

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 2010



MEMBERSHIP FEES 2010 DUE

The remaining annual membership fee instalment of \$60 for 2009/10 is due by 28th February 2010.

For those wishing to pay electronically the bank account number is 03-0547 – 0205093-00. Please ensure you include the swimmers name in the reference details.

For those who have outstanding amounts from 2009 - these will also be required to be paid by the above date. Please note that your child/ren will not be allowed to participate in swimming carnivals/events if the fees remain unpaid.

Swimmers who swim in one of our squads are reminded that membership fees are separate and additional to the monthly squad training fees.

OCEANIA CHAMPIONSHIPS

Congratulations to Graham Seagull who has been selected to be a starter at the Oceania Championships to be held in Apia, Western Samoa in June 2010.

Graham is one of our club's senior officials (that is 'senior' by experience, not age!) who can be seen officiating at meets from club level to the international stage. Graham was the starter at the Gold Coast Meet at Cannons Creek on Feb. 14th. This appointment follows on from another highlight of Graham's career – in 2006 Graham was one of the starters at the Commonwealth Games in Melbourne.

PCA is very fortunate to have a number of 'senior' officials in our club – Matt Meehan, Gillian Kalafetalis, Graham Seagull, Rhonda Graham and Bryan Graham. These wonderful people give many hours to our sport every year without question, even though their own children retired some time ago. ***Thank you – your efforts are appreciated.***

A note from Nevill.....

SATURDAY MORNING TRAINING FOR THE SENIOR SQUAD AT PORIRUA POOL

Due to a change in the pricing structure at the Porirua Pool, Nevill has cancelled all Saturday morning training sessions from the Saturday 13th February until further notice..

The council are now working to a cost recovery basis which means when the pool is hired outside normal public hours the hirer is charged extra to cover the staff who are on duty. These extra costs now make these sessions totally uneconomic and as such these sessions have been cancelled. This does not effect the Mon – Fri am and pm sessions, only the early Saturday morning session.

Swimmers will now be able to attend any sessions from Monday to Friday.

Swimmers will now able to attend any of the **eight (8) sessions** available Monday – Friday. Whereas before there was restricted session availability. The table below shows all the sessions available to attend.

Mon	Tues	Wed	Thurs	Fri
Am	Am	Am	Am	Am
Pm		Pm		Pm

Please feel free to contact Nevill on 027-231-4131 if you wish to discuss this further.

ASSESSMENTS FOR ORCAS AND SWORDFISH

I have been asked several times about the ‘move-up’ process for those in the Swordfish who may be ready to become Orcas, and for Orca’s who may be ready to advance to the Senior Squad.

At present the Senior squad training focus is on the up coming National meets and when those have finished Nevill and Alex will be assessing those who may be ready to move. Meeting the criteria (listed on the noticeboard) does not mean automatic promotion – promotion is always subject to space being available and is at the discretion of the Head Coach. If you have a query about this – give me a ring, Viv 234 7071.

NEWSLETTER DISTRIBUTION

In an effort to ensure that all Club members receive their Newsletters, and are up to date with upcoming events etc, we would like to email these to as many members as possible.

If you would be happy to receive your Newsletter by email, please forward your details to tossandfloss@xtra.co.nz.

Each month a laminated copy of the Newsletter will be available for viewing on the noticeboard at both Cannons Creek Pool and TPAC.

CLUB RECORDS ACHIEVED OVER THE LAST FEW MONTHS:

Name	Age	Distance	Stroke	Time	Previous Time	Previous Name	Previous Date Set	No.	LC/SC
Wellington Short Course Champs (5&6, 12&13 September)									
Bronagh Ryan	16	100	breast	1.16.59	1.18.81	Nadia Larsen PSC	26.08.06	11	SC
Bronagh Ryan	16	200	breast	2.42.20	2.45.70	Nadia Larsen PSC	26.08.06	12	SC
Bronagh Ryan	16	50	back	32.45	32.8	Kelsey Lane PSC	26.08.06	13	SC
Bronagh Ryan	16	50	free	27.75	28.04	Bronagh Ryan	15.08.09	14	SC
Bronagh Ryan	16	100	free	1.00.62	1.01.59	Nadia Larsen PSC	26.08.06	15	SC
Bronagh Ryan	16	200	free	2.12.63	2.13.08	Kylie Foot PSC	25.09.02	16	SC
Ben Walsh	12	200	free	2.15.05	2.16.46	Trent Shields MSC	17.05.08	17	SC
Ben Walsh	12	50	fly	30.83	31.26	Tamati O'Hagan	15.08.09	18	SC
Ben Walsh	12	200	IM	2.29.44	2.31.86	Oliver Young MSC	30.09.90	19	SC
Danny McDowell	19	50	free	23.96	24.07	Danny McDowell PSC	02.09.08	20	SC
PCA Hardcore (7 Nov 2009)									
Bronagh Ryan	16	50	breast	35.76	35.93	Nadia Larsen PSC	12.4.96	21	LC
Swimzone Sprint Meet (28 Nov 2009)									
Bronagh Ryan	16	50	breast	35.38	35.76	Bronagh Ryan	07.11.09	22	LC
Bronagh Ryan	16	50	free	28.34	28.49	Nadia Larsen PSC	19.01.07	23	LC
Ben Walsh	12	50	fly	31.21	33.59	Sebastian Young MSC	18.02.93	24	LC
Wellington Summer Champs (22-25 Jan 2009)									
Nicole Mitchell	17	100	breast	1.18.62	1.19.32	Nadia Larsen PSC	03.04.07	25	LC
Nicole Mitchell	17	200	breast	2.43.50	3.11.63	Haidee Rish MSC	25.10.03	26	LC
Nicole Mitchell	17	200	IM	2.30.29	2.31.32	Nadia Larsen PSC	03.04.07	27	LC
Nicole Mitchell	17	400	IM	5.19.81	N/A			28	LC
Bronagh Ryan	16	100	breast	1.17.74	1.19.19	Nadia Larsen PSC	13.04.06	29	LC
Bronagh Ryan	16	200	breast	2.46.83	2.48.97	Nadia Larsen PSC	12.04.06	30	LC

CLUB SECRETARY

Pauline Ryan recently resigned as Club Secretary. We wish to thank Pauline for her contribution to the Club.

This does however leave us with a need for a Club Secretary. If you would be interested in fulfilling this role, please contact Viv Morton on 234 7071 or Tania Donaldson on 237 9333 and they will be able to answer any questions you may have.

CLUB TREASURER

Sandra Marks has advised she will be resigning from the role of Club Treasurer effective from this year's AGM. We will therefore be in need of a Treasurer to manage our club accounts.

If you would be interested in fulfilling this role, please contact Viv Morton on 234 7071, Tania Donaldson on 237 9333 or Sandra Marks on 234 8949 who will be able to answer any queries for you. MYOB experience an advantage but not essential.

The club's monthly committee meetings are usually held on the second Tuesday of the month at one of the meeting rooms at the Arena. The meetings start at 6.30pm and need to finish by the Arena closing time of 9pm.

RESULTS

Wellington Summer Long Course Champs - 22-25th January

Held at the Wgtn Regional Aquatic Centre, Kilbirnie

We had a large team of 33 swimmers participating at the recent Wellington Summer Long Course Champs. Well done to everyone that qualified especially to a few swimmers that had qualified for their first time. Our fantastic team performed really well with great results.

Standout performer was Ben Walsh who won an amazing 10 Golds, 4 Silvers and 1 Bronze and the prize for Swimmer of the Meet for 12 year old boys.

Mia Uluilalata won her first ever Wellington Champs Gold medal in the 9 years 100 back, along with a silver in the 50 back.

Josh Walsh and Nicole Mitchell were our other gold medalists with Nicole's win also gaining her the Open 200 metre breaststroke female swimmer of the Championship. Josh Walsh was second in the Swimmer of the Meet for 10 year old boys.

Total Medals won were 12xGold, 16xSilver, 25xBronze. These were awarded to:

Ben Walsh:	9xGold, 4xSilver, 1xBronze
Josh Walsh:	1xGold, 4xSilver, 3xBronze
Mia Uluilalata:	1xGold, 1xSilver
Nicole Mitchell:	1xGold, 2xBronze
Hamish Trlin:	1xSilver, 5xBronze
Tamati O'Hagan:	3xSilver, 2xBronze
Bronagh Ryan	1xSilver, 3xBronze
Nicola Trott:	1xSilver, 2xBronze
Katie Trott:	1xSilver, 2xBronze
Josh Trlin:	2xBronze
Catherine Pask:	1xBronze
Monica Saili:	1xBronze
Aaron Lynch:	1xBronze

Thanks to coaches Nevill and Alex. Thanks to all the parents who helped out over the weekend with Team management, Time Keeping, IOTing, Refreshments, Door Duty, Marshalling etc.

Manawatu Age Group Championship - 30-31st January

Fielding hosted the MAG Championship in their 50 metre outdoor pool, experiencing a fantastically sunny Saturday and a cold wet Sunday.

Saasha & Brooke Marsters, Susanna Lynch and Reegan Gualofa competed in a variety of events, achieving a selection of well deserved placing's, certificates and medals.

While having lots of fun, the group put in a late entry for the Women's 13 & Under Medley Relay, setting a blistering pace and finishing second overall – Great job team ☺

Craig Marsters
Team Manager

Swim Wairarapa Short Course Champs - 6-7th February

We had one swimmer at this meet which was held recently at Masterton. Kiwa O'Hagan managed to qualify for a further NAG's event.

Capital Sprint Meet – 13th February

A small, but talented group represented us at the Capital Sprint meet held at WRAC (Wgtn regional Aquatic Centre). The team supported by Coach Alex, ranged from Molly Newton Smith at 7yrs old to Bronagh Ryan at 16 yrs old. We compiled 11 PB's, with Molly and Chris Andrews achieving 3, closely followed by Katie Trott and Saasha Marsters with 2 each.

Good swimming was had by the whole team, which also included Hayley Andrews, Emily Laws, Nicola Trott, Matisse Uluilata, Susannah Lynch, Kiwa and Tamati O'Hagan, Monica Saili and Lucy Newton Smith.

The meet ended in a noisy highlight with Bronagh taking out the \$100 cash prize in the Woman's skins event which was a great spectator sport, enjoyed by all (except maybe Bronagh who was recovering from an Athletics event and could hardly walk!).

Clare Newton-Smith
Team manager

UPCOMING NATIONAL MEETS

NZ Juniors - 20-21 February to be held in Wellington (WRAC)

The NZ Junior Nationals are run concurrently at three venues (Hamilton, Wellington and Christchurch) with the results being collated to give overall National results. Just to qualify to swim at any National meet is a feat on its own. This year our club has 10 swimmers qualified for Juniors – this is one of our bigger teams of recent times

Congratulations and Good Luck to Mia and Matisse Uluilata, Brooke Marsters, Reegan Gaulofa, Katie Trott, Hamish Trlin, Josh Walsh, Simon Pask, Chris Andrews, Monica Saili

Our swimmers would welcome supporters at the meet – the session times are listed below.

National Age Group Champs (NAGS) – 2-6 March in Christchurch

Congratulations to Nicole Mitchell, Kiwa O'Hagan, Bronagh Ryan, Nicola Trott, Tamati O'Hagan and Ben Walsh for qualifying for the NAGS. Good luck. Susannah Lynch has also qualified but won't be competing.

NZ Division Two – 17-20 March to be held in Wellington (WRAC)

Congratulations to Hayley Andrews, Liz Bunckenburg, Dannielle Gaulofa, Brooke Marsters, Georgia McLaren, Nicole Tait, Daniel Albert, Aaron Lynch, Craig Stapleton, Kahu and Matariki Styles, Hamish Trlin, Josh Trlin and Ben Turner for qualifying for Div 2. At time of print of this newsletter, unsure who will be competing at this competition.

UPCOMING EVENTS

DATE	EVENT	VENUE	NOTES
Saturday 20 th -Sunday 21 st February	NZ Junior Champs	WRAC	<i>Session times Session 1 Sat 20th warm up 17.30am for an 8.45 start. Session 2 Sat 20th warm up 3.30pm for a 4.45pm start Session 3 Sunday 21st – as for session 1.</i>
Sunday 28 th February	Manawatu Summer Carnival		<i>Flyer on noticeboard. Closes Wednesday 10th February.</i>
Tuesday 2 nd -Saturday 6 th March	NZ Age Group Champs (NAGS)	Christchurch	<i>Flyer on noticeboard and available on NZ Swimming website (www.swimmingnz.org.nz) Closes Monday 8th February.</i>
Wednesday 17 th -Saturday 20 th March	NZ Div 2 Competition	WRAC	<i>Flyer on noticeboard and available on NZ Swimming website (www.swimmingnz.org.nz) Closes Monday 22nd February.</i>
Saturday 24 th April	PCA Div 3		<i>Flyer on noticeboard.</i>

N.B. If you require a list of your times, please email Sarah Tait - theaits@inspire.net.nz - and they will be sent back to you.

Porirua City Aquatics Inc. Club Contacts		Phone
President	Viv Morton	234 7071
Secretary	Vacant	
Treasurer	Sandra Marks	234 8949
Race Secretary	Sarah Tait	237 5588
Club Captain	Onolata Little	235 5646
Squad Liaison	Matt Trlin	233 0934
Officials Contact	Marion Bunckenburg	477 0277



PORIRUA CITY AQUATICS INC. would like to thank the NZ Community Trust for their support in providing a grant towards our pool hire costs.