

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.

June 2011



PCA
Porirua City Aquatics

PCA PRIZEGIVING

When: Sunday 10 July 2011
Where: Rangikura School Hall
95 Conclusion St
Ascot Park
Time: 4-6pm

Come along and celebrate the achievements of our swimmers for the 2010/11 year. Presentation will be made to all those who placed in the Age Groups races as well as the Cups and Trophy events at the Club Champs.

It would be greatly appreciated if everyone attending could bring a plate (finger food) for the shared afternoon tea.

SUBSCRIPTIONS for 2011/2012 year

Yes it is that time of the year again!

Subscriptions for the new membership year (1st July 2011 to 30th June 2012) are due on July 1st and should be paid by the end of July 2010.

The subscription for 2011/12 is \$160.00 for the year. This is unchanged from the previous 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 during the last two weeks of July 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 2011. 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.

Any family wishing spread their payments to make the payment of subscriptions more manageable should contact to our Treasurer Julie at juleskiwi11@googlemail.com

NATIONAL DIV II MEET: This meet was planned to be held in Christchurch in March 2011 and due to the Earthquake will now take place in Rotorua from 20th/23th July. To swim at any national meet swimmers must meet SNZ qualifying times.

Congratulations to Dannielle Gaualofa, Emily Laws and Nicole Tait, who will be representing the club, and thanks to Terry Laws for taking the week off work to manage our team. The club appreciates the support of the Mana Community Grants Foundation towards the swimmers accommodation and travel costs.

An Exciting Opportunity

PCA is calling for expressions of interest from swimmers currently training in Viv and/or Eileen's lanes to join a new technique group (the Tadpoles) to be taken by Alex Bennett in term III.

Criteria – swimmers must

- be at least 8yrs and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.

The Tadpoles would

- swim on a Friday night from 6pm to 6.40pm
- be allocated lanes 3 and 4.
- be required to pay \$30.00 additional to their \$160 sub by 10.8.2011 for the term's coaching.
- be limited to a maximum of twelve swimmers.
- run by the term.

General

- Expression of interest would be called during the previous term.
- Expressing interest would not guarantee entry to the group. The coaches (Eileen, Viv, Alex and Nevill) will select the swimmers for the term.
- Swimmers in the group can express interest (again this is not automatic) in remaining in the Tadpoles for the following term. However a swimmer's time as a Tadpole is limited to two terms.
- It is envisaged that swimmers will continue to swim on Mondays and/or Sunday's with their normal club coach while they are in the Tadpoles.
- After 'graduating' from the Tadpoles swimmers may choose to move into one of Alex's other groups – the Swordfish or the Penguins, or continue to swim in the volunteer coaches lanes.

Any queries ring Viv 2347071

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I am keen to be considered for the Tadpoles

Name _____ Age _____ Date of birth _____

Phone Number _____ Current Coach _____

Circle Session currently attending

Sunday 8.30 to 9.30am Monday 6pm 6.45pm 7.30pm Friday 6pm 6.40pm 7.20pm
8pm

Completed forms are to be posted in the black box on the right hand side of the storeroom no later than 4th July 2011 . Swimmers will be notified by 15th July if they have been successful or not.

LEARN TO SWIM LESSONS

Our next course of seven lessons begins on Aug 7th and finishes on Oct 2nd.

There will be no lessons on either September 4th or 11th as most of our instructors will be involved with the Wellington Winter Swimming Championships that run over the two weekends at the Regional Aquatic Centre in Kilbirnie

Everyone is Welcome - Seven Lessons cost \$40.00.

Swimmers should report at 9.15am for the 9.30 class, or 9.45am for the 10am class.

MONDAY NIGHT SWIMMING

The Porirua Aquatic Centre will be closed for maintenance for three weeks from Monday June 27th. During this period our Senior Squad will be training at the Cannons Creek Pool and will share our Monday club night from 7.30pm to 8.45pm. Eileen's group will have half the pool at this time and the squad other half.

JULY SCHOOL HOLIDAYS

During the school holidays Monday and Friday club nights 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 (one length) 50m, 100m, 200m, 400, 800, and 1500m. Once a swimmer has completed all these distances they can move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

Those swimming up to 400m metres should come at 6pm, while those swimming longer distances are to come at 7pm. To help these evenings run smoothly Eileen and Viv need help from parents counting laps and timing the 1k swimmers. Please note, swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals

Penguins

As the Penguins do not train over the school holidays, they are welcome to join in these club sessions and swim distance badges.

Swordfish and Orcas

The Swordfish and Orcas will swim together during the school holidays. Session times are as follows;

Monday & Friday	4.30pm to 6pm,
Tuesday, Wednesday & Thursday	4.15pm to 5.45pm

ADVANCE NOTICE - ANNUAL 100M HANDICAP TROPHY

The club's annual 100m Handicap Trophy meet will be held on Monday 22nd August 2011. Warm up is 6pm for a 6.30pm start.

To enter swimmers need to have a current 50m or preferably 100m freestyle time. There are plenty of carnivals, including our race night, coming up for swimmers to update their times.

Swimmers who can swim 100m freestyle without stopping should enter – this is a really fun event.

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 15th August. Late entries will not be accepted.

TIMELY REMINDER

It is very unfortunate that two boys were badly cut on broken glass in the showers after their lesson at 6pm on Friday 10th June. This incident acts as a reminder that no one should ever have glass or crockery containers at a swimming pool either on pool deck or in the changing rooms.

How the glass got there will always be a mystery, whether the glass was there prior to 6pm or a club person is responsible is something we will never know....but this is an incident we don't want to see repeated.

Thanks to the pool staff and parents who administered first aid and to the parents and swimmers who picked up glass, and made the area safe....your help was appreciated

Those who were at the pool that evening will have noted Viv and Eileen chatting to Sarah Gibbison. Sarah is employed by Swimming NZ and as part of her job visit clubs to get an understanding of how they work and if there is anything SNZ could do to help the club.

PCA Hardcore Meet

This meet will be held on Saturday 16 July, at the Kilbirnie Pool. Swimming Wellington allocates all clubs one signature meet a year, and this is ours!!! This is also a fundraising event with PCA doing all the preparation and taking responsibility for running the meet. To help, it would be greatly appreciated if the families of swimmers entered in this meet could bring a plate to help provide refreshments for meet officials.

This will be co-ordinated by Lizzie Plummer who will follow up with families once race entries have closed.

**As this is ‘our’ meet we would like to see a big team from PCA enter
- see the noticeboard for details**

GOGGLES - If anyone has parts for goggles or broken goggles, could they please leave them on the bench in the storeroom. These may help others to fix their goggles.

Results:

Paekakariki Shield Relays

On Sunday 15 May a large team of 45 PCA swimmers headed down to Tawa Pool for the Paekakariki Shield Relays and Chocolate Carnival. Unfortunately, there were only a handful of swimmers from the other clubs at the meet so it felt a bit like a club meet for us. However, this didn't stop there being a real buzz on our side of the pool with plenty of swimmers to get to events and relays to co-ordinate. Our swimmers swam really well earning plenty of chocolates and our relay teams out swam the competition to retain the Paekakariki Shield for another year. Thanks to the swimmers for their participation, all the volunteers who helped run the meet, and Clare & Alex for their help with the team.

Tania Donaldson
Team Manager

Novice Carnival

On Sunday 29 May I was fortunate to be given the opportunity to team manage the PCA team at the Novice carnival. What an uplifting event. We had 27 swimmers all keen and eager to show their best swimming skills in the pool and even more helpers out of the pool with club members, squad swimmers, siblings, parents and club and other officials all supporting the meet and our team. A great reminder of the interest in swimming in our community.

In the pool our swimmers performed very well earning 62 PBs and a total of 44 medals - 14 Gold, 14 Silver and 16 Bronze. Congratulations to all of our swimmers, it was great to see you swimming hard in the pool and supporting each other on poolside.

Thanks to everyone who helped organise and run the meet. Special thanks to those parents who assisted me with the team management at short notice!

Tania Donaldson
Team Manager

Novice Carnival Medals

Swimmer	Gold	Silver	Bronze
Shay Wiremu-Williams	4		
Declan Tierney	2	1	
Gemma Orsman	2	1	
Brodie Tierney	2		1
Emilee Wilkinson	2		
Logan Robb	1	3	
Alexis-Veronica Vitaliano	1	1	
Ella Cooper		2	1
Jacinta Parkinson-Campus		2	1
Maua Lualua		1	3
Seth Wilson		1	3
Bailey Vitaliano		1	1
Yasmeen Prescott		1	1
Ethan-Jack Crawford			2
Taoka Sciascia			2
Jacob Reiher			1
Total	14	14	16

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
24 June	Club Race night – open to all swimmers	Cannons Creek	6pm warm up 6.15 start
25 June	Raumati Matariki Signature Meet	WRAC	Closed
2-3 July	SW Relay and Qualifer Meet	WRAC	Flyer on notice board. Closed
9 July	Interclub League #3	Huia Pool	
16 July	PCA Hardcore Meet	WRAC	Flyer is on the notice board. Closes 8th July
20-23 July	Div II	Rotorua	
6-9 August	NZ Short Course Championships	WRAC	Flyer to come – open to qualified swimmers. Closes 17th July
13 August	Gold Coast - open to all swimmers	Naenae Pool – this meet will be swum long course	Flyer on notice board. Closes 8th August
22 August	100m Handicap Trophy	Cannons Creek Pool	Flyer on notice board & see above section of this newsletter. Closes 15th August

3&4 September 10&11 Sept.	Wellington Winter Championships	WRAC – 8 sessions	Flyer to come – open to qualified swimmers
24 September	Interclub League #4	Raumati Pool	
30 October	Gold Coast Ribbon Carnival	Cannons Creek Pool	Flyer to come
27 November	Gold Coast Chocolate Carnival	Raumati Pool	Flyer to come
N.B. If you require a list of your times, please email Andy Wilkinson – andyandnicola@gmail.com - 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	Andy Wilkinson	233 6016
Club Captain	Onolata Little	235 5646
Squad Liaison	Tania Donaldson	237 9333
Officials Contact	Terry Laws	233 0360

PCA WEBSITE

Check out our website – swimporirua.co.nz



Porirua City Aquatic wishes
to Thank
The Lion Foundation
for their support and
contribution towards the
squad camp