

### Christmas is almost here:



The committee would like to wish all club members, parents, volunteers, officials and supporters of the club a merry Christmas and a happy New Year.

The final club night for the year is the Family Fun Night on Monday 16 December.

Club nights resume on Friday 31 January 2014 at 6:00pm.

### Family Fun Night:

The final club night for the year is replaced by the Family Fun Night for all club members (including the Junior and Senior Squad members) on Monday 16 December. 6:00pm warm-up for a 6:30pm start.

This is an evening of fun races for the whole family.

The programme includes

- Monster whirlpool
- Piggy-back races
- Family relays
- Friends relays
- Novelty events
- Width kicking races for younger family members
- Adults 50m sprint

Please bring a plate of finger food, Sausages for the BBQ and Orange Drink will be supplied.

### Squad Timetable - Christmas / New Year:

Monday 16 December – No Training – Family Fun Night.

Tuesday 17 to Friday 20 December - normal timetable for Orcas, Swordfish, Penguins and the Thursday Group.

Monday 23 December – Cannons Creek Pool has been booked from 4:00pm to 6:00pm for a combined final session for the year for all Junior Squads.

Monday 6 to Wednesday 8 January  
Swordfish (I & II) - TRAC 4:00pm to 5:00pm  
Orcas - TRAC 5:00pm to 6:30pm

Monday 13 to Tuesday 14 January  
Swordfish (I & II) - TRAC 4:00pm to 5:00pm  
Orcas - TRAC 5:00pm to 6:30pm

Wednesday 15 to Thursday 16 January  
Swordfish (I & II) – Cannons Creek 4:00pm to 5:00pm  
Orcas – Cannons Creek 5:00pm to 6:30pm

Wednesday 22 to Friday 24 January  
Swordfish (I & II) – Cannons Creek 4:00pm to 5:00pm  
Orcas – Cannons Creek 5:00pm to 6:30pm

Tuesday 28, Thursday 30 January  
Swordfish (II) – Cannons Creek 4:00pm to 5:00pm  
Orcas – Cannons Creek 5:00pm to 6:30pm

Monday 27 and Wednesday 29 January  
Swordfish (I) – Cannons Creek 4:00pm to 5:00pm  
Orcas – Cannons Creek 5:00pm to 6:30pm

Friday 31 January  
Swordfish (II) – Cannons Creek 4:00pm to 5:00pm  
Swordfish (I) – Cannons Creek 5:00pm to 6:00pm

The Penguins and Thursday group sessions will resume during the first week of February 2014.

There will be no swimming on Waitangi Day – Thursday 6 February 2014.

## Meet Entry Change:

The PCA committee has agreed on changes to the way officials are allocated for swim meets.

Effective immediately, all entries to swim meets must now have a named parent/caregiver available to assist with official or club duties if and as required by the Officials Coordinator or Team Manager.

Following the closing time of a meet, parents will be selected to assist at that meet based on what our official requirements are and who is swimming at that meet. We are happy for parents to state what their preference might be should they be required for that meet, but the final say will be dictated by what is required.

A parent will not be put into a role such as managing or marshalling by themselves if they haven't done that role before, but we will be looking at putting them with an experienced parent to learn the role and what is required.

The race entry form has been amended to include a parent name for officiating.

A parents name must be filled in if using this to enter a meet. If entering by email, then a parent must be named in the email to the race secretary.

### **No named parent = No entry to meet**

This policy brings PCA into line with most other Wellington swim clubs.

Terry Laws  
Officials Coordinator

## Tadpoles – Term 1 2014:

Tadpoles is a technique group coached by Alex Bennett on Friday nights, during term time.

Swimmers who are currently training in Viv and/or Eileen's lanes who are interested in joining the Tadpoles for term one – 2014, should speak to Viv pool side or give her a ring 2347071. Spaces are limited.

### **Swimmers must 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**

- swim on a Friday night from 6pm to 6.40pm
- are allocated lanes 3 and 4.
- are required to pay a \$30.00 coaching fee, additional to their \$160.00 within two weeks of the term.
- This squad is limited to a maximum of twelve swimmers and is run by the term.

## General

- 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' from the Tadpoles swimmers may choose to move into one of Alex's other groups – the Swordfish or Penguins, or continue to swim in the volunteer coaches lanes.

## Meet Reports:

### In House League:

Congratulations to Teams 5 the winners of PCA's 2013 In-house league competition with 617 points. The team, led by Bronagh Ryan and were consistent attendees and performers – well done to Jed Mclachan, Ryan McArdle, Fetid Alivia, Clare Ryan, Daneka Sheppard, Ethan Smith, Wilson Boong., Ethan-Jack Crawford, Trinity Richardson-Dan, Ethan Hunter-Day, Phoebe Hawthorne, Victoria Ferguson, Argus Mclachan, Ruby Ripley, Zane Cottle, Jake McAllister, Jasper Brisk, Thomas Tavae, Steven Dyoco, Katie Cameron, Hannah Holford and Bronagh Ryan.

In second place was Team 6 with 579 points, just ahead of team 4 with 577 points, 4<sup>th</sup> team 1, 560 points, 5<sup>th</sup> team 3, 533 points and 6<sup>th</sup> team 2, 501 points.

Well done to all the swimmers who took part

Thanks to the team leaders who did an amazing job organising their teams. Thank you to all the officials, judges and those who kept points. We have been running In-house league for over 20 years and it remains as popular as ever.

### Gold Coast Long Course - Naenae:

This meet was held on Saturday 16 November 2013

With this meet being the first 50 metre Gold Coast Competition this season there were quite a large number of Kapiti Coast Club swimmers competing, many of which hoping to gain qualifying times for the Wellington Long Course Regional Summer Championships to be held during the Wellington Anniversary weekend in January.

PCA had a total of 38 swimmers contributing to this large number who were a combination of both Senior and Junior squad swimmers who train both at the Aquatic Centre in Porirua and at Cannons Creek together with our club swimmers.

With so many PCA swimmers competing and our clubs allocated seating being quite compact everybody got on well and were also very patient waiting for their events.

Amongst our swimmers there were 5 who had not swum at, or competed in a 50m pool before so well done to them and we hope they are proud of their achievements.

During the evening our 38 swimmers competed in 108 individual races resulting in a total of 38 PB's and many more times which were close to 50m PB's. Well done swimmers...!

Both our Senior coach Nevill Sutton and Junior coach Alex Bennett attended this meet, advising, encouraging and giving feed back to our swimmers so many thanks to them.

Many PCA parents also attended and volunteered their help to this competition, contributing for their children which the club recognises and would also like to thank.

Libby Lucas  
Team Manager

### Gold Coast Chocolate Carnival:

We shared a beautiful Sunday afternoon at our local Cannons Creek Pool for the Annual gold Coast Chocolate Carnival on Sunday 1 December.

This competition is an opportunity each year for all swimmers belonging to Gold Coast clubs (PCA, Tawa, Kapiti, Raumati) to earn not only a ribbon but also a bar of chocolate in reward for a personal best time (PB).

Amongst the 46 PCA swimmers who attended this competition and participated in the 17 different events our club was rewarded with 67 PB ribbons which also meant 67 bars of CHOCOLATE!!!, many of these were enjoyed and munched during the afternoon mainly for energy of course.... 21 of these times were for swimmers who received first swim times, so well done to those swimmers for either trying a different stroke or different distance or for competing in their first competition, and 46 were for PB's.

There were also many times close to PB's which shows good consistency. We hope you all enjoyed the competition and are proud of your achievements, well done.

During the competition Junior Squad Coach Alex was there to support and advise our swimmers, many thanks to him and all the PCA officials and parents who contributed to the running of the competition.

Team Manager  
Libby Lucas

### 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](mailto: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](mailto: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.

**The cost of caps are \$10 each if a swimmer requires another cap.**

**It would not normally be expected that any swimmer would need more than 1 or 2 caps each year.**

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

### Upcoming Events:

**16 December** – Family Fun Night – Cannons Creek

**17 to 20 January 2014** – Swimming Wellington Summer Champs (LC) WRAC – Entries Close 16 December

### Report of Best Times:

If you require a list of your times, please email Andy the Race Secretary at [race@swimporirua.co.nz](mailto: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 Liasion (Julia Kelly)	027-748-9479
Senior Squad Liasion (Hiria Pointon)	478-9265
Officials Contact (Terry Laws)	233-0360
Uniforms (Libby Lucas)	021-057-5197

### Some of the Organisations that have helped with provided auction goods or funding for the Swim Camp in January 2014:



There will be an online silent auction starting over the weekend.

The website address will be e-mailed to all club members who are on the newsletter mailing list, and a link will be on the PCA homepage when it starts.