

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.

July/August 2010



ANNUAL 100M HANDICAP TROPHY

The club's annual 100m Handicap Trophy meet will be held on Monday 23rd August 2010. Warm up is 6pm for a 6.30pm start.

Swimmers who can swim 100m freestyle without stopping and have a current time should enter – this is a really fun event. Note: Entries close Monday 16th August.

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move into the second round – the semi finals. These thirty six swimmers will be the first three or four place getters from each of the heats, depending on the number of entrants/heats there are. The winner from each of six semi-finals will then compete in the grand final.

As swimmers “drop out” they will be put into one of the six relay teams. All teams will compete in relay heats to establish a time and then later in the relay final which will be handicapped. Teams improving their time by more than 4 seconds will be disqualified.

An explanation about handicapped swimming

Swimmers will be given a handicap based on their best time. Take two swimmers – one who is 10 seconds faster than the other. When they start the race the starter will say “GO” and the slower swimmer will dive in – the starter will then count the seconds out loudly – the second swimmer will then start when the starter calls “10” – if both these swimmers are competing up to their best, they should finish at the same time.

Imagine having six swimmers in one race, all starting at different times and finishing within splits of each other – very exciting!!

To enter swimmers should list their names on the flyer on the noticeboard. Entries close on Monday 16th August. Late entries will not be accepted.

LEARN TO SWIM LESSONS - Our next course of seven lessons began on Sunday, July 25th and while it was due to finish on Sunday Sept. 5th, it has been extended and will now finish on September 12th 2010

Total cost for the course is \$40.00 - *Cash or cheque only – no eftpos.*

Everyone is welcome.

Results:

INTERCLUB LEAGUE 2010

PCA Turquoise Team

The team comprised of Olivia Aunoa, Laura Cameron, Jessica Beddow, Kaitlin Corlett, Alex Coupe, Grace Feite, Tasmin Kennedy, Murphy Lee-Fairbrother, David Sheppard, Molly Newton Smith, Amelia Radley and Sophie Wilkinson.

This team is relatively young in age, but extremely strong in capability. If you add up all the ages of the team, we had 113 years in total. This is against a maximum of 129 years allowed (lots more 11 and 12 year olds than we had!!). We had some tremendous swimming and came up from 7th place in the first and second rounds to 4th place in the 3rd. Our final position was a very awesome 5th place on 415.5 points. There were a lot of personal bests, some great learning, and some very hoarse supporters!! A fantastic effort especially as it was the first time most of these swimmers have competed in this competition.

PCA Black Team

Liam Kennedy, Keely Saunders, Bailey Coupe, Terino Andrews-Sio, Katie Cameron, Saasha Marsters, Lucy Newton-Smith, Dalton Wilkins, Jordana Pointon-Haimona, Cheyne Copeland, Jordan Harris and Brooklyn Saunders made up the Black Team.

In previous years Mana Black has always dominated this competition, has been undefeated for 5 years, and had at least a couple of the senior squad in the team. The pressure was on to continue the tradition under our new club name. The team pulled together, supported each other and each swimmer gave 110% each time they swam even if they were not confident in the strokes their TM asked of them, and this showed in the results. There were spectacular finishes, which resulted in the majority of swimmers receiving personal bests. Not only did the Black team win the overall competition, but won all four meets.

The combined team spirit of the Turquoise and Black team working and playing hard together was great to see. It was fantastic how everyone (swimmers, mum, dad, grandma, granddad, aunts/uncles, friends) supported each other and kept the enthusiasm up throughout the league!

Many thanks to all those parents who volunteered for tasks and to the siblings whose contribution were well received as runners. Thanks to Alex Bennett for coaching both teams.

PCA – PCA - PCA

Team Managers – Clare Newton Smith and Onolata Little

Upper Hutt Sprint Meet – 10th July 2010

This was a late starting meet but once we got underway the races moved along well. PCA had a small representation of a team of 10. These swimmers were Kaitlin Corlett, Victoria Houchen, Emily Laws, Kate Laws, Saasha Marsters, Molly Newton Smith, Lucy Newton Smith, Jordana Pointon-Haimona, Christopher Andrews-Kidd and Christopher Woodmass. The swimmers ranged in age from 8 – 13yrs old and many were there to gain qualifying times for the Wellington Winter Champs and to push for some National times as well as Personal Bests all round. There were some great achievements with PB's and some big smiles all around – especially Christopher Andrews-Kidd in the final race!

Team manager: Clare Newton Smith

Coach: Alex Bennett

Many thanks to those that offered to time-keep and to our support crew!

SUBSCRIPTIONS REMINDER:

Subscriptions for the 2010/11 year are now due and the first instalment should be paid by the end of July 2010.

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 during the last two weeks of July 2010.

The subscription for 2010/11 is \$160.00 for the year. At least \$100 of this is to be paid by the end of July 2010 with the balance to be paid no later than the 28th February 2011.

For swimmers who are either in our Senior Squad, the Orcas, Swordfish or Penguins squads this subscription is reduced to \$110 for the year payable in full by the end of July 2010. This reduction recognises the fact that pool hire is built into the monthly squad fees or in the Penguins case term fees. Please remember subscriptions are additional to squad fees.

Note: As our sub is GST inclusive the club will be absorbing the GST increase from 1st October 2010. Also, any family wishing spread their payments further to make the payment of subscriptions more manageable should contact to our Treasurer Julie at juleskiwi11@googlemail.com

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. 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:**

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| • 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 235 5646.

Upcoming Meets

Swim Wgtn Long Distance meet (800m and 1500m races only) – for swimmers 12yrs and over. Flyer is on the notice board. Each swimmer must provide an official who is for the duration of the meet. Please enter as usual and complete the 'Named Officials' section on the list provided with the flyer. Entries close 6th August.

Swim Wgtn Short Course Champs - The flyer for this meet is available on both notice boards and on the website. This is one of the biggest meets on Swim Wellington's calendar and gives our developing swimmers a chance to see Wellington's top swimmers in action. All events are timed finals (meaning they are only swum once, then the times are listed to rank the swimmers). The first three swimmers will be presented with medals, while finalist ribbons are available for those finishing 4th to 10th to collect. If you would like to see what you have already qualified in, then check the eligibility report that is on the notice board. The eligibility report shows qualified swimmers by name, in alphabetical order - boys and girls have separate lists with the events swimmers have qualified in. If you have trouble following this report at the Cannons Creek Pool speak to Viv. As we get closer to the meet this report will be updated. Entries close 16th August.

Prior to the Wellington Championships a team meeting will be held with our coaches and team managers to discuss the meet, seating planes, gear to take, food, and our clubs expectations. Swimmers entering this meet will be advised of the time/date/venue and will be expected to attend.

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
31 July	Karori Pirates 200/400m meet	Karori	Closed
Sunday 1 st August	Gold Coast Matson Trophy 100m handicap	Raumati	Closed
Saturday 7 th August	Upper Hutt Signature meet	WRAC	Flyer on notice board. Closes 30 July
Saturday 14 th August	SW Distance meet	Naenae	Flyer on notice board. Closes 16 August
Monday 23 August	Annual 100m Handicap Trophy	Cannons Creek	Closes 16 August
28-29 August & 4-5 September	SW Short Course Champs	WRAC	Flyer on notice board. Closes 16 August
Monday 13 September	In-House League 1	Cannons Creek	Flyer to come.
N.B. If you require a list of your times, please email Sarah Tait - thetairs@inspire.net.nz - and they will be sent back to you.			

Porirua City Aquatics Inc. Club Contacts	Phone
President	Viv Morton 234 7071
Secretary	Carol Corlett 234 1370
Treasurer	Julie Saunders 235 5646
Race Secretary	Sarah Tait 237 5588
Club Captain	Onolata Little 235 5646
Squad Liaison	Matt Trlin 233 0934
Officials Contact	Terry Laws

PCA WEBSITE

Check out our website – swimporirua.co.nz