both the Age Group medals and Cups and Trophies will be presented at our Prize Giving. (Further details will follow, re the date, format etc.)

To give our swimmers a chance to record official times these Championships we intend to run these championships as an official meet.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest (like Gold Coast Meets) with boys and girls swimming separately.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme, I am sure everyone will find something they are comfortable to swim.

Full details and entry instructions are on the noticeboard.

Obviously we will need, help to run these Championships – officials will be called for on the night. As this is an 'official' meet we must have three timekeepers on each lane, at least two IOT's at each

end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate if required.

If there are any queries see Viv Morton or Andy Wilkinson.

### Club Trophies and Cups to be Returned

Please could all those that have received Club Trophies and Cups return these to Eileen. Please ensure the Trophy's and Cups are cleaned prior to returning them. Many thanks.

### Annual General Meeting and Prize Giving

Porirua City Aquatics will hold its **Annual General Meeting** and **Prize Giving** on Sunday 19 May 2013. Please mark your diaries now. More details to follow!

### Gold Coast Meet Door Charges

Gold Coast Meets are a regular feature of the events calendar for PCA and other surrounding Swim Clubs. Each club participating in a Gold Coast Meet provides a number of volunteers to assist with managing the event. Manning the door at Gold Coast Meets can be made more difficult for the volunteers collecting the money when people refuse to pay. With this in mind, this a reminder to you all, that everyone at a Gold Coast Meet is required to pay the door charge – either \$6.00 for swimmers or \$1.00 for everyone else. 'Everyone else' includes spectators, team managers, administration people and officials.

### Squad Winter Camp - Elsdon 22 – 26 JULY 2013

On the back of a successful Camp last year, Porirua City Aquatics are looking to hold a Winter Camp for PCA Squad members at Elsdon. This will be held during the second week of the school holidays: 22 – 26 July 2013. Early preparations are underway and the Club needs your help. If you are keen to volunteer your services during this week and / or have children that are PCA Squad members, who wish to participate then the Club is keen to hear from you. For more information please contact Andy, ph 233-6016.

### Representation at Swimming NZ Div II Long Course Invercargill, 21 – 24 April 2013

Congratulations to Emelie Clarke and Alex Heather Sclater who will be representing PCA in DIV II (LC) Swimming Champs being held in Invercargill.

### Volunteers for Duty Roster

The Club is always looking for volunteers to look after the desk on Monday and Friday nights at Cannons Creek Pool. Times: 5.45pm to 8pm Monday and 6pm to 8pm on a Friday. For those interested, please ring Onolata Little, ph 235-5646.

### Extra Club Sessions on Monday Nights

Due to the increase in the numbers of swimmers attending the last club swim session on Monday Night the Club has extended the time that it hires the pool and adjusted the session times. Sessions and times will now be the same as Friday Night. This means the last session will be split into two separate sessions - starting at 7:20pm and another at 8:00pm. If you usually swim in the last session on Monday nights please check with Viv, Eileen or Peter about which session you should now attend. Please note finishing times for these sessions will also change and are as follows:

6:00-6:40pm  
6:40-7:20pm  
7:20-8:00pm  
8:00-8:40pm

See the [Calendar](#) on our Website for more information

### Information for New Members:

Welcome to all the club and squad members who have joined in the past few months. Hope that you are enjoying the swimming and the club. Please let any committee member / coach know if you wish to check something out or have a chat. You will find lots of information on our web site at [www.swimporirua.co.nz](http://www.swimporirua.co.nz).

### Swimming Caps:

New members will be given a cap on receipt of their subs and will be replaced if they split. Swimmers losing their club cap will need to buy a replacement. Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek), the Team Manager at swim meets, or Onolata Little: phone 235-5646

## Club Uniform:

We have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages. We also have the following new uniform available for purchase;

Ladies Tracksuit bottoms size 12	- \$64
Ladies T shirt size 10	- \$35
Ladies size 12 shorts	- \$35

We can also order the new padded Swim Parka in any size for \$98 child, \$110 adult, and great for keeping warm & dry.



Please contact Lizzie Plummer if you would like to purchase any PCA uniform items - see web site for details, order form and bank details or email [mail@cplummer.co.nz](mailto:mail@cplummer.co.nz)

Club togs are also available. They are produced by Spank and are black with PCA logo on them.

They come in the following sizes:

<b>Style</b>	<b>Size</b>	<b>Price</b>
Girls	6 – 14 years	\$46
Boys	6 – 14 years	\$50
Women	10 – 18	\$60
Men	14 – 18	\$60

Please contact Onolata Little, for more information and/or to order togs on 235-5646

## Bank Account Details:

<b>Subs/Uniforms etc</b>	03-0547-0205093-00
<b>Meet Entry Fees</b>	03-0547-0205093-01
<b>Squad Fees</b>	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](mailto:treasurer@swimporirua.co.nz)

## Upcoming Events:

**14 April** – Gold Coast Paekākāriki Shield Relays (SC)  
– Tawa – Entries Close Monday 8 April

**15 April** – PCA Club Champs (SC) – Cannons Creek –  
Entries Close Monday 8 April

**19 April** – PCA Club Champs (SC) – Cannons Creek –  
Entries Close Monday 8 April

**21 – 24 April** - Swimming New Zealand DIV II (LC) –  
Invercargill – Entries Close 9 April, 2013

**5 May** – PCA Novice Carnival (SC) – Cannons Creek –  
Entries Close Monday 24 April

See the [Calendar](#) on our Website for more information

## Report of Best Times:

If you require a list of your times, please email the Race Secretary (Andy) at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) and your results will be sent back to you.

## Club Contacts:

President (Viv)	234-7071
Secretary (Mike)	021-0257-8904
Treasurer (Julie)	389-5907
Race Secretary (Andy)	233-6016
Club Captain / Junior Squad Liaison (Onolata)	235-5646
Senior Squad Liaison (Hiria)	478-9265
Officials Contact (Terry)	233-0360
Uniforms & Newsletter (Lizzie)	(04) 905-5052