

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.

November 2009

***** PCA GOLD COAST MEET *****
Sunday 22nd November - Cannons Creek Pool
5pm Warm Up – 5.30pm Start

This meet is open to all swimmers and is ideal for those new to racing. The emphasis of Gold Coast meets is on personal improvement, it is not about placing first or sixth in the race. All swimmers swimming a new or personal best time will receive a Ribbon.

*****ENTRIES CLOSE TONIGHT – FRIDAY 20th – SEE THE NOTICEBOARD FOR FURTHER DETAILS*****

PCA FAMILY FUN NIGHT

Monday 14th December – Cannons Creek Pool
6.00pm Warm Up – 6.30pm Start

Traditionally this has been an evening of fun races for the whole family. The programme includes piggy back races, a family relay (for teams of three – all members of one family), crocodile races etc. There will be a kickboard race across the pool for the younger family members and an adults 50m sprint for those who wish to relive their swimming days! It is hoped that most parents will take part – apart from the 50m sprint, all other events are for non-swimmers – if you can walk in the pool carrying a child on your back – then we need you!!!

All families are asked to bring a plate of finger food. There will be a sausage sizzle. Sausages and orange drink will be supplied.

This will be our final club night of 2009. Normal club nights resume on Friday 29th January 2010.



January training times for the Swordfish, Orcas and other swimmers who may have qualified for the Wellington Championship will be advised in a separate notice.

SWIM WELLINGTON LONG COURSE SUMMER CHAMPS

Friday 22nd – Monday 25th January 2010

The event flyer, qualifying times plus eligibility report (current to 9/11/09) are now up on the noticeboards. Please note the closing date is Friday 18th December 2009.

I'd appreciate it if all swimmers can arrange to get their entries and payment to me by this date via the usual method i.e. in the race entries boxes at either pool or email. Please advise a contact cellphone number with your entries. If you're paying by internet banking please use your name as a reference and send confirmation of the deposit with your entries. Remember to use the correct account number – 03-0547 – 0205093-01.

Like most people this is a very busy time of year for me at work, plus I will be away from 27th December until 15th January. I'd like to have this meet finalised before going away. I envisage that we'll probably have 50+ swimmers entering so we'll have two team managers per session. In this regard, I'd also appreciate offers of team manager assistance when entering.

Thanks
Sarah
Race Secretary
Email: thetait@inspire.net.nz

CLUB SECRETARY

Pauline Ryan has recently resigned as Club Secretary. We wish to thank Pauline for her contribution to the Club in carrying out this role.

This does however leave us with a need for a Club Secretary. If you would be interested in fulfilling this role, please contact Viv Morton on 234 7071 or Tania Donaldson on 237 9333 and they will be able to answer any questions you may have.

NEWSLETTER DISTRIBUTION

In an effort to ensure that all Club members receive their Newsletters, and are up to date with upcoming events etc, we would like to email these to as many members as possible.

If you would be happy to receive your Newsletter by email, please forward your details to tossandfloss@xtra.co.nz.

Each month a laminated copy of the Newsletter will be available for viewing on the noticeboard at both Cannons Creek Pool and TPAC.

RESULTS

Icebreakers Aquatic Carnival

18th October at Freyberg Pool Palmerston North

Our team of 21 swimmers, a team manager, 2 assistant managers and our coach met at the Paremata Railway Station at 5.45am on Sunday October 18th ready to travel by bus to the Icebreaker Aquatics Carnival in Palmerston North.

After a very quick trip we arrived a little earlier than expected but the friendly Icebreaker officials allowed us to enter the pool whilst they continued to set up. The facility was a very user-friendly 25metre pool complex in which we immediately felt right at home. After a quick snack and the usual warm up routine it was down to the business of competing.

Everyone performed extremely well with most of our swimmers achieving PB's along with the team taking out a large number of the age group event medals. In all we brought home 17 Golds, 7 Silvers and 6 Bronzes. Not bad when you consider we only had 20 swimmers competing. One of the highlights for me was watching Trent proving to himself that he can do breaststroke by taking out the Gold medal for the 14 year old boys 100 Breast. Well done Trent!

The meet concluded with the highly anticipated Skins races. This is where the 6 fastest boys and 6 fastest girls in the age groups below were chosen from the 50 metre Freestyle races held earlier in the day. These swimmers then raced off in a series of knockout 50m Freestyle races. They started with 6 swimmers and then rerun the race after a 2 minute break, dropping off the last swimmer finishing each time until you have 2 swimmers left who race for the final win. The 3 age groups were 12 and under, 13-14, 15 and over.

PCA was well represented with Ben Walsh (12 & Under Boys), Trent Shields (13-14 Boys), Brooke Marsters and Katie Trott (12 & Under Girls), Nicole Tait (13-14 Girls), Bronagh Ryan, Hayley Andrews and Georgia McLaren (15 & Over Girls) all having qualified. The racing was exciting and fiercely competitive. Those not competing came up with a chant led by Stephanie Watts Pointer and what a chant it was, so loud that no one else could be heard. It was awesome and what a way to cheer on our swimmers.

All eight of our Skins swimmers did well with some even swimming PBs during their races. Ben Walsh, Trent Shields and Bronagh Ryan all emerged victorious taking out 1st place and the prize money in each of their age groups.

Following the medal ceremony we boarded the bus and headed to McDonalds in Levin. After a brief stop we headed off on what proved to be a quiet trip home. I think we had a few very tired athletes on board.

On a personal note, as Team manager I would like to thank all those who contributed to putting the trip together. The swimmers were a pleasure to take away, congratulations to you all. I only hope you enjoyed the day as much as I did. Thanks to Phil Watts and Allison Pask for their assistance and also Nevill Sutton for stepping in to coach the team after Robin Cowan had taken ill at the last minute.

Bill Walsh

PCA Hardcore Meet

7th November at Kilbirnie Aquatic Centre

A large team of 44 swimmers attended our own PCA Hardcore meet at the Kilbirnie Aquatic Centre on Saturday 7th November 2009. The team swam in over 160 events. 59 personal best times were obtained by the swimmers.

Top of the list with 4 PB's was Emily Laws. 7 others swimmers recorded 3 PB's including Laura Cameron, Jordan Harris, Rose Jenkins, Saasha Marsters, Matisse Uluilelata, DJ Stapleton and Dannielle Gaualofo.

At the conclusion of the meet a 50m free Skins event was held. To qualify for the skins, the 8 fastest boys and 8 fastest girls from each age group of 12 years and younger and 13 years and older were selected to race for a 1st prize of \$100 and 2nd prize of \$50. After each race the last place would drop out until the last 2 were left to fight it out for the cash. 6 PCA swimmers qualified for this event.

Christopher Andrews won 1st prize for the 12 years and under boys, with Hamish Trlin unfortunately just missing out on the cash finishing 3rd. Simon Pask also qualified finishing in 8th place. In the 12 years and younger girls, Brooke Marsters finished in a respectable 4th place. Nicola Trott and Catherine Pask qualified for the girls 13 years and older, Nicola finishing in 4th place and Catherine in 5th. Trent Shields unfortunately just missed out on the cash in the 13 years and older boys finishing in 3rd place.

Many thanks to Neville for his coaching and guidance with the team and a big thanks to all the parents and committee members for running the meet so successfully and assisting with everything from timekeeping to manning the door.

Thanks also to all PCA club supporters who contributed to the raffle and assisted with timekeeping and refreshments etc. Your support is invaluable and much appreciated.

Team managers were Tania Donaldson and Terry Laws

P.S. If anyone has mistakenly picked up a pair of black Canterbury pants with Brooke Marsters name and phone number on the inside, could you please contact Craig Marsters on 234 1220 as he has yours!

An explanation of Skins Events

Skins events are usually swum over 50m freestyle. At our meet eight swimmers lined up for the first heat and as the event continued the slowest swimmers dropped out each heat. After six heats the final was swum between the two remaining swimmers. The aim was that races started every two and a half minutes – during that time the swimmers swum 50m, got out and walked or ran back to the start ready for the next heat. Swimmers remained in the same lane for the duration.

Skins are a test of speed and stamina with tactics playing a huge part. Obviously swimmers need to ensure they don't finish last in any heat, all the time keeping something in reserve for the next race.

North Island Masters Short Course Champs

Results from these championships that were held in Gisborne on the first weekend in November 2009 were impressive for two senior swimmers associated with our club.

Congratulations to:

- Alex Bennett, coach of our Junior Squads. Swimming in the 45-49 year old age group Alex blitzed the field in his specialty events – 50m and 100m freestyle.
- Bill Walsh, father of Joshua and Ben, had an outstanding meet breaking the NZ Masters record in the Mens 50-54 year old age group with a time of 2m54.87. The record was 2m58.62. Bill won all five events that he entered. In the 50m breaststroke he narrowly missed the NZ record with a time of 35.86, the record was 35.59, while he came within a second of the 100m breaststroke and 100m medley records.

CONGRATULATIONS TO:

Daniel Albert - Daniel won the Garry Marshall Cup for Services to Sport at the recent Aotea College Senior Sports Prizegiving. This was for his effort as a basketball referee. Daniel started as a basketball referee this year. He sat exams and passed Level 2 then refereed college games. He was asked to ref at regional games at Te Rauparaha Arena and then went on to the college nationals in Palmerston.

Laura Talbot – Laura was also awarded at the Aotea College Prizegiving, as a member of the Wellington Under 15 Representative Basketball Team. She was also one of four nominees from the school as “all rounder of the year”.

Craig Stapleton – Craig received recognition as most committed player for the Under 55kg Rugby Team and his team also got Sports Team of the Year for Aotea College.

Deborah Lynch – Deborah was named Female Multisport Athlete of the Year at the College Sports Wellington 2009 Sports Awards.

Nicole Mitchell – Nicole was named Female Cross Country/Road Runner of the Year at the College Sports Wellington 2009 Sports Awards.

HOUSEKEEPING

Note to all those swimming at TPAC, if the cupboard is not open please see the Coach who will attend to this for you.

CONTACT DETAILS DATABASE

We are continually updating our club records and e-mail contact list. If your home address, e-mail addresses and contact phone numbers have changed please ensure you let us know so we can keep you informed. Can families please send their name, home address and current e-mail address to manaswimco@paradise.net.nz or alternatively advise the person on duty at the club table.

If you would prefer to have your newsletter emailed to you, please send your details to tossandfloss@xtra.co.nz.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
MONTH			
Sunday 22 nd November	PCA Gold Coast Meet	Cannons Creek	Flyer on noticeboard. <i>Closes Friday 20th November.</i>
Monday 23 rd November	PCA In House League (2 nd night)	Cannons Creek	
Saturday 28 th November	Swimzone Racing Meet	WRAC	Flyer on noticeboard. <i>Closes Monday 16th November.</i>
Sunday 6 th December	Gold Coast Chocolate Carnival	Raumati	Flyer on noticeboard. <i>Closes Friday 4th December.</i>
Saturday 12 th December	Dolphin Carnival	Fielding	Flyer on noticeboard. <i>Closes Friday 20th November.</i>
Saturday 12 th December	Swim Wgtn Christmas Blow-Out Short Course Meet	WRAC	Flyer on noticeboard. <i>Closes Friday 4th December.</i>
Monday 14 th December	PCA Family Fun Night	Cannons Creek	See front page of newsletter. Final club night for 2009.
Friday 22 nd – Monday 25 th January	Wgtn Summer Long Course Champs	WRAC	Flyer and eligibility reports on noticeboard. <i>Closes Friday 18th December.</i>

N.B. If you require a list of your times, please email Sarah Tait - thetait@inspire.net.nz - and they will be sent back to you.

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Vacant	
Treasurer	Sandra Marks	234 8949
Race Secretary	Sarah Tait	237 5588
Club Captain	Onolata Little	235 5646
Squad Liaison	Matt Trlin	233 0934
Officials Contact	Marion Bunckenburg	477 0277



PORIRUA CITY AQUATICS INC. would like to thank the NZ Community Trust for their support in providing a grant towards our pool hire costs.