



PCA News

JUNE 2013

Committee Positions:

We are currently looking for the following PCA Committee positions. Being part of the committee is a great way of being involved with your Children's swimming, being part of the development of PCA and meeting loads of great people.

The following positions are currently available and need to be filled as soon as possible.

Newsletter Co-ordinator

The main role of this position is to attend committee meetings once a month and then produce the monthly newsletter, distribution via web site, electronically and hardcopy for the club nights. The newsletter has a standard format and the amount of time required for the role depends on the amount of news each month. On average 1-2hrs per month is spent on this role. Information is emailed for inclusion in the newsletters and Team Managers provide meet reports.

Uniform Co-ordinator

The main role of this position is to co-ordinate orders for new uniforms, place orders and hold a small stock for immediate purchase. There is consideration of extending the role to provide a uniform 'stand' on a club night once a month to improve access and marketing of the uniform and this could be developed.

This is not a time consuming position and could easily fit alongside normal day to day activities.

If you are interested in any of these positions please contact Viv Morton for more information. Thank you for your interest.

Club Swim Sessions:

Monday Night Club Sessions from Term 3.

Session times for term 3 will revert to 6:00pm, 6:45pm and 7:30pm. Swimmers currently swimming at 8:00pm are to come at 7:30pm. Others who have concerns about which session to attend should speak to their coach.

Reminder

Swimmers who train in any of our squads (except Tadpoles) may not attend club sessions unless PCA is holding a meet or joint club activity

Club swimmers training on Sunday, and/or Monday and Friday nights may only swim in one group per session. Recently it has been noted some swimmers have been taking part in consecutive sessions in different lanes.

July School Holidays:

During the school holidays Monday and Friday club nights will be devoted to distance badge swimming.

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 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 Eileen and Viv 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 goals

Tadpoles and Penguins

As the Tadpoles and Penguins do not train over the school holidays, they are welcome to join in these club sessions and swim distance badges.

The School holiday timetable for the Swordfish and Orcas is still being finalised. Watch the noticeboard for details

Wellington Winter Champs:

The Swim Wellington Winter Championships will be held on the weekends of 24 and 25 August and 31 August and 1 September 2013.

Qualifying times are now on the notice board and in the Squad area of the website.

Swimmers should take advantage of up-coming meets to ensure they are qualified in plenty of time.

PCA Race Night:

This will be held on 6 August 2013 - Mark your diaries now – watch the notice board and/or website for details

Meet Reports:

Club League 2013 round 3 – 8^h June:

Round three (of four) of the Inter Club League was held at Huia Pool on the 8 June. It was a great evening again with both our Teams doing very well. PCA Black are second in the league table after Tawa Gold with PCA Turquoise a very impressive 4th place, so well done to our teams.

Round four and the last of the Club League was held at Huia Pool on the 22nd June. It was a great evening with everything to swim for. All the PCA swimmers swam their best and several PBs were achieved.

PCA Black came second overall with a total of 1,573 points and PCA Turquoise came Fourth with 1,057 points. A great achievement for PCA. Everyone was keen to leave after the meet and get home to the warm but managed to eat a few slices of pizza on the way.

Thank you to all the parents and volunteers who made both the events possible and also the coach Alex Bennet for supporting the swimmers. Thank you also to Ben Callear, Greer Pugh, Sophie Wilkinson and Jordan Harris who were 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.

Lizzie Plummer (Team manager PCA Black)

SZR Hutt Valley Sprints 15 June:

A small but determined team of nine PCA swimmers (Caitlin Clarke, Bronson Lloyd, Luke Martin, Jack Plummer, Emilee Wilkinson, Sophie Wilkinson, Georgia Wills, Sophie Wills and Seth Wilson) attended the Hut Valley Sprints Long Course Meet hosted by Swim Zone Racing at their Naenae Pool on Saturday 15 June gaining a total of 12 P.B's.

Congratulations to our medal winners:

Bronson Lloyd 4 silver, 1 bronze, Jack Plummer 5 Gold, Sophie Wilkinson 2 Gold, 2 Silver.

Jack also broke two PCA Long Course Records being the 50 Breast and 50 Fly.

Congratulations to everyone else as well as they all gave 100% commitment to their races over an event that would have to be one of the longest around lasting close to six hours. A feat in itself just to last until the end.

As SwimZone now have their own electronic timing system it was also great for Swimmers, Spectators and Coach's alike to be able to see their race results straight away. A big thank you to all swimmers,

parents and supporters and especially our Coach Alex Bennett for making the manager's job run so smoothly.

Andrew Wills - Team manager"

Subscriptions 2013/14:

Our new membership year begins on 1st 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 1st July and should be paid by 31st July. Any family wishing to spread their payments should contact our treasurer at 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 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.

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

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 until 8:00pm on a Friday.

Those interested should ring Onolata Little ph 235-5646.

PCA 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 see any member of the PCA committee if you would like to purchase any PCA uniform items - see web site for details, order form and bank details.

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

Pre Loved Club Uniform:

There are a few pre loved items of PCA Uniform for sale;

Size 11-12 Tracksuit top \$45 and size 11-12 T shirt \$10. Please contact Clare for more information on 029-920-3324

Size 11-12 Tracksuit top & bottoms \$80 ,Size 11-12 vest top \$15 (as new), Size 11-12 Bench Coat \$70,

Adult PCA Polo Shirt size 18 \$30, Adult PCA Polo Shirt 5XL \$40 all in used but very good condition. Smoke free home. Please contact Lizzie on 02102410450 for more information.

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 Andrew Wills at treasurer@swimporirua.co.nz

Upcoming Events:

6 July – Swim Wellington Relays (LC) Naenae – Entries Closed 24 June at 7:00pm.

13 July – Raumati Signature Meet (SC) WRAC – Entries Close 28 June at 7:00pm

28 July - Swim Wellington Long Distance (SC) Coastlands Aquatic Centre (moved from 16 June) - Entries Close 12 July at 7:00pm

4 August - Gold Coast Zone (SC) Matson Trophy Kapiti - Closing date TBA

9 August - PCA Race night Cannons Creek Pool – Closing Date TBA

10 August - Karori Signature Meet (SC), WRAC. Closing date TBA

25/26 August and 31 August/1 September – Swim Wellington Winter Champs (SC), WRAC. Entries Close, 12 August at 7:00pm.

See website for more information.

Report of Best Times:

If you require a list of your times, please email Andy the Race Secretary 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 (Andrew).....	
Race Secretary (Andy).....	
Club Captain / Junior Squad Liasion (Libby)	
Senior Squad Liasion (Hiria).....	478-9265
Officials Contact (Terry).....	233-0360