

In-House League:

This is a team competition, run over three Monday nights (replacing normal club night and squad training).

This year the In-House League is being run on 16 September, 21 October and 18 November.

Warm up is at 6:00pm for a 6:30pm start.

Everyone entering is put into one of six teams. Each team is managed by one of our older swimmers who organise their swimmers into events, trying to ensure all swimmers have a similar number of swims.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who forget and/or just don't turn up are letting their team down.

We will need help on the night with judging the finishes. Timekeepers are not required.

While the official closing date has passed, there may be places in the teams if you turn up on the night.

Club Contributor of the Year:

Congratulations to Onolata Little who was named Club Contributor of the Year at the Swimming Wellington Annual General Meeting on Thursday 29 August 2013.

As we all know Onolata works tirelessly, in many areas for PCA.

"Thank you Onolata – An award, truly deserved." – Viv Morton President

New Regional IOT's:

Congratulations to Carl Fisk, Rebecca Ferguson and Andrew Wills who qualified as Regional IOT's (Inspector of Turns) over the course of the recent Swimming Wellington Short Course Championships

2013 Zonal Competition:

Congratulation to Ben Walsh and Bronagh Ryan who have been selected in the ALL STAR's team to swim at Swimming New Zealand's first ever Zonal Competition to be held in Wellington on Friday 4 October 2013.

There are four teams in the competition, The All Stars (Wellington, Wanganui, Manawatu and the Wairarapa), the Harlequins (Northland, Auckland and Counties), the AquaKnights (Waikato, Bay of Plenty, Taranaki and Hawkes Bay) and the Mako's from the South Island.

Each team consists of 40 swimmers 10 boys and 10 girls 15yrs and under, and 10 boys and 10 girls 15yrs and over.

Meet Reports:

Swimming Wellington Winter Championship:

Congratulations to all swimmers who swam at the Short Course Champs held over the last 2 weekends of August. We had 43 competitors swimming in more than 200 events, the club placed sixth overall out of the 21 clubs competing and sixth in the 12 and under group.



Some of the team on the last night

The PCA team had a great meet achieving many outstanding results, swimmers achieved a huge number of PB's, hauling in 50 medals overall, 24 Gold

Medals, 17 Silver Medals, 9 Bronze Medals, they broke numerous club records, 9 Wellington records and Ben Walsh claimed 2 New Zealand records breaking Glenn Snyders old NZ 200 metre Breaststroke record by more than 3 seconds and he also claimed a very old NZ 100 metre Breaststroke Record.

In Addition to his NZ records Ben also claimed a Wellington Open record in the Mens 200 breaststroke, he also set 9 new Wellington Age Group Records in the 16 year old Mens events listed; 200m breaststroke, 100m breaststroke, 50 butterfly, 100 butterfly, 100m medley, 200m medley, 200m butterfly, 50m breaststroke, 50m freestyle. Ben was also awarded the overall 16/17 year male swimmer of the meet award after winning all 14 of the events he swam in, well done Ben the club is very proud of you.



Ben in Action

Below is a list of all medallists, a huge well done to you all. Special congratulations to those who claimed medals for the first time.

Luke Martin (9 years)

- Gold 100 breast
- Silver 50 breast, 100 free
- Bronze 50 free

Bronson Lloyd (10 years)

- Gold 200 fly
- Silver 50 fly, 100 fly, 50 free, 100free
- Bronze 100 medley, 200 medley 200 breast, 200 free

Gemma Orsman (11 years)

- Silver 50 breast, 100 breast
- Bronze 200 breast

Sophie Wilkinson (11 years)

- Gold 50 fly, 50 back, 100 back, 100 medley
- Silver 50 free, 100 free, 200 free, 100 fly, 200 fly, 200 back
- Bronze 200 medley

Mia Uluilalata (12 years)

- Gold 100 back, 200 back
- Silver 50 back

Ben Walsh (16 years)

- Gold 50, 100, 200 fly
- 50, 100, 200 back
- 50, 100, 200 breast
- 50, 100, 200 free
- 100, 200 medley

Bronagh Ryan (20 years)

- Gold 50 breast, 100 breast
- Silver 200 breast, 50 free
- Bronze 50 back, 100 free



Mia Uluilalata collects a gold medal

Thanks to all our swimmers, you were a pleasure to look after, our coaches Nevill and Alex, the parents and volunteers who officiated, the club members who came in and supported the team and finally to all those others who helped in so many ways during the meet.

Officials Update:

Timekeeping

All swim meets require assistance from parents to help run the meet. Timekeeping makes up a large number of the officials that are required for each meet. Usually 3 timekeepers are needed for each lane so depending on the pool size this can be anything from 18 to 24 timekeepers per meet. PCA may be asked to supply up to 3 of those timekeepers as part of our share for that meet.

It is expected that all parents of competitive swimmers will volunteer for timekeeping occasionally. PCA don't expect you to timekeep every meet but we do expect that you will assist occasionally when you can.

Timekeeping is not hard, it's very social and you have the best view of the meet with a guaranteed seat. You also have free entry and often get something to eat and drink. So when you enter your child in a swim meet please indicate either on the entry form or when emailing the entry to Andy Wilkinson, what you can assist with at that meet.

Inspector of turns (IOT's)

IOT's stand at each end of the pool and are responsible for ensuring the swimmers comply with the rules of swimming at the start, during the turns and at the end of the race. The position of IOT is arguably the most important one on the pool deck. Being an IOT is similar to being a linesman or assistant referee/umpire in other sports. It is the 2nd step up the officiating ladder after timekeeping.

All swim clubs are required to supply IOT's and timekeepers for every swim meet our club enters.

Currently PCA have 6 qualified IOT's.

We need more IOT's. If you have children swimming in the club, particularly if they swim competitively or are in a squad then please consider becoming an IOT as a way of getting involved and helping out the club.

If you are interested or want to know more about it then please contact me either at poolside, by phone: 2330360 or by email terrylaws@xtra.co.nz.

Terry Laws
Officials Coordinator

Learn to Swim:

Our next course of Learn to Swim will begin on 3 November and finish on 15 December.

Due to school commitments a number of our current instructors are not available for term four, and we seeking passionate volunteers to join our team.

If you have a background in swimming or just have an interest in teaching the next generation, your help would be appreciated.

You would be required to assist in the pool for both the 9:30am and 10:00am classes.

Initially you would work alongside a more experienced instructor.

If you would like to find out more speak to Viv, ph 234 7071 or email president@swimporirua.co.nz.

PCA's Learn to Swim lessons provide a huge community service as well as a great feeder to the club.

Many of our current members came to club from learn to swim – now we are just hoping for a little 'pay back!'

Lost Property:

The club holds lost property in PCA's storeroom if items can be identified as belonging to a club member. If you have lost togs, towels or any other items have a look in the storeroom and then ask the pool staff.

Who to ask at Cannons Creek:

Anyone with queries about club membership, subs, and/or caps should see the committee member on duty on Monday and Friday nights from 6:00pm or email treasurer@swimporirua.co.nz

The committee member may also be able to help answer queries about carnivals (swim meets), how to enter, if a carnival is suitable for your child etc, otherwise ask your child's coach or contact our race secretary at race@swimporirua.co.nz.

If you having coaching questions about times, days, sessions, costs, payments, availability etc, speak to your child's coach or contact Viv, ph 234 7071 or email president@swimporirua.co.nz

Julie and her team who administer our Learn to Swim programme on Sunday mornings, do just that – a wonderful job administering Learn to Swim and can't answer other queries.

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 and Penguins).

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.

Subs are due on 1 July and are to be paid by 31 July.

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.

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:

14 September – Upper Hutt Meet (SC) at WRAC – Entries Closed

16 September – PCA In-House League (SC) at Cannons Creek – Entries Closed

29 September – 3 October – Swimming NZ Opens (SC) at WRAC – Entries Closed

19 October – SwimZone Racing (LC) at WRAC – Entries Close (TBA)

21 October – PCA In-House League (SC) at Cannons Creek – Entries Closed

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