

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.

February 2011



PCA

Porirua City Aquatics

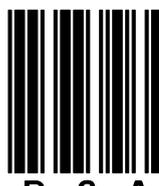
HAPPY NEW YEAR AND WELCOME BACK TO SWIMMING FOR 2011



F I R S T



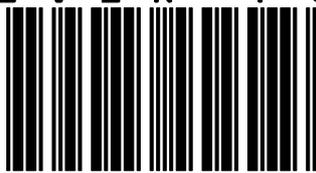
E V E R



P C A



C L U B



P I C N I C

Come along and have some fun and get to know other club members away from poolside. We will be having games, lolly scrambles, prizes and a free sausage sizzle

Date: Sunday 27th February

Time: 11-3pm

Place: QEII Park, Paekakariki entrance

Register: So we have an idea of numbers please register your family interest on the notice boards at either pool.

BYO: Blanket, Picnic, Sunscreen and insect repellent

LEARN TO SWIM LESSONS

Our next course of seven lessons begins on Sunday 13th February and finishes on 3rd April. The cost is \$40.00. *Cash or cheque only – no eftpos.*

Reporting times: 9.15am for the 9.30 class, or 9.45am for the 10 am class

Everyone is Welcome

The club is always on the hunt for helpers for our Learn to Swim Programme. Anyone who is interested in assisting as a Learn to Swim instructor should speak to Mrs Adams.

Initially those new to Learn to Swim teaching will work along side one of our more experience instructors.

SUNDAY MORNING CLUB SESSIONS.

As the first Sunday in February is Waitangi day, our Sunday morning training will resume on Sunday 13th February 2010. The session runs from 8.30am to 9.30am and is open to all members who swim with in the club lanes. (That is those who do not train under Nevill or Alex.)

CLUB UNIFORM and USE OF CLUB'S LOGO

Thanks to the efforts of Andy Wilkinson and Onolata Little the first orders of the club new uniform have arrived and were rolled out at the Wellington Summer Champs much to the envy of many other clubs. I was happy to take praise from many – things like “wow your uniform looks great” – “don't your kids look smart” etc.

It should be remembered that the club's Logo belongs to the club and it is the committee who will decide when it is to be used. No one should be organising the printing of the Logo on their personal clothing without approaching the committee.

The next order of uniforms will close on 18th February. See notice boards at the pools for details.

SITUATIONS VACANT

Porirua City Aquatics is calling for expression of interest for the following positions.

Note - For all National meets Wellington Swimming appoints a Regional Manager who liases with the officials on behalf of Wellington Clubs. In turn the Club Manager liases with the Wellington Manager, who is there to assist Club Managers as required.

Seating arrangements. At National Meets club teams sit together within the Wellington Region's allocated seats.

Team Manager NZ Junior Championships Wellington 19th and 20th February 2011	The Manager is required manage the PCA team, just as the manager would at any meet. The Manager should be available for all three sessions of these Championships. (Session times are Sat. morning 7.00 warm up, Sat. afternoon 3.00pm warm up and Sunday morning 7.30pm warm up)
Assistant Manager's NZ Junior Championships As above	Thinking on the positive side here – should we have a big team at this meet an assistant manager/s may be required for each session.
Team Manager National Age Groups Wellington 1st to 5th March 2011	We have accommodation booked in Wellington for this meet. Duties include driving between the motel and the pool, cooking, washing, and all related domestic duties as well as pool side manager's duties.
Team Manager Div II Christchurch 16 th to 19 th March 2011 <i>(For booking purposes expressions of interest for Div II close on the 8th February)</i>	The team is flying to Christchurch on 15 th March at 9.15am, and returning mid-day on the 20 th . Motel accommodation has been booked. Duties include driving a van in Christchurch, cooking, washing, and all related domestic duties as well as pool side manager's duties. The number on the management team will depend on the size of the team. As we are expecting our team to be of mixed gender, a female manager will be required, with additional managers (either male or female) appointed as required.

Swimming Wellington require the names of all those on our club's management team to be supplied when the swimmer's entries are submitted.

Anyone interested in any of these positions should give Viv Morton or Sarah Tait a call.

SUBSCRIPTIONS

The final instalment for 2010/11 subscriptions of \$60 is due to be paid by 28th February.

Payments can be made by cash or cheque at Cannons Creek pool on Monday and Friday club nights, or by direct credit into the Club's bank account: 03-0547 – 0205093-00

If you have any queries as to amounts outstanding please email our Treasurer, Julie Saunders at treasurer@swimporirua.co.nz

SWIM CAMP 2011 - 11 January 2011 – 16 January 2011

16 senior squad and 10 juniors attended swim camp this year. The week focused on intensive swim training both morning and afternoon. There was also room in between swim training for some very fun activities.

Firstly was to find our way round our home for the next 6 days and say those dreaded goodbye's, then straight into swim training outside in a 50m pool. This was a bit of a shock to most. We all survived, including coaches and parents and headed back to camp home for dinner (I highly recommend the caterer's).

After dinner, evening activities were organised and we combined the senior and juniors into three teams with Hayley Andrews, Bronagh Ryan and Joshua Trlin leading them. The first challenge and team building event was - **Fear Factor/Survivor Challenge**. Each team had to choose a team member to eat and beat their opponent using no hands and just their mouth. Each team member had to have done at least one of the challenges. The food choices included – cold spaghetti, dry weetbix, chickpeas with brine, sour lollies, ice cream and hot chilli beans. There was a lot of laughter and encouragement, especially when the coaches and parent helpers had to do the last challenge - **Cold spaghetti and ice cream**. Nicola Wilkinson won this (I am sure she didn't get as much as the rest of us. Hee hee). However, I think the kids will agree that Nevill Sutton (coach) had the best ice cream face, as he looked like he had a facemask on (good for the skin).

As you can imagine, there were a few funny tummies that night but nothing too major. I put it down to nerves and having to share a dorm with 19 girls or 7 boys. Seniors were up at 5.30am to swim outside in 50m and the juniors were up at 6.30am and swam at the PNBH indoor pool then back for breakfast at 9.30am.

This became our routine for the next week:

Morning swim – Breakfast – Morning activity – Lunch – Rest time – Afternoon swim – Dinner – Evening activity – Bed

Morning activities included – Paintballing/rock climbing, movies, exploration around The Esplanade reserve.

Evening activities included – Fear factor/survivor challenge, PNBHS exploration, charades/quiz night, paper-scissors-rock game, and then our final night “Camp Awards Night”.

There was a lot of hard swim training going on and with hard training; the group were able to reward their hard work with fun activities and team spirit.

The club would like to thank Matt Trlin for organising a fantastic camp and all the behind the scene stuff no one see's. We would also like to thank Andy Wilkinson for providing prizes for our awards night, they were awesome, it ended the camp off on a real buzz, just as it

begun. Thank you to Nevill Sutton and Alex Bennett for coaching and the benefits have paid off as can be seen from the Wellington Summer Champs Meet results. **GO PCA**

Results:

Wellington Long Course Champs 2011

These championships were held over the Wellington Anniversary Weekend - PCA was strongly represented with swimmers drawn from both the squad and volunteer coach programmes. The team also looked splendid sporting the clubs new uniform.

Well done to all the swimmers (37 on total) who qualified and swam at these champs and thanks to all the parents who stepped up and helped over the duration with officials duties, our team duty requirements and team management.

Thanks also to the coaches – Todd O'Hagan, Danny Selby and Alex Bennet for the support, direction and encouragement they gave our swimmers.

While some of the sessions turned into feats of endurance for swimmers and officials alike (session 2 on the Saturday was a mammoth 6.5 hour session from warm up to finish) - the champs provided a great atmosphere – 603 swimmers took part, 400 of whom were from the Wellington Region and another 200 visitors from Waikato, Hawkes Bay, Taranaki, Wanganui, Wairarapa and Manawatu. This would make these Championships bigger than National Age Groups!

Congratulations to all those swimmers who recorded numerous personal bests, and those that qualified for the New Zealand Age Group Long Course champs, New Zealand Juniors and Division II. Congratulations also to those swimmers that toughed through all six sessions and, while tired, still performed with distinction in the final session.

Overall the team performed with distinction capturing **52 medals**, 18 Golds, 16 Silver and 18 Bronze.

Our Medal winners were:

Ben Walsh (13)	8 Gold (50 Back, 100 Breast, 100 Back, 50 Fly, 200 Free, 200 Breast, 50 Breast, 200 Back) 1 Silver (200IM) 3 Bronze (400 Free, 200 Fly, 400IM)
Mia Uluilalata (10)	4 Gold (50 Back, 50 Free, 100 Back, 100 Free)
Sophie Wilkinson (9u)	3 Gold (100 Back, 50 Fly, 100 Fly) 2 Silver (50 Back, 50 Breast)
Josh Walsh(11)	1 Gold (50 Back) 4 Silver (100 Breast, 50 Free, 100 Back, 50 Breast) 2 Bronze (50 Fly, 100 Free)
Monica Saili(13)	1 Gold (50 Breast) 1 Silver (100 Breast)
Christopher Andrews(13)	1 Gold (50 Free) 1 Silver (50 Fly)
Hamish Trlin(13)	3 Silver (50 Back, 100 Back, 200 Back) 3 Bronze (100 Breast, 200 Breast, 50 Breast)
Tamati OHagan (14)	2 Silver (100 Breast, 100 Fly) 3 Bronze (200IM, 50 Fly, 50 Breast)
Reegan Gaulofa(11)	1 Silver (200 Breast) 2 Bronze (100 Breast, 50 Breast)
Bronagh Ryan(16o)	1 Silver (50 Back) 1 Bronze (200 Breast)

Nicole Tait(15) **2 Bronze** (100 Breast, 50 Breast)
Matisse Uluilalata(12) **1 Bronze** (50 Fly)
Jack Plumber (9u) **1 Bronze** (100 Breast)

Special Congratulations to **Ben Walsh** (13) and **Sophie Wilkinson** (9) who with numerous successful swims also won their respective age groups, and each received a \$50.00 voucher to spend at “Swim T3 – Wellington Swimming and Triathlon Specialists” .

In the 100 Breaststroke **Ben Walsh** broke the boys 13year olds Wellington record with a time of 1m12.84. This broke the previous record set by Jarrod Brown on 21.8.94 with a time of 1m 13.60. Jarrod was also coached by Nevill

Special mentions should also be made of Mia Uluilalata (10) who was 2nd in her age group, and Joshua Walsh (11) who was third in his age group.

PCA came 4th on overall team points (929.50) - behind Capital 1st, Swimzone 2nd, Karori 3rd (980) and ahead of Raumati (846.50) and Tawa (742.50) in 5th and 6th places. For those who are not familiar with the scoring system, points are awarded to swimmers in the top ten in each event age group. (ie 1st 15 points, 2nd 11 points, 3rd 8 points, and 4th 7points through to 10th 1 point).

For full results visit the PCA website www.swimporirua.co.nz

Kiwi West Meet – 14th November 2010

This was a small but successful team of 3 PCA swimmers, including Jack Plummer, Saasha Marsters and Brooke Marsters. All swimmers were placed in each event they swam, bringing home a hoard of 12 medals and 2 first place ribbons. A number of PB's were also achieved, along with the placings. This event was swum in Palmerston North at the Freyberg Pool.



Team Managers: Craig & Christine Marsters

Juniors Rehearsal Meet – 4th December 2010

PCA put in a small junior team (12 years and under) of swimmers to this meet. The team included, Matisse and Mia Uluilalata, Kaitlin Corlett, Keely Saunders, Saasha Marsters, Reegan Gaulofa, Jordan Harris and Sophie Wilkinson. This meet was swum at the Kilbirnie Aquatic Centre, with a 'mixed bag' of results. Some swimmers were trying to gain qualifying times for the Wellington Summer Champs and the NZ Junior Nationals. A few swimmers achieved excellent times with strong PB's, along with a couple of qualification times for national events, while others enjoyed the experience of the meet.

Team Managers: Christine Marsters & Tania Donaldson

Mitch Tait Meet – 11th December 2010

PCA was represented by a small team of swimmers at The Mitch Tait meet in Masterton. The team consisted of Emily Laws, Danielle Gaulofa, Reegan Gaulofa, Brooke Marsters and Saasha Marsters. Highlights included the girls team relay at the end, which was very exciting with the girls just missing out on third place at the finish. Some excellent PB's were also achieved with Brooke and Saasha both achieving 13 second PB's in 200IM. A number of top 10 placings were also achieved, including two 3rd places (100 Back & 100 Breast) and two 7th places (100 Fly & 100 Free) for Danielle; a 4th place (100 Fly) for Emily, a 5th (100 Free) and two 6th places (100 Back & 100 Fly) for Brooke, a 7th place (50 Fly) for Saasha, a 7th (100 Back) and 10th place (100 Breast) for Reegan. The event was topped off by the swimmers going out for a casual dinner, prior to travelling home to Wellington for those who didn't stay overnight.

Team Manager: Christine Marsters

Manawatu Summer Champs – 7-9th January 2011

A very small but successful contingent of swimmers represented PCA at the Manawatu Summer Champs in Palmerston North. They included Sophie Wilkinson, Brooke Marsters and Saasha Marsters. Sophie Wilkinson qualified for 4 finals, winning two bronze medals. Brooke Marsters qualified for two finals, achieving a 5th and 6th placing. A couple of qualifying times for national events were achieved, along with some PB's, including a 12 sec PB for 400 free, which was followed by much controversy as all swimmers times were 'muddled up'! It was all sorted in the end, much to everyone's relief.

Team Manager: Christine Marsters

Porirua City Aquatics records since last Newsletter

Name	Age	Distance	Stroke	Time	Previous time	Previous Name	Prev Date set	no	LC/SC
2010 Wgtn Long Course Summer Champs 21-24 January 2011									
Tamati O'Hagan	14	50	Fly	28.37	28.51	Todd Morton MSC	Jan-97	35	LC
Tamati O'Hagan	14	100	Fly	1.02.77	1.02.92	Todd Morton MSC	18.1.92	36	LC
Jack Plummer	8	50	Free	37.54	38.61	Hamish Trlin MSC	19.1.07	37	LC
Bronagh Ryan	17	800	Free	9.46.78	na	na	na	38	LC
Bronagh Ryan	17	400	Free	4.44.82	na	na	na	39	LC
Bronagh Ryan	17	50	Back	31.96	34.63	Nadia Larsen PSC	31.3.07	40	LC
Bronagh Ryan	17	100	Breast	1.17.75	1.18.62	Nicole Mitchell	25.01.10	41	LC
Bronagh Ryan	17	50	Free	28.29	28.91	Nadia Larsen PSC	3.4.07	42	LC
Bronagh Ryan	17	100	Back	1.10.97	1.13.31	Kylie Foot PSC	16.1.04	43	LC
Bronagh Ryan	17	200	Free	2.14.86	2.17.15	Nadia Larsen PSC	3.4.07	44	LC
Mia Uluilalata	10	50	Back	38.43	38.69	Shannon Maker PSC	14.12.02	45	LC

Mia Uluilalata	10	50	Free	32.75	33.54	Shannon Maker PSC	25.5.02	46	LC
Mia Uluilalata	10	100	Free	1.11.86	1.12.28	Lydia Robati MSC	Jan-90	47	LC
Ben Walsh	13	400	Free	4.38.00	4.38.53	Jason Eason MSC	5.3.02	48	LC
Ben Walsh	13	50	Back	30.69	31.26	Jason Eason MSC	5.3.02	49	LC
Ben Walsh	13	100	Back	1.06.00	1.06.18	Todd Morton MSC	2.12.95	50	LC
Ben Walsh	13	50	Breast	33.76	34.42	David Robati MSC	25.5.96	51	LC
Ben Walsh	13	100	Breast	1.12.84	1.17.37	David Robati MSC	2.12.95	52	LC
Ben Walsh	13	200	Breast	2.39.57	2.45.21	Ben Walsh	06.03.10	53	LC
Josh Walsh	11	50	Back	35.98	36.79	Tamati O'Hagan PSC	1.12.07	54	LC
Josh Walsh	11	50	Free	31.78	32.74	Burrell Cummings MSC	21.1.05	55	LC
Sophie Wilkinson	9	50	Back	39.48	40.63	Shannon Maker PSC	10.11.01	56	LC

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 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

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
12 February	Capital Sprint	WRAC	Flyer on notice boards & website. Closes 31st January
13 February	PCA Gold Coast	Cannons Creek	Flyer to come. Closes 11th February
19-20 February	NZ Juniors	WRAC	Flyer on notice board. Closes 31st January however will accept extra entries from swimmers competing in events 4 th -6 th February

26 February	Tawa meet	Naenae	Flyer to come
27 February	Palmerston North Summer meet	Freyberg	Flyer on notice boards & website. Closes 11th February
1-5 March	NZ Age Groups (NAGs)	WRAC	Flyer on notice board. Closes 11th February
12 March	Levin Carnival	Levin	Flyer to come
16-19 March	NZ Div 2 Competition	Christchurch	Flyer on notice board. Closes 21st February
19 March	PCA Div 3	Naenae	Flyer to come. This is our clubs fundraiser, mark it on your calendar now. Lots of help will be required.
26 March	Karori meet	Karori	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	239 9766
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	233 0360

PCA WEBSITE

Check out our website – swimporirua.co.nz
