



PCA News

August 2013

Earthquakes:

In the event of an earthquake during any club or squad training sessions swimmers are to go to the centre of the pool and are not to try and climb out of the water.

Spectators should sit and cover their heads with their hands as there is unlikely to be enough furniture to shelter under.

Recent big earthquakes have shown those trying to exit a pool were injured (broken bones etc) when the swell of the water bashed them against the sides of the pool.

Swimmers should only attempt to exit the pool when the water has calmed down.

In the event of a sizeable earthquake everyone in the complex would be under the direction of the pool staff who may ask that you vacate the building.

Everyone needs be aware of the emergency exits - at Cannons Creek these are the front entrance, the new door on the far side of the pool and the rear doorway, near the family changing rooms.

The assembly point is on the grass behind the building.

The pool staff will determine if the building is safe to re-enter. If the building is deemed unsafe you will not be able to re-enter the complex, and any property left behind will not be able to be uplifted.

Please ensure that any personal items (Car Keys, Phones etc) are kept close to hand, you should not delay your exit (if required) to find any gear.

Given the number of recent quakes having a spare towel and jersey in your car may be prudent.

Remember – Drop, Cover and Hold

International Appointment:

Matt Meehan, PCA's Patron and National Referee is one of two Wellington technical officials to be selected to represent New Zealand at the World Swimming Championships in Barcelona, 24 July - 4 August.

Matt Meehan officiated as a Judge at the pool events, while Paul Matson (Raumati Swimming Club) took on the Open Water events.

Matt has officiated at a number of international swimming events before, including Oceania

Championships and Trans-Tasman Series meets, but this is his first selection for a major global competition.

When he heard the news, he said he could hardly believe it, as this had been an ambition of his for a long time. Congratulations Matt

Congratulations also to Monica Saili who was selected to swim for Samoa in the pool events at the same meet.

Congratulations to Alex Bennett:

Alex has recently achieved his Bronze Coaching Accreditation.

Achieving this qualification takes nearly a year, with poolside coaching, logbooks to complete, planning programmes, as well as attending a coaches' conferences.

Well done Alex, and thanks to Nevill for mentoring Alex through this.

All coaches undertaking this course require a mentor and Alex was certainly fortunate that Nevill has the required qualification to undertake this.

The extra cost that the club has incurred for course fees and mentoring fees to assist Alex to achieve his qualification is part of the committees commitment to ensuring that both paid and volunteer staff are encouraged and assisted to progress qualifications and other training that support and enhance the coaching and support of all swimmers in the club.

Swimming Wellington – Winter Champs:

The Swimming Wellington Winter Champs are being held at the Wellington Regional Aquatic Centre (WRAC) on two weekends with two sessions on 25, 26, 31 August and 1 September. Entries closed on 12 August.

An information evening for parents of Junior Squad and Club swimmers who have entered this meet will be held at the Cannons Creek Pool on Monday 19 August at 6:00pm.

Swim Camp – January 2014:

There will be a meeting on Wednesday 28 August from 6:15pm to 6:45pm for parents of squad swimmers who have indicated that they will be attending the swim camp in January 2014.

This meeting is to discuss fund raising and organising the camp.

TADPOLES

Currently PCA has vacancies in our technique group (the Tadpoles) that is coached by Alex Bennett on a Friday night.

Swimmers, who currently swim with Viv, Eileen and/or Peter and would like to give Tadpoles a go should see Viv, either at the pool or call her on 234-7071.

Criteria for the Tadpoles are:

- 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 6:00pm 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.

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 Tadpoles may choose to move into one of Alex's other squads – the Swordfish or the Penguins, remain as a Tadpole for another term or return to swim in the volunteer coaches lanes.

Out of Region and Off Calendar Meets:

Swimmers wanting to enter meets outside of the Wellington Region, or meets that are not on the Club Calendar are required to notify the Race Secretary no later than one month before the closing date of the meet.

Swimmers may be required to supply the meet flyer and TM file to the Race Secretary.

Any entries will need to be with the Race Secretary 10 days before the closing date of the meet.

Payment for the meet is to be made as advised by the Race Secretary.

It is a Swimming New Zealand requirement that all entries for meets by Club swimmers are made through the club Race Secretary.

Junior Squad Get-Together – 28 July:

Wow, what an excellent event this turned out to be. On Sunday, 28 July, 18 squad members from Swordfish 1 and 2 and Orcas descended upon Strike, Kenepuru for two hours of bowling madness.

It was a great opportunity for the swimmers to hang out and have some fun with each other outside of the pool.

Amidst the sounds of Justin Bieber, bowling pins falling and the demands for food, club spirit was forged and friendships were developed.

This was clearly displayed at squad training on the next Monday night, as members chatted and interacted with each other during the transitions.

Thanks to all those who attended and made this event a great day out.

Julia Kelly

Something to Think About:

An older swimmer (College age) asked me an interesting question on Monday night - "Do you like your job (meaning coaching)?"

My reply "This is not my job, this is something I volunteer to do."

Next question, "What's a volunteer?"

After I explained he said "Why do you do a job that you don't get paid for?"

Questions like this remind me just how lucky we are at PCA to have people who do volunteer.

Apart from Nevill Sutton and Alex Bennett, everyone else at PCA is a volunteer.

Whether it be coaching, teaching learn to swim, being on the committee and administrating, a team manager or an official, so many people give a huge number of hours freely to PCA and for this we are forever grateful.

Without volunteers, swimming would be a very expensive sport that few could afford. Maybe you should ask your child/ren the meaning of 'volunteer?'

Viv Morton

Swim Wellington Long Course – 28 July:

This was held at the new Coastlands Aquatic Centre, a nice pool – 25 x 25 metres with ten lanes, it does make a difference and it seems to swim FAST.

Congratulations to Mia who swam a very creditable time of 20.12.69 a very good PB. Just under 1:21:00 per 100 metres. I was also pleased to see the 800m split time of 10:36:57.

Then we had Alex H-S who managed to achieve her goal of swimming sub 1:30 per 100 pace with a time of 22:26:64 and an 800 metre split of 11:54:36.

Chloe (23:33:83) and Ryan (23:02:42) were our other swimmers who were both off their times swum in our regular monthly time trial. Anais also swam a 400 freestyle with a time of 6:15:47.

A big thank you must also go to the parents who each had to help out with time keeping and Mrs Lucas for team managing.

Nevill Sutton

Gold Coast Matson Trophy – 3 August:

Twenty three PCA swimmers took the opportunity to swim at the inaugural Gold Coast Meet held at the new 10 lane Coastlands Aquatic Centre on 3 August.

By all reports the pool was great to swim in, although visually it took a while to get used to seeing a square pool, it is 25m long and 25m across.

The Matson Trophy event is a 100m handicapped event.

Polly Baker was the star of our team making it through to the final where she was placed second behind Art Woodley-Hanan from Raumati

This event was reasonably tough with swimmers racing in the heats, some then raced repechages, then semi finals and the final.

Congratulations to all our swimmers who made it through to the semi-finals – Polly Baker, Daneka Sheppard and Georgia Wills.

PCA entered three teams in the Bill Matson Memorial Relay event.

Teams swam once to establish a time and then again in the handicapped final.

PCA's A team won the final, swimming particular well, too well really, and were disqualified for improving their time by more than four seconds.

Raumati, the second placed team were also victims of this rule, leaving the PCA team who placed third to win the cup – Well done to Jose Pereria, Bronson Lloyd, Greer Pugh, Sophie Wills, Daneka Sheppard and Polly Baker.



left to Right, Andre Matson (Bills Grandson), Jose Pereira, Bronson Lloyd, Sophie Wills, Daneka Shepherd, Polly Baker, Brooke Matson (Bills Granddaughter) - absent Greer Pugh.

Most of the swimmers also swam in 50m events with many achieving personal best times.

Thanks to all those who helped at the meet, especially team manager Matt Orsman, coach Alex Bennett, all those who officiated, especially those who didn't have swimmers at in the meet, and lastly to Murray Pugh for assisting me with the handicapping.

Viv Morton

Race Night – 9 August:

Race night proved to be a great success thanks to Andy Wilkinson and his pre-meet preparation.

One hundred and fifteen swimmers entered, and while it was great to see so many people entering, especially our newer swimmers, it was disappointing that a number of swimmers who entered did not show up.

Congratulations to everyone who received best time ribbons, especially those who qualified for the Wellington Winter Champs.

Thanks to all those who officiated and helped on pool deck – your assistance is appreciated.

Check out our website or the noticeboard for the results.

Those with questions about disqualifications should speak to their coach.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$160 for club swimmers

\$110 for squad swimmers
(those swimming with Nevill, or Alex in the Orcas, Swordfish I & II, Penguins and Swim School Transition Group).

Subs can be paid directly into the PCA 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.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a competitive swimmer. These rates are available from the Treasurer or the Committee Member on the desk on Monday and Friday club nights.

Swimmers are required to be financial members to enter swim meets and attend training nights (club and squad).

A swimmer is deemed to be a financial member if the full sub is paid by 31 July (or within 2 weeks of joining

for new members) or an agreed payment plan is in place to pay the outstanding subscription.

Any family wishing to spread their payments should contact our treasurer on 021-184-6134 or e-mail treasurer@swimporirua.co.nz to make an arrangement.

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 contact Onolata Little on 235-5646 or e-mail o.g.saunders@xtra.co.nz.

PCA Swimming Caps:

New members will be given a cap on receipt of their first subscription payment.

Caps are replaced free of charge if they split, on presentation of the damaged cap.

Swimmers losing their club cap will need to buy a replacement at \$10 each.

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 on 235-5646 or e-mail o.g.saunders@xtra.co.nz.

Club Uniform:

We have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

There will be another order through Kukri for uniform items that are currently not available from current stock.

The last date for ordering items and making payment will be Monday 23 September. This will allow enough time for items to be received prior to Christmas.

Please note that there may be a price change for some items. The order forms will be updated as we become aware of any changes.

For those interested a number of second hand uniform items are available – see the noticeboard for details.

Please contact Libby Lucas on 021-057-5197 or e-mail libbylucas34@gmail.com, or 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:

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 or e-mail o.g.saunders@xtra.co.nz.

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:

25 - 26 August - Swimming Wellington Winter Championships (SC) at WRAC – Entries Closed 12 August

31 August - 1 September - Swimming Wellington Winter Championships (SC) at WRAC – Entries Closed 12 August

14 September - Upper Hutt Signature Meet (SC) at WRAC – Entries Close TBC

16 September – PCA In House League #1 (SC) at Cannons Creek – Entries Close 2 September

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 Morton)234-7071
Secretary (Mike Bouchier)021-0257-8904
Treasurer (Andrew Wills)021-184-6134
Race Secretary (Andy Wilkinson)233-6016
Club Captain (Libby Lucas)021-057-5197
Junior Squad Liaison (Julia Kelly)027-789-479
Senior Squad Liaison (Hiria Pointon)478-9265
Officials Contact (Terry Laws)233-0360
Uniforms (Libby Lucas)021-057-5197