

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.

Nov/Dec 2011



WISHING YOU ALL A SAFE AND HAPPY CHRISTMAS

This will be the last newsletter for 2011 and contains important information regarding swimming sessions for over the holiday period.

PORIRUA CITY AQUATICS FAMILY FUN NIGHT Monday 12th December 2011, 6pm warm for a 6.30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one family)
- friends relays
- novelty events
- width kicking races for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers. If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

This will be the final club night for many of our swimmers.

Squad swimmers (Penguins, Swordfish and Orcas), and those who have qualified and will be swimming at the Wellington Summer champs should see the timetable in this newsletter for their training times for December and January.

Normal club nights resume on Monday 30th Jan. 2012.

December 2011 /January 2012 HOLIDAY TIME TABLE.

The following time table will apply to those who train at the Cannons Creek Pool. Nevill will advise swimmers in our Senior Squad of their training arrangements for December and January

<u>December</u>	
Sunday 11th	Final Sunday morning swimming for 2011 for both club and Learn to Swim
Monday 12th	Family Fun Night – final club night for 2011
Tuesday 13 th to Friday 16 th	Normal sessions for the Orcas, Swordfish, Penguins and Tadpoles. Friday 16 th will be the final session for the Penguins and Tadpoles for 2011. 6pm to 7.00pm – training with Mrs Adams for club swimmers who have entered the Wellington Champs
Monday 19 th to Thursday 22 nd	4.15-5.45pm Training for Orcas, Swordfish and club swimmers who will be swimming at the Wellington Champs. Swimmers are reminded that they must pay pool entry when they enter the pool
<u>January</u>	
Monday 9 th to Friday 13 th	For Orcas, Swordfish, as well as swimmers, who normally swim at Cannons Creek and will be swimming at the Wellington Champs. Training will be 4.30pm to 6.30pm at Cannons Creek Morning training will be held at the Arena Pool from 6.30am to 8.30am for the Orcas and other Cannons Creek swimmers who will be swimming at the Wellington Champs. For part of the week these swimmers have the opportunity to attend a camp at Camp Eldson – if you haven't received a notice about this see Andy Wilkinson or Lizzie Plummer.
Monday 16 th to Thursday 19 th	For Orcas, Swordfish, as well as swimmers, who normally swim at Cannons Creek and will be swimming at the Wellington Champs training will be 4.30pm to 6.30pm at Cannons Creek
Tuesday 24 th	No training – time to recover from the Wellington Champs!
Wednesday 25 th to Friday 27 th	4.15-5.45pm Orcas and Swordfish will train together. Club swimmers who have swum at the Wgtn Champs are also welcome.
Monday 30 th	The club's normal programme/timetable begins for the term.

IN HOUSE LEAGUE

While team 3, with 439 points, are still leading after the second night of our 2012 League series, there has been quite a bit of movement on the points table between the other teams. Team 4 are now lying 2nd with 402 pts, Team 2 3rd 367 pts, Team 5 4th 364 pts, Teams 1 5th 307 pts and Team 6 6th with 297 pts.

The final night on Monday 28th should be exciting. Swimmers should remember that everyone earns points for their team and as those on the grandstand have probably noticed, the older swimmers are now perfecting their 'mind games' to get maximum advantage for their teams.

Thanks to all those who assisted on November 7th to ensure that meet ran smoothly.

On a disappointing note, some teams were rather depleted as was shown with the number of empty lanes. We appreciate that at this time of the year this may be unavoidable with sickness and other activities, but when swimmers who have only just expressed interest to be added to a team don't turn up, it makes organising the teams to be as even as possible almost impossible.

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 currently training in Viv and/or Eileen's lanes who would like to be considered to join the Tadpoles for 2012 term one. 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. The coaches (Eileen, Viv and Alex) 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, 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 12th December 2011 . Swimmers will be notified by phone during the holidays if they have been successful or not.

CONGRATULATIONS to Nevill Sutton who was elected to the Board of SNZ at their recent AGM. Swimming NZ have received a lot of negative publicity in recent months and hopefully with Nevill's contribution this can be turned around.

SWIMMING NZ 2012 NATIONAL BREASTSTROKE CAMP

Congratulations to Ben Walsh, who as one of the country's most promising Breaststrokers has been invited to attend SNZ's 2012 Breaststroke camp. Unfortunately for Ben the camp clashes with the Wellington Open Swimming Camps in January 2012 and Ben has opted to compete locally instead. This is the first time Ben has been selected for a 'Open' Camp, meaning the camp was open to all age groups. To be selected at 15 this is a tremendous achievement. Well Done Ben, it is a shame about the dates but I am sure there will be another opportunity for you to train with the best breaststrokers in NZ at another time. SNZ organises camps regularly as an integral part of the Swimming New Zealand National Development Pathway.

LEARN TO SWIM

The current course of lessons finishes on December 11th.

Our first course of seven lessons for 2012 will start on February 12th and finish on March 25th. Classes will be held at 9.30am and 10am. EVERYONE IS WELCOME.

The cost of this and future courses will be \$45.00. This \$5.00 increase is the first increase there has been for over 6 years and during that time the club has absorbed increases in most costs including GST, pool hire, advertising and printing. It would be appreciated if those enrolling could bring the correct money, on the day to avoid 'change' problems.

The club is looking for volunteers to assist with learn to Swim – if you are 15 years and over and would like to help out – see Viv Morton

POOL PASSES

Those who swimmers at the Porirua Trust Arena are reminded that the discounted door entry concession tickets you are able to buy for training, are only to be used when you a training in Nevill's programme. These cards are not to be used when you swim outside this programme.

RELIEVING VOLUNTARY COACHES

As we all know Eileen and Viv give a many hours to coach our swimmers on a voluntary basis and from time to time they would like some time off. Thank goodness they don't take too many holidays but when they do, we do need cover. If you have an interest in swimming, maybe you were a swimmer or a teacher and could help out on occasions please make yourself known to Viv or Eileen. Ideally we would like a pool of two or three people who could be called upon as required.

PCA'S WEBSITE: www.swimporirua.co.nz

Those who use our website regularly will notice some huge improvements to the site and as we move on this will become a valuable tool for our members. Under 2012 Calendar the eligibility reports are listed showing who has qualified, at this stage for the Wgtn Champs in January and then various National meets that are to be run in February and March 2012. At the top of the 2012 calendar page there is an opportunity to view and print off Swimming Wellington information booklet. For those new to the sport this booklet is full of information on swimming rules, meet protocol – hopefully many of you will print yourselves a copy – I am sure you will find it useful.

Website don't up-date themselves and committee is extremely grateful to Brent Harris who has taken on the role as Webmaster and is responsible for all of these improvements – thank you Brent.

MEMBERSHIP FEES

As you are probably aware the club has a two tiered membership fee structure with squad members paying \$110 and club members (those who swim under Viv, Eileen and/or Peter or in Alex's Tadpoles) paying \$160.00 per year. Often the committee is asked "why the difference?" - so just to clarify - squad members pay additional squad fees to cover their professional coaching and pool hire. These fees are paid each term as in the Penguins case or monthly for all other groups. The additional \$50.00 membership fee our club member's pay is to cover their share of their pool hire costs.

COACHING

The club would like to express a huge '**THANK YOU**' TO DENNIS SMITH for coaching Mrs Adams groups while she was away. Relief coaches are hard to find and it was great that Dennis was available to help the club.

www.swimporirua.co.nz

SITUATIONS VACANT

As the club needs to send in the names of the managers and coaches who will be attending the meet, when the entries close Porirua City Aquatics is calling for expressions 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.

At National Meets, Regions are allocated seating for their clubs, coaches and managers, and the expectation is that all Wellington swimmers will sit in the allocated seats.

Team Manager NZ Junior Championships Wellington 18th and 19th February 2012	PCA's Manager is required to manage the PCA team, just as they would at any meet. The Manager should be available for all three sessions of these Championships. (Session times are Sat. morning 7.15 warm up, Sat. afternoon 3.15pm warm up and Sunday morning 7.15pm 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 6th to 10th March 2012	Duties – as per Junior Nationals. This is a five day meet. Session times are warm up 7.15am with an afternoon session warming up at 4.15pm.
Team Manager Div II Dunedin 11 th to 14 th April 2012 <i>(For booking purposes expressions of interest for Div II close on the 8th March)</i>	The team is flying to Dunedin on 10 th April at 9.05am, and returning mid-day on the 15 th . Motel accommodation has been booked. Duties include driving a van in Dunedin, 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.

Anyone interested in any of these positions should give Viv Morton or Andy Wilkinson a call.

FOR SALE:

2 new blue tempo trainers for \$50 each

2 new, boxed Speedo endura goggles - junior 6-14 years (blue & black) for \$15 each.

If you are interested contact Lizzie on 021 02410450

Results:

Upper Hutt Signature Meet, 19th November11

A good attendance with some focus on getting some qualifying times done; some trying for the Wellington Summer Champs times, some trying for Junior's times and some looking to improve on already good times. Emilee Wilkinson managed a great time, which was 1.17secs ahead of the Summer Champs qualifying time as a 9 year old for the 50Back. She's only 7 so watch out Sophie! Nathan Tregear-Watts managed his qualifying time for the 50Free. Good to see Emelie and Caitlin Clarke both getting qualifying times for the 200Free.

Well done to those that tried a range of strokes and distances and good luck to all those that are focusing on the meets to come prior to Wellington Champs in January and to the Juniors in February. Thanks to all the parents and caregivers that took jobs and to those that supported the swimmers and thanks to Alex for his coaching support and advice. We look forward to Hannah-Leigh Holford returning to her usual form after her unusual bed making tactics (not recommended!).

Team Managers - Lizzie Plummer and Clare Newton Smith

Paul Kent Memorial swim meet: Levin, 12th November 2011

34 PCA swimmers entered the Paul Kent Memorial swim meet in Levin on Saturday 12th November 2011. This meet was arranged as a club day trip with all swimmers aged 9 and over travelling to the meet by bus. The team were a mix of senior squad, junior squad and club swimmers.

The day started with a bus trip from Paremata Railway station to Levin Adventure Park for lunch. After lunch we made our way to the pool for the start of the swim meet. PCA had a fantastic meet recording over 23 1st places, 15 2nd places and 10 3rd places recorded. On top of that there were multiple personal bests swum.

Following the meet the team went to Levin McDonalds for a well earned meal before returning to Porirua. The hope of a peaceful trip back was destroyed with the soft drink and frozen cokes obviously having a major effect.

Thank you to the large number of parents who made their way up to the meet to support the team.

Trips like this don't just happen so it is important to acknowledge a number of people working behind the scenes to make it happen. Thanks to Ondine Souter for arranging the bus, Andy Wilkinson for organising the entries, the coaches, Alex Bennett and Viv Morton, and to Bill Walsh and Lizzie Plummer for their assistance in co-managing the team.

Terry Laws

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
27 November	Gold Coast Chocolate Carnival	Raumati Pool	Closed
28 November	PCA In House League 3	Cannons Creek	
3 December	SW 12 & under meet	WRAC	Closed
12 December	PCA Family Fun night	Cannons Creek	See item earlier in newsletter
20-23 January 2012	Wellington Summer Champs (LC)	WRAC	Flyer on notice board. Closes 12 December. Eligibility report is on website.
11 February	Capital Sprint (LC)		Details to come
18-19 February	Swimming NZ Juniors (LC) Wellington	WRAC	Flyer and eligibility report on website. Closes 3 February.

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
