

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 2012



HAPPY NEW YEAR AND WELCOME BACK TO SWIMMING FOR 2012

What a fantastic way for PCA to start the New Year.

CONGRATUATIONS BEN WALSH NZ AGE GROUP RECORD MENS 14 YEARS 200M BREASTSTROKE

(For further details see the full report on the Wellington Summer Champs)

LEARN TO SWIM LESSONS

Our next course of seven lessons begins on February 12th and finishes on March 25th

Everyone is Welcome - Seven Lessons cost \$45.00.

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

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 experienced instructors.

JUNIOR NATIONALS 18th and 19th February.

Congratulations to the following swimmers who have qualified and will be competing at Swimming NZ's Junior National Championships – Caitlin Clark, Alexandra Coupe, Abby Laws, Anais Lucas, Jack Plummer, Xavier Rapson, Mia Uluileata, Joshua Walsh and Sophie Wilkinson. To have a team of nine is tremendous for the club and is a reward for all the hard work these swimmers and their coaches have put in. Eight of these swimmers train with Alex and this is certainly the biggest number of qualifiers Alex has had in the time he has been with the club. Well done Alex!

Junior Nationals will be held over three sessions simultaneously in Wellington and Hamilton on February 18th and 19th, with the results being collated to give overall National Results. We wish our team *all the best*.

RACE NIGHT

We will be hold Race Night on March 16th – see the noticeboard for details on how to enter. 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 and parents should see their child's coach if they have any queries.

NOTE – RACE NIGHT REPLACES ALL TRAINING SESSIONS ON THE 16TH

JUNIOR SWIM CAMP

The PCA junior squad swimmers had the time of their lives at swim camp in January. We spent our mornings and evenings training hard, with mornings at Te Rauparaha Arena and evenings at Cannons Creek. All of us can now “performance “ kick with speed, style and in a streamlined position under the water easily.

The camp was held at camp Elsdon. This was nice and close to the pool (good for the early morning swims) and very close to the many attractions and fun activities we took part in. Camp was so much fun. Between our training swims we played mini golf, went to the movies, go karting and bowling to name a few of the cool things. At camp there was time to hang out with old friends, make new ones and take part in craft activities, scavenger hunts and quizzes.

A highlight of the camp has to be the food. Pauline and Andy were the best chefs. The butter chicken, lasagne and apple crumble were delicious. In the mornings we came back from the pool to a yummy hot breakfast, lunches were tasty and nutritious and dinner was the best!

At night we slept two to a room. The beds were very comfortable and we were cosy and warm. Terry and Onolata stayed with us overnight. They were great camp parents to us all. Thanks to all the adults who helped at camp. It wouldn't have been such a fun experience for us kids without your help.

Even though we were tired from all our swimming, we felt fit and ready to take on the challenge of Summer Champs. Camp was the best time ever. We all know each other really well and have made lots of new friends. I can't wait until next year's camp!

Mia Ululelata

I am sure you'll all appreciate that camps don't just happen without a lot of planning and work behind the scenes. Thanks to all the parents who supported the camp, whether it be transporting the swimmers between Camp Elsdon, training and the various activities, cooking, managing the team overnight, and the numerous other jobs that are needed to ensure this camp was a success. Thanks to Alex for re-arranging his life so he was available to coach all sessions. Lastly a huge thank you to Andy Wilkinson for the enormous amount of work he did to see this camp run smoothly. Andy, your efforts were appreciated.

Division III Naenae Pool March 24th, run over two sessions – see the notice board for details

All Wellington clubs are allocated two meets a year on the Wellington Swimming Calendar and Div III is the first one for PCA this year. The club has run Div III for nearly twenty years and the meet usually attracts swimmers from Manawatu, Wairarapa and all around the Wellington Area. The meet's strict entry criteria means that swimmers who have qualified for the 2012 Nationals may not compete. This gives developing swimmers a chance to take centre stage and hopefully win a few medals and/or finalists ribbons

The meet is also a club fundraiser and we hope that the PCA team will be the biggest club team competing at the meet.

As we do every year, the club hopes that our Nationally qualified swimmers (in club uniform) will support our developing swimmers and help out at the meet in return for the assistance the club has given them to attend their National Meets.

Hopefully everyone will have their entries in on time and club parents will volunteer to help out at the meet, by listing their names on the duties roster.

Any queries see Viv Morton or Andy Wilkinson

MONSTER RAFFLE RESULTS

The winners of our wonderful Christmas raffle are below:

	Ticket Number	Winner	Ticket Seller
1st Monster Christmas Hamper	585	Bryan Miller	Jared Priston
2nd Meat Pack (incl Ham on the Bone)	227	Denise Scott	Scott Family
3rd Party Pack	173	Ngaire Isaacs	Isaacs Family
4th Christmas Goodies Pack	644	Missy Tapine-Tumu	Smiler Family
5th Pamper Pack	471	Sara McLean	Peter Gibbs
6th After Dinner Pack	107	R Holford	Holford Family

Congratulations to all our winners, a big thanks to those who sold tickets and a monster thank you to Hiria and Rachel for organising this for the club.

We raised an awesome \$3,000 from the raffle. The committee is considering a suitable use for these funds to benefit the whole club.

UNIFORM

We currently have a stock of some club uniform items for Junior members, up to sizes 13-14. If you are interested please fill out an order form from our website and forward it to Lizzie Plumer.

COMMITTEE NEWS



You may not know, but it takes a lot of people to make the sport of swimming run smoothly. We currently have a great hard working committee running PCA swimming. However we have 3 vacant positions on the committee and are would love to hear from anyone who is interested in joining us. Meetings are held on the 2nd Tuesday of each month starting at 6.30pm, generally finishing by 9pm.

If you are interested in becoming a committee member and help run our great club please contact our President, Viv Morton either by email or poolside on Monday or Friday night.

Results:

Wellington Long Course Champs, January 2012

Congratulations to **all** swimmers who swam at the Wellington Long Course Summer Champs over Wellington's anniversary weekend. We had 41 swimmers competing in 262 events, overall the club placed 4th out of the 42 clubs competing at the meet.

The PCA team had a fantastic meet achieving outstanding results, swimmers achieved a huge number of personal bests, hauling in an incredible 49 medals, 22 Gold, 12 Silver and 15 Bronze, breaking numerous club records, 2 Wellington records and **Ben Walsh** claimed the clubs first New Zealand record (since the club was renamed) in the men's 14 years 200 metres Breaststroke.

In addition to his NZ record **Ben** also claimed 2 new Wellington records in the 14 year old men's 200 & 100 Breaststrokes and in doing so he **open** trophies* for these two events. Ben also won the award for the overall top male swimmer of his 14 year old age group taking home 9 Golds, 2 Silvers and 1 Bronze medal. (*Explanation – An open trophy was presented to the fastest swimmer at the meet in each event irrespective of age. For a 14yrs old to win two of these trophies was amazing and just shows what an outstanding swimmer Ben is – in both the 100m breaststroke and 200m breaststroke some very handy swimmers, much older than Ben were competing. Congratulations Ben.)

Jack Plummer topped the boys 9 years & under age group taking home an impressive 6 Golds, 2 Silver and 1 bronze medal. Congratulations to you both.

Below is the list of all medallists, a HUGE well done to you all! A special congratulations to Khi-Jyvonne Rapson & Gemma Orsman who medalled at the Summers for the first time.

PCA 2012 Wellington Summer Long Course Champs Medalists

Gold - 22	Silver - 12	Bronze - 15
(9) Ben Walsh, 14 yrs: 50 Back, 100 Breast, 50 Free, 100 Back, 50 Fly, 200 Breast, 100 Fly, 50 Breast, 100 Free	(2) Jack Plummer, 9 yrs & Under: 50 Fly, 100 Fly	(4) Hamish Trlin, 14 yrs: 100 Breast, 200 Medley, 200 Breast, 50 Breast
(8) Jack Plummer, 9 yrs & Under: 50 Back, 100 breast, 50 Free, 100 Back, 50 Breast, 100 Free	(2) Sophie Wilkinson, 10 yrs: 100 Back, 100 Fly	(3) Sophie Wilkinson, 10 yrs: 50 Back, 50 Fly, 200 Back
(3) Bronagh Ryan, 18 & Over: 100 Breast, 200 Breast, 50 Breast	(2) Hamish Trlin, 14 yrs: 50 Back, 100 Back	(2) Mia Uluilalata, 11 yrs: 50 Back, 50 Free
(1) Khi-Jyvonne Rapson, 9 yrs & Under: 50 Breast	(2) Ben Walsh, 14 yrs: 400 Medley, 200 Medley	(1) Jack Plummer, 9 yrs & Under: 200 Medley
(1) Hamish Trlin, 14 yrs: 200 Back	(2) Christopher Andrews-Kidd, 14 yrs: 50 Free, 50 Fly	(1) Khi-Jyvonne Rapson, 9 yrs & Under: 100 Back
	(1) Josh Walsh, 12 yrs: 100 Back	(1) Gemma Orsman, 9 yrs & under: 50 Breast
	(1) Bronagh Ryan, 18 & Over: 50 Back	(1) Christopher Andrews-Kidd, 14 yrs: 100 Free
		(1) Ben Walsh, 14 yrs: 200 Free
		(1) Bronagh Ryan, 18 & Over: 200 Back

Thanks to all our swimmers who were a pleasure to look after, our coaches Nevill, Alex and Danny, our officials, our team managers, all our volunteers, the parents, 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.

IN-HOUSE LEAGUE 28th November 2011

Congratulations to Team 3 who extended their lead on the final night of what has been an exciting three meets. For many swimming this series was an introduction to 'racing' and it was great to a number of swimmers step up and swim in 'new' strokes for the good of their team.

Final results were

1st Team 3, 642 points. Josh Trlin, Natasha Smith, Jordana Pointon-Haimona, Josh Walsh, Simone Ryan, Matisse Uluilalata, Jordan Harris, Hannah Kedzlie, Ben Lopez, Abby Laws, Anais Lucas, Jasper Brisk, Flynn Cubitt, Declan Tierney, Tom Gibbs, Gina Daow, Gemma Orsman, Dannielle Coupe, Steph Tregear-Watts, Madeleine Alosio and Georgia Wills

2nd Team 4, 566 points. Nicole Tait, Hamish Trlin, Keeley Saunders, Angel Leavaiseeta, Josh Nairne, Hannah-Leigh Holford, Morgan Miller, Tennessee Crawford-Vito, Olivia Tuohy, Alex Coupe, Caitlin Clarke, Shayen Rungasamy, Molly Newton-Smith, Brianna Fisk, Sophie Gray, Ben Callear, Polly Baker, Niamh Brown, Emilee Wilkinson and Rebecca Jenkins

3rd Team 5, 523 points. Emily Laws, Ben Walsh, Katie Cameron, Troy Alosio, Emma Botha, Findlay Jenkins, Chloe Bouchier, Merryn Giblin, Mia Uluilalata, Caleb Alosio, Reganne Smiler, Sophie Cameron, Jake McAllister, Samantha Hayes, Sophie Touhy, Victoria Ferguson, Ruanna Crawshaw, Daneka Sheppard and Nikaloas Churchill

4th Team 2, 502 points. Hayley Andrews, Letitia Saunders, Ryan McBride, Emilie Clarke, Callum Watts-Pointer, Chris Woodmass, D'Anjalo Leavai, Verity Issaacs, Bernice Holford, Seth Wilson, Logan Robb, Shay Williams, Troy Hunter-Day, Jared Hunter, Sophie Wills, Jack Plummer, Ruby Lucas, Brodie Tierney, Ella-Scarlett Flowers and Luke Marsh.

5th Team 6, 469 points. Dannielle Gualofa, Monica Saili, DJ Stapleton, Latisha Leavai, Kate Laws, Jessica Beddow, Jessica Seow, Grace Feite, Josh Gibbs, Kaitlin Corlett, Nicholas Trlin, Prajna Baskar, Ella Cooper, Sophie Wilkinson, Yasmeen Prescott, Olivia West, Lily-Anne Meyler, Brooke Giblin, Daniel Baker and Jessica Jenkins

6th Team 1, 427 points. Bronagh Ryan, Cassie Armitage, Mitchell Smith, Laura Cameron, Lucy Newton-Smith, Jacob Hulme-Moir, Nathan Tregear-Watts, Brooklyn Saunders, Thomas Tauvae, Asia-Vi Wawatai, Ryan Tait, Aaron Thomas, Georgia Nairne, Sendhit Rungasamy, Ethan-Jack Crawford, Tyler Robb, Jemma Brisk, Molly Touhy and Alex Scott

Thanks to the team leaders for organising their teams, and to all those who helped with running the meets.

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 389 5907.

Upcoming Meets

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
11 February	Capital Sprint (LC)		Closed
18-19 February	Swimming NZ Juniors (LC) Wellington	WRAC	Closed
26 February	Gold Coast Zone (SC) Woolahara Trophy Cannons Creek	Cannons Creek	Flyer on notice board and website. Closes 24 February

6-10 March	Swimming NZ Age Group (LC)	WRAC	Meet flyer & eligibility on notice board and website. Closes 17 February
16 March	PCA Club Race Night	Cannons Creek	See notice board for details. Closes
24 March	PCA Division III (LC)	Naenae	See notice board and website for details. Closes 9 March
25-30 March	SNZ Open (LC)	Auckland	See notice board and website for details. Closes 15 March
1 April	Gold Coast (SC)	Raumati	Details to come
11-14 April	SNZ Division II (LC)	Dunedin	See notice board and website for flyer. Closes 23 March
29 April	Interclub League round 1	Raumati	Details 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	389 5907
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
