

April/May – School Holidays

The April/May School Holidays are now here so the holiday timetable will be in effect for both club and squad swimming;

Club Swimming

During the school holidays Monday and Friday club nights will be devoted to distance badge swimming. Sunday morning sessions (8am to 8.45am) will be held as normal.

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, 400m, 800m, 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 should come at 6pm, while those swimming longer distances are to come at 7:00pm. The pool is booked until 8:00pm, so please don't turn up at 7:45pm to start a 1500m.

To help these evenings run smoothly Eileen and Viv will 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 go

Junior Squad

Please see the web site for information on squad training times during the School Holidays.

ANZAC Day - Thursday 25 April 2013:

There will be no squad swimming on this date.

New Junior Squad Timetable

There is a new junior squad swimming timetable from Term 2, please see the notice board and/or website for more details.

PCA Div III - Naenae – 23 March

This is a great event for developing swimmers who haven't qualified for a national meet. As a long course event it challenges the swimmers and prepares them for other similar events. This meet was well attended with 23 PCA swimmers, ranging in age from 7 years up to 15. Entries were slightly up on 2012 with 190 swimmers entering from Manawatu, Wairarapa and the Wellington area. As PCA hosted this meet and it was a club fundraiser it was great to see a high turn out of our nationally qualified swimmers and parents lend a hand to help out with the many jobs that need doing in running a successful meet.

Thanks also to Swimzone Racing for loaning PCA their new starting equipment, along with the man power to run it.

It was also a great opportunity for some medals to be won by our swimmers! There were also a huge number of personal bests achieved and here is the medal tally for the day:

	Gold	Silver	Bronze
Chloe Bouchier	1	1	2
Abby Laws	1		2
Ryan McBride		1	
Molly Newton Smith			1
Lucy Newton Smith	3	2	
Georgia Wills		1	

Many thanks to Alex for coaching.

Team Managers: Rebecca Fergusson and Clare Newton Smith

Club Championship Prize Giving & AGM

PCA's Prize giving and Annual General Meeting will be held on 19 May 2013 at 2:00pm at Te Rauparaha Arena.

We will be asking for parents of members to bring a plate on the day.

Mark your diaries now – further details will follow.

The Role of Team Manager

The role of the Team Manager is one of the most important in swimming.

There are some important things that parents should know and understand to make the team managers role as easy as possible.

- The team manager is a volunteer parent.
- All swimmers are under the control of the team manager at a swim meet.
- All swimmers are to report to the team manager on arrival and remain seated in the area set up for the team throughout the meet. If a swimmer leaves the team area for any reason (toilet, to see parents etc, they must advise the team manager so the team manager knows where they are).
- The team manager is responsible for getting the swimmer to marshaling on time and if they don't know where the swimmer has gone the swimmer could miss their race.
- **There often isn't room for parents to sit with the team due to limited space, so please help the team managers by not sitting amongst the team taking up the swimmers seats. We have had instances where parents have actually moved another swimmers gear to sit down. This is not something we want happening and can cause embarrassment when those parents are then asked to move on.**
- If you are going to be late or cannot make it to a meet, please call the team manager for that meet to advise them. The team managers name and contact number are usually given out to the team prior to the meet.
- If you leave a swim meet early please advise the team manager so that they know you have taken your child.

While we are aware that some of our younger and newer swimmers may want to be near their parents, sometimes there just isn't enough room. If we can accommodate parents we will, but our first priority is the swimmers.. If you or your child are concerned at a meet then please talk to the team manager to see if there is room before sitting down.

Finally, we are always looking for parents to manage our teams at swim meets. We try to have at least 2 team managers depending on the number of swimmers in our team. Please consider helping in this role when volunteers are called for. It is a great way to be involved especially if you do want to be near to your child. For newer parents

to swimming we will put you with someone experienced in the role while you learn what is involved.

Queens Birthday Weekend: (1 – 3 June 2013)

There will be no club swimming, squad sessions, or Learn to Swim during Queens Birthday Weekend.

Club League 2013:

Expressions of interest are now being sought from swimmers wanting to swim in the Wellington Swimming's Inter Club League. Please complete the relevant notice on the PCA notice board at Cannons Creek and those swimmers in the Senior Squad please send an email to the race secretary.

This league is for swimmers 12 years and under. Teams are to consist of eight swimmers with no more than 2 twelve year olds and two Junior Nationals qualified swimmers in each team. League is held over 4 meets and swimmers making themselves available for selection should be available for all four meets.

There is provision in the rules to replace swimmers who may be sick – after all it is a winter league and we do expect the usual winter ills!

While the club will pay to enter the teams and meet most of the costs, each selected swimmer will be required to pay \$20.00 (in total) towards their entry fees for the four meets

It is a really fun event and great for team building. PCA is the current League titleholder – lets hope we can field strong teams to defend this title.

Duty Roster:

The club is also looking for volunteers to take (man) the desk on Monday and Friday nights at Cannons Creek. Times: 5.45pm - 7.30pm on a Monday and 8:00pm on a Friday. Those interested should ring Onolata Little ph 235-5646.

Uniform Order 2013:



The club is planning to place a uniform order with Kukri at the end of the month. This is the time to check that all your uniform fits and see if you would like any new items.

Its coming into winter so consider purchasing the new padded Swim Parka. It can be ordered in any size for \$98 child, \$110 adult and is great for keeping the swimmers warm & dry at meets, morning training etc.

The uniform order form is on the PCA website, along with pricing and payment details. Please send your orders to Lizzie Plummer – mail@cplummer.co.nz by 5 May 2013.

The uniform will take up to 8 weeks to arrive as it is made on receipt of the order.

Swimming Caps:

New members will be given a cap on receipt of their subs and will be replaced if they split. Swimmers losing their club cap will need to buy a replacement.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek), the Team Manager at swim meets, or Onolata Little phone 235-5646

Club Uniform:

We have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages. We also have the following new uniform available for purchase;

- Ladies Tracksuit bottoms size 12 - \$64
- Ladies T shirt size 10 - \$35
- Ladies size 12 shorts - \$35

Please contact Lizzie Plummer if you would like to purchase any PCA uniform items - see web site for details, order form and bank details or email mail@cplummer.co.nz

Club togs are also available.

They are produced by Spank and are black with PCA logo on them.

They come in the following sizes:

Style	Size	Price
Girls	6 – 14 years	\$46
Boys	6 – 14 years	\$50
Women	10 – 18	\$60
Men	14 – 18	\$60

Please contact Onolata Little for more information and/or to order togs on 235-5646

Bank Account Details:

Subs/Uniforms etc 03-0547-0205093-00
 Meet Entry Fees 03-0547-0205093-01
 Squad Fees 03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer Julie Saunders on treasurer@swimporirua.co.nz

Upcoming Events:

21 - 24 April - Swimming NZ Div II (LC) Invercargill

5 May - PCA Novice Carnival (SC).- Closing date 24th April at 7:00pm

12 May - SWN Club League – Round 1 – Raumati Pool – expressions of interest on notice at Cannons Creek Close on 26 April

26 May - SWN Club League – Round 2 - Cannons Creek. Expressions of Interest closed prior to round 1.

See website for more information.

Report of Best Times:

If you require a list of your times, please email the Race Secretary (Andy) at race@swimporirua.co.nz and they will be sent back to you.

Club Contacts:

President (Viv).....234-7071
 Secretary (Mike).....021-0257-8904
 Treasurer (Julie).....389-5907
 Race Secretary (Andy).....233-6016
 Club Captain / Junior Squad Liasion (Onolata)235-5646
 Senior Squad Liasion (Hiria)478-9265
 Officials Contact (Terry)233-0360
 Uniforms & Newsletter (Lizzie)..... (04) 905-505