

### Club Championship Prize Giving & AGM

PCA's Prize giving and Annual General Meeting was held on May 19<sup>th</sup> at 2pm at Te Rauparaha Arena.

It was great to see the room full of people at our AGM – thank you for coming along and supporting the club, and thanks especially to those who made themselves available for the committee.

Our committee for 2013/14 is

<b>Patron</b>	Matt Meehan
<b>President</b>	Viv Morton
<b>Vice President</b>	Bill Walsh
<b>Secretary</b>	Mike Bouchier
<b>Treasurer</b>	Andrew Wills
<b>Race Secretary/ Registrar</b>	Tony Lloyd
<b>Club Captain</b>	Libby Lucas
<b>Hon. Auditor</b>	Jeanette Adams
<b>Committee</b>	
Eileen Adams	Mani Crawford
Karl Fisk	Brent Harris
Julia Kelly	Terry Laws
Adele Lloyd	Lizzie Plummer
Andy Wilkinson	Onolata Little

After three years Julie Saunders retired as treasurer. Julie has done a wonderful job and has given PCA hours and hours of her time. It is not often that people give so freely to a sport when they don't have children swimming - remarkable really, thank you Julie.

Pressure of work has seen Andy Wilkinson hand over the Race Secretary role to Tony Lloyd. Being the Race Secretary is one of the most demanding in the club and we thank Andy for the huge effort he has put in over the last two years.

While most of the Cups, Trophies and Age Group Medals presented were based on the results from the club champs, the following Cups were awarded based on performances during the year

Leaders Real Estate Cup <i>Senior Swimmer of the Year</i>	Ben Walsh
Southern Cross Cable Network Cup <i>Junior Swimmer of the Year</i>	Jack Plummer
Pru Young Memorial Cup <i>Top performance of the year</i>	Ben Walsh

Time Trial Trophy <i>Most improvement of 200m freestyle</i>	Chloe Bouchier
Personal Best Trophy <i>Most improvement over all strokes/distance</i>	Ben Walsh
Record trophy <i>For breaking the most club records</i>	Ben Walsh
National Age Groups Swimmer of the Year	Ben Walsh
Nicols Trophies <i>For sportsmanship, fairplay, being a good role model, attendance, attitude</i>	Male – Ryan McBride Female – Keely Saunders

The names of winners of the PCA cups and trophies, relating to the club champs, and age group medallists can be found on the PCA website

### XLR8 March / April 2013

XLR8 is a motivational programme developed by Swimming New Zealand where swimmers score points across a combination of events and are ranked nationally on their performances. All results in the national database are automatically included. It recognizes versatility and all round ability, rather than performance in a single event. Swimmers are ranked nationally based on their performance in each two month period and over the whole year. There are age categories from 10 to 14, with the top ranked national swimmer in each category being awarded a certificate and special swimming cap.

For March/April 2013, Jack Plummer topped the XLR8 swim NZ rankings with 3,690 points in the 10 and under category.

This is a great honor and it is many years since a PCA swimmer achieved this award. Bronson Lloyd also ranked 5<sup>th</sup> in this period with 2,828 points

Well done Jack, great for the club and we look forward to seeing the XLR8 winners hat.

For more info on XLR8 see <http://www.swimmingnz.org.nz/high-performance/youth-and-age-group/xlr8-programme>

## Meet Reports

### PCA Club Champs – 15 & 19 April

The PCA Club Championships were held on the 15<sup>th</sup> and 19<sup>th</sup> April at Cannons Creek Pool. Both nights were busy with lots of swimmers from both club and squad.

The events included boys and girls events in age groups from 7 years – 16 years and over.

25m, 50m & 100m Freestyle  
25m, 50m & 100m Breaststroke  
25m, 50m & 100m Butterfly  
25m, 50m & 100m Backstroke  
100m & 200 IM.

The meets went smoothly and everyone seemed to have a great time.

Thank you to all the parents and volunteers who made this event possible and also the coaches for supporting the swimmers.

### PCA Novice Carnival – 5 May

The place to be was at Cannons Creek Pool on May 5<sup>th</sup> for the Novice Carnival that PCA holds once a year. We are the only club that holds this particular event, primarily for children who are new to the race scene. The children (and parents) learn pool etiquette and expectations in a friendly environment. By the end of the meet children know about warm ups, marshaling, to wait for the whistles to get in or out of the pool, go on the buzzer, to be quiet at the start of every race, listen to their team managers, keep warm during the meet and of course to get involved and have FUN. What a lot to learn! Once children have swum up to a total of 3 Novice Carnivals they are then welcome to try out the Gold Coast Swim Meets.

Five of our 23 swimmers entered a Carnival for their first time. This year we had children swimming a total of 27 new events for the first time too. We had 33 pb's - what a great effort! We were most impressed with the behaviour of our PCA children, thanks to all the children who made the event fun to manage and thanks to the parents who trusted us to look after their little ones. It was a great Carnival:) This year for the first time our club also invited those 1 or 2 children from other clubs that had no team managers to sit with us. We had a total of 6 extra children under our wings.

I would like to give a special thanks to all the parents who volunteered on the afternoon to time keep and all the other PCA adult club members who helped out with pool side jobs, lots of these adults did not have children swimming. A big thanks to the older children from the Squads and Club who leant a hand, helping out with the new swimmers, they were once in their place too!

Nicola Wilkinson and Rebecca Ferguson  
Team Managers

### Club League 2013 round 1 – 12 May

Round one (of four) of the Inter Club League was held at Raumati Pool on the 12<sup>th</sup> May. It was a great evening with both our Teams doing extremely well. PCA Black lead the league table (defending last years overall win) and PCA Turquoise are a very impressive 5<sup>th</sup> place, so well done to our teams.

Round 2 was held last weekend at Cannons Creek, which again was a great evening and very well organised. PCA had stiff opposition from Tawa Gold and they are currently second in the league table with 804 points and Tawa Gold lead with 835, so still all to swim for – roll on round 3. PCA turquoise remain in 5<sup>th</sup> place, which is great.

Jack Plummer also achieved a Wellington Record in the 10 & under 50m freestyle with a time of 30.65, well done Jack.

Thank you to all the parents and volunteers who made both the events possible and also the coaches\ Alex Bennet for supporting the swimmers. Thank you also to Greer Pugh and Jordan Harris who were my reserves for round 2, replacing sick and injured swimmers. Thank you to all the swimmers competing you have been great, swimming hard and representing PCA in a positive and professional way.



The Teams had been chosen to represent PCA after completing an expression of interest form on the Club Board in April. The league is for swimmers 12 years and under. Teams 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 with swimmers available for all four meets. There is provision in the rules to replace swimmers who may be sick

InterClub League Teams;

**PCA BLACK;**

Chloe Bouchier, Victoria Ferguson, Brianna Fisk, Bronson Lloyd, Jake McAllister, Jack Plummer, Nicholas Trilin & Brooklyn Saunders.

Team Manager – Lizzie Plummer

### PCA TURQUIOSE;

Sofia Gray, Bernice Holford, Anais Lucas, Luke Martin, Gemma Orsman, Sophie Patterson, Georgia & Sophie Wills

Team Manager – Andrew Wills

### RESERVES;

Jordan Harris, Abby Laws, Geer Pugh & Sophie Wilkinson.

Lizzie Plummer (Team manager PCA Black)

### Disqualifications (DQ's)

While the club does not wish to place too much emphasis on DQ's; if a swimmer is DQ'd they should discuss the reason with their coach and not re-enter that event until the coach has given the OK. Recently some of swimmers have been DQ'd a number of times for the same infringement instead of taking the time to get the issue sorted out.

### Queens Birthday Monday 3<sup>rd</sup> June 2013

Please note there will be no club or squad swimming on Sunday or Monday of Queens Birthday weekend – thank you.

### Subscriptions 2013/2014

Our new membership year begins on 1<sup>st</sup> July 2013, and subs for the year remain at  
\$160 for club swimmers  
\$110 for squad swimmers (that is those swimming with Nevill, or Alex in the Orcas, Swordfish I & II and Penguins.

Subs can be paid directly into our bank account 030547 0205093 00 – please use the swimmers name as a reference, to the committee member on duty on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Subs are due on 1<sup>st</sup> July and should be paid by 31<sup>st</sup> July. Any family wishing to spread their payments should contact our treasurer at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz) to make an arrangement.

### 100M Handicap Trophy – 24 June

**Cannons Creek Pool - Monday 24 June – 6:00pm warm up for a 6.30pm start**

Swimmers who can swim 100m freestyle without stopping and have a current time 50 or 100m time should enter – this is a really fun event.

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 racing.

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.

To enter list your name on the noticeboard – late entries will not be accepted.

### Role of the 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 can't 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 manger 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 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.

**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.

**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](mailto: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](mailto:treasurer@swimporirua.co.nz)

**Upcoming Events:**

**8 June** - Swim Wellington Club League (SC) Round 3  
Huia Pool - Entries Closed 26 April

**15 June** - SwimZone Racing Hutt Valley Sprints (LC)  
Naenae - Entries Close 31 May.

**22 June** - Swim Wellington Club League (SC) Round 4  
Huia Pool - Entries Closed 26 April

**23 June** - 6 Centre Meet at Palmerston North -  
Nominations to PCA Race Secretary by 24 May.

**28 July** - Swim Wellington Long Distance (SC)  
Coastlands Aquatic Centre (moved from 16 June) -  
Entries Close 12 July

See website for more information.

**Report of Best Times:**

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

**Club Contacts:**

President (Viv) .....	234-7071
Secretary (Mike).....	021-0257-8904
Treasurer (Andrew).....	
Race Secretary (Tony).....	
Club Captain / Junior Squad Liasion (Libby) .....	
Senior Squad Liasion (Hiria).....	478-9265
Officials Contact (Terry).....	233-0360
Uniforms & Newsletter (Lizzie).....	(04) 905-505