

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.

March 2012



PORIRUA CITY AQUATICS will be holding an INFORMATION EVENING

On Tuesday 3rd April 2012 in the upstairs meeting room at the Te Rauparaha Arena at 6pm. All club parents, and especially those new to the club and squad parents are invited.

It was apparent when we ran a very informal meeting last year with parents of the Penguins Squad that many people had queries and questions about the how the club worked, along with a whole range of general questions.

The purpose of this meeting is just to up date parents on the club and answer any questions.

The agenda will cover (in no particular order)

- The training plan and expectations for the Senior squad for the next 6 months.
- Junior Squad coaching (Orcas, Swordfish and Penguins)
- Meets and Carnivals
- Officiating and officials pathways.
- Club Uniforms. (a limited range of uniform items will be available to purchase on the night – those interested should bring their wallets)
- The club in general.

Trusting you will come along. The meeting is expected to be finished by 7.30pm

SESSION TIMES FOR EASTER AND THE SCHOOL HOLIDAYS (Cannons Creek Pool)

All swimming is cancelled on Good Friday, Easter Sunday and Easter Monday.

Normal Sunday morning sessions will be held on Sunday, 15th and 22nd of April from 8.30am to 9.30am

Friday 13th April, Monday 16th April and Friday 20th April from 6pm will be devoted to swimming for distance badges.

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, and as Viv will be away, Eileen will need help from parents counting laps and timing the 1k swimmers. It should also be noted that swimmers may need to wait their turn if the lanes are full. We would like everyone to have the opportunity to achieve their goals. Remember those swimming the longer distance should come about 7pm.

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 holidays. Training is available each weekday except Easter Monday from 4.30 to 6pm. Please note – the club have hired the whole pool for these session therefore swimmers will not be required to pay the councils door entry fee.

PCA's normal timetable resumes on Monday 23rd April.

There will be no swimming on ANZAC day – April 25th, or on Queens Birthday weekend (Sunday 3rd June and Monday 4th June). Our normal timetable will run on Friday 1st June.

Advance Notice

PCA has some important events coming up – mark your diaries now. Further details will be advised nearer the date/s

- Friday 11th May and Monday 14th May Club Championships
- Sunday 20th May Novice Carnival
- Sunday 27th May Prizing Giving and AGM
- July 7th 40th Reunion Dinner
- July 8th 40th Reunion Swim Meet, for past and current swimmers.

Porirua City Aquatics, Sunday morning Learn to Swim Programme.

The club's Sunday morning Learn to Swim programme plays an important part within the club and to the community. Not only does it provide a nursery and feeder for future club members, it is a club fundraiser and offers affordable lessons to the community. The key 'ingredient' in the success of our programme is to have willing volunteers to assist.

Can you help?...we need your help

This term we have had rather high swimmer to teacher ratio in many of our classes, while other classes have had one instructor when previously there were two.

Currently our pool of passionate volunteers is dwindling and we would like to recruit more instructors from within our ranks for next term. Lessons start on 6th May, finish on 24th June and will not be held at Queens Birthday weekend.

Requirements for an instructor are, to be:

- passionate about learn to swim
- prepared to instruct at both the 9.30 and 10am classes
- prepared to get in the pool
- available for the entire course.

Anyone who is keen to help would initially work with and learn from an experienced instructor. Anyone interested in joining our Learn to Swim team should speak to Viv

CUPS AND TROHPIES – please return these before the end of March

Everyone who won cups and trophies last year are asked to return them before the end of March. We also ask that you give them a good clean and polish before dropping them off.

Cups and Trophies can be returned to the Cannons Creek Pool on Monday or Friday nights, or left with Eileen Adams at P&Z Decorating (Porirua Town Centre) during working hours.

TADPOLES

Tadpoles is a technique group coaches by Alex Bennett on Friday nights, during term time.

We are now calling for expressions of interest from swimmers who would like to be considered to join the Tadpoles for 2012 term two. Spaces are limited.

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 for the term's coaching. be limited to a maximum of twelve swimmers.
- run by the term.

General

- Expressions of interest would be called during the previous term.
- Expressing interest would not guarantee entry to the group.
- 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 may be 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, providing space is available or continue to swim in the volunteer coaches lanes.

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I am keen to be considered for the Tadpoles

Name _____ Age _____ Date of birth _____

Phone Number _____ Email address _____

Current Coach _____

Circle Session/s 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 2nd April 2012 . Swimmers will be notified by phone during the holidays if they have been successful or not.

Congratulations to Matt Meehan, a club member and PCA Senior Official.

Matt has recently been appointed as a starter at the 9th Oceania Swimming Championships to be held in New Caledonia at the end of May 2012.

Recently Matt was the Meet Director for both, Swimming NZ's Junior National Championships and National Age Group Championships that were held in Wellington. The latter was a five day meet, and as well as being on pool deck for 8 or 9 hours on each of those five days, as Meet Director Matt put in many hours before the event planning for the meet.

The club is really grateful to all our Senior Officials who are prepared to take annual leave and give up many hours to support competitive swimming as a volunteer. Thank you

Officials update

Timekeeping

All swim meets require assistance from parents to help run the meet. Timekeeping makes up a large number of the officials that are required for each meet. Usually 3 timekeepers are needed for each lane so depending on the pool size this can be anything from 18 to 24 timekeepers per meet. PCA may be asked to supply up to 3 of those timekeepers as part of our share for that meet.

It is expected that all parents of competitive swimmers will volunteer for timekeeping occasionally. PCA don't expect you to timekeep every meet but we do expect that you will assist occasionally when you can. Over the last 6 months or so I have found it increasingly more difficult to get timekeepers for meets, often having to send out further requests for timekeepers. Unfortunately it often seems that it is the same people volunteering, meet after meet.

Many other clubs make it a requirement that when entering meets, one of the parents must make themselves available to help with officiating. PCA does not have this requirement yet, but if we continue to struggle to fill our quota each meet it may be something that the committee may need to consider in the future.

Timekeeping is not hard, it's very social and you have the best view of the meet with a guaranteed seat. You also have free entry and often get something to eat and drink. So when you enter your child in a swim meet please indicate either on the entry form or when emailing the entry to Andy Wilkinson, what you can assist with at that meet.

Inspector of turns (IOT's)

IOT's stand at each end of the pool and are responsible for ensuring the swimmers comply with the rules of swimming at the start, during the turns and at the end of the race. The position of IOT is arguably the most important one on the pool deck. Being an IOT is similar to being a referee or umpire in other sports. It is the 2nd step up the officiating ladder after timekeeping.

All swim clubs are required to supply IOT's and timekeepers for every swim meet our club enters. Currently PCA have only have 4 qualified IOT's and a couple more in training. Unfortunately this places an unreasonable amount of pressure on our current IOT's in filling our requirements at swim meets.

PCA needs more IOT's. If you have children swimming in the club, particularly if they swim competitively or are in a squad then please consider becoming an IOT as a way of getting involved and helping out the club.

If you are interested or want to know more about it then please contact me either at poolside, by phone: 2330360 or by email at: terrylaws@xtra.co.nz

Terry Laws
Officials Coordinator
Porirua City Aquatics

The Gold Coast Committee have noticed over the last year that there is a drop in the door takings for the carnivals. It appears there may be some confusion over who is required to pay on entry for these swim carnivals.

Simply put it is EVERYONE, there are no exceptions. Remember the door charge is the only charge made at the Gold Coast Meets.

All swimmers are required to pay \$4 and this covers all swims, relays, and may include a ribbon and/ or a chocolate if a pb is achieved at a chocolate carnival.

All spectators/officials/committee/race secretaries/team managers/parents and any other titles for a non swimmer attending the carnival are asked to pay \$1.

This is a small fee compared with most signature meets charging up to \$8 a swim. The aim of Gold Coast is not to make a profit but only to cover our costs and provide local meets for swimmers in not so daunting pools. The door fees pay pool hire, ribbons, chocolates, photocopying and small items ie. pens, raffle books, and officials prizes.

We would appreciate if the swimmers and parents who register for Gold Coast Carnivals are reminded when they enter they must pay at the door. IOU's are not acceptable.

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:

NZ Junior Champs

PCA had 9 swimmers representing our club at the 2012 NZ Junior Champs, our biggest team in a number of years.

Well done swimmers for all the hard work and commitment you have put into your swimming and a big thank you to coach Alex Bennet for his work pool side getting swimmers ready for this meet and ensuring our swimmers performed the best they could on the day.

PCA on points finished an outstanding 3rd for Wellington Regional Teams attending this years NZ Juniors.

Swimmers achieved 22 Personal Bests, 6 Regional top 3 placings (1st place - Sophie Wilkinson, 2nd place - Jack Plummer, Sophie Wilkinson, 3rd Place - Joshua Walsh, Sophie Wilkinson X 2)

All our swimmers attending their first National Meet over came their nerves a meet of this level generates to perform admirably, setting a great foundation for next year, well done all of you.

Jack Plummer's Regional result, (2nd in the 100 Breast), was fantastic given Jack was competing in the boys 10 years and under events this year while he has only just turned 9.

Sophie set new PCA Club records in the 50m & 100m Backstroke. With her regional 1st place in the 50 Back Stroke also placing her **3rd Nationally to pick up the Bronze Medal.**

Special thanks to Ondene for assisting with the Team Managers role and to all the people who assisted with officials duties, it is as always much appreciated.

Regards, Andy

Race Night 16th March 2012

Congratulations, to all those who took part in Race night and especially those new to competitive swimming and those who tried new events. Well done to all those who recorded Personal Bests. There was some huge PBs, with a number in excess of 10 seconds - certainly something to be proud of.

Thanks to everyone who help out, especially too

- Rhonda Graham and Gillian Kalatelafis (the referees) and Matt Meehan (the starter). For times swum on club nights to be recognised as 'official' and be listed on Swimming NZ database, Senior Qualified Officials need to be 'in-charge' of the meet. We are grateful to have Senior Officials attached to our club, who are prepared to over-see these meets.
- The IOT (Inspectors of Turns) and their trainees, the marshall, team managers, chief timekeeper and office staff

- All the people who stepped up and time kept. Well done to the timekeepers in Lane 4 who recorded three equal times in one race. Sometimes this seems like an impossible task when stop watches record 1/100th of a second – well done, your chocolate bars were truly deserved!
- The runner who ‘volunteered’ to help out during the meet. All those who were happy to sit back and let someone else volunteer are reminded that one of the Conditions of Entry on the flyer is “Parents of those entering must make themselves available to assist in running this race night, as required.”
- Our Race Secretary Andy and his ‘secretary’ Nicola who processed the entries and prepared the deck cards (time slips). This is a huge, time consuming job. As this was ‘our’ race night we did alter a number of entries on the night. These were entries for swims that were rather ambitious for the swimmer. Changing entries on the night is not something that would be allowed at inter-club or Gold Coast Meets and parents should take particular care when placing entries. On a disappointing, note twenty swimmers who entered didn’t turn up. Only four of these had advised that they were sick and couldn’t be there. For Andy to enter 16 swimmers who were eventually ‘no shows’ is a waste of his time and effort. For the future swimmers are asked to advise when they enter a meet and need to withdraw. As swimmers progress in competitive swimming, swimmers who enter Swimming Wellington Championship Meets are charged a \$30.00 penalty if they are a ‘no show’ for a timed final or final event. Advising of a scratching is a good habit to get into.

Capital City Mazda Sprint Meet – 11th Feb 2012

PCA turned out 16 swimmers for this meet. We achieved 22 PB’s. Jack Plummer, Hamish Trlin and Christopher Andrews-Kidd all got first placings and Molly Newton Smith, seconds and Matisse Uluilata, a third too. It was a good opportunity to practice all strokes in a 50M pool. Then we had the ‘Skins Death Wheel’ and all the swimmers had their lane entries marked and the fastest 10 boys and girls got to race in a final swim off! Both Christopher and Hamish got to the final 10, but sadly for them didn’t win the \$100! The races caused much excitement (and noise) and the winners with the lucky lane tickets scored a big bar of chocolate each. Jack also got a trophy for ‘Best 9 and under male’. Well done Jack!

The meet started at 5pm and did go on a long time, but, in fairness, it wasn’t due to disorganisation, they had problems with the computer. It wasn’t that warm at WRAC, so a timely reminder to swimmers and particularly parents of young swimmers, that along with enough towels, water and snacks, they really do need something warm on their feet! Slippers with non-slip soles are best, but socks and crocs/shoes are just as good! It really makes a difference!

Thanks to Alex Bennett for coaching and to those that gave up their time to do official duties.

Clare Newton Smith
Team Manager.

GOLD COAST MEET 26th February 2012 Cannons Creek Pool

It was great to see a number of our swimmers make use the home pool advance to compete in their first swim meet. Congratulations to all those who recorded a personal best or a ‘new’ time.

Congratulations to our 12 and under relay of Jake McAllister, Tennessee Crawford, Verity Isaacs and Merryn Giblin who won the relay final just splits ahead of Tawa and Raumati. The PCA 13 years and over team also won in a close finish, but as they swam a younger swimmer in their team, their result did not count.

With the huge number of personal best records and this relay win, PCA won the Woolahara Trophy. Tawa was 2nd and Raumati 3rd. Well done to everyone.

Thanks to all the officials, the team managers and all those who contributed to the meet.

Unfortunately there was a negative side to the meet

A number of swimmers entered and didn’t turn up. Not only does this create extra work for our already over worked Race Secretary, but these ‘no shows’ also penalise the club on the points table. With a little care this is an area we can improve on.

Disqualifications are also a concern especially when swimmers are new to the sport and we appreciate that often it takes a ‘Dq’ before a swimmer takes note of what a coach has probably been telling them for a long time. There were heaps of Dq’s at this meet, and swimmers should discuss the reason they were Dq’d with their coach and not re-enter that event/stroke until the issue has been corrected

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 or treasurer@swimporirua.co.nz

Upcoming Meets

UPCOMING EVENTS			
DATE	EVENT	VENUE	NOTES
24 March	PCA Division III (LC)	Naenae	See notice board and website for details. Closed
25-30 March	SNZ Open (LC)	Auckland	See notice board and website for details. Closed
1 April	Gold Coast – Matson Trophy (SC)	Raumati	See notice board and website for details. Closes 28 March
11-14 April	SNZ Division II (LC)	Dunedin	See notice board and website for flyer. Closed
29 April	Interclub League round 1	Raumati	Details to come
5 May	Karori Signature Meet	WRAC	Details to come
11 May	PCA Club Champs	Cannons Creek	Details to come
14 May	PCA Club Champs	Cannons Creek	Details to come
16 May	SWN Relay Champs	WRAC	Details to come. Closes 7 May
20 May	PCA Novice Carnival	Cannons Creek	Details to come.
26 May	Interclub League round 2	Huia	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.

Refer to the coming events

An explanation – Gold Coast Matson Trophy – April 1st Raumati Pool

Swimmers who can swim 100m freestyle without stopping and have a current time should enter – this is a really fun event. Entries close early next week.

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move in to 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.

An explanation about handicapped swimming.

Swimmers will be given a handicapped 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 – How exciting!.

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
Senior Squad Liaison	Hiria Pointon	478 9265
Junior Squad Liaison	Ondine Souter	233 0625
Officials Contact	Terry Laws	233 0360

PCA WEBSITE

Check out our website – swimporirua.co.nz
