



PCA News

January 2014

Welcome Back:

While most of us have enjoyed a break from the pool over January PCA squad swimmers put in some serious mileage at their training camp held in Palmerston North. The camp was a lead up to the Wellington Champs, held on anniversary weekend (see the report in this newsletter) and the various National Meets that will be held in the next three months. To swim in any National Meet swimmers must meet tough qualifying times – just to qualify has been a goal for many and is an achievement.

This year PCA will have eleven swimmers at Junior Nationals. PCA's biggest team for a very long time and is a reflection on all the great coaching Alex and Nevill have put into our squads in recent months. Junior Nationals will be held at the Wellington Regional Aquatic Centre, Kilbirnie from 14 to 16 February.

The next three months will also be a busy time for all club members with Club Champs, PCA's Annual Novice Carnival and the Division III Meet. Both the Novice Carnival and Div III have entry restrictions that exclude top swimmers from entering to allow developing swimmers to take centre stage. Hopefully most of the club will enter these events - watch out for entry instructions on our website, noticeboard and/or in the newsletter.

Viv Morton
President

Club Calendar (January to June):

These dates are in addition to the Competition Calendar that is on the website.

Friday 31 January – Club Sessions Resume

Thursday 6 February (Waitangi Day) – No squad training

Sunday 23 February – Learn to Swim Term 1 Starts

Friday 14 March – All club trophies and cups to be returned

Sunday 16 March – Novice Carnival

Friday 24 March – Club Champs Session 1

Monday 28 March – Club Champs Session 2

Sunday 6 April – Learn to Swim Term 1 Finishes

Friday 18 April (Good Friday) – No Club or Squad Sessions

Sunday 20 April (Easter Sunday) – No Club Sessions

Monday 21 April (Easter Monday) – No Club or Squad Sessions

Friday 25 April (ANZAC Day) – No Club or Squad Sessions

Monday 28 April – Club Holiday Sessions

Friday 2 May – Club Holiday Sessions

Monday 5 May – Normal Club Session Resume (School Term 2 Commences)

Sunday 11 May – Learn to Swim Term 2 Starts

Sunday 11 May – Prizegiving and AGM (TBC)

Sunday 1 June (Queens Birthday Weekend) – No Learn to Swim or Club Sessions

Monday 2 June (Queens Birthday) – No Club or Squad Sessions

Sunday 29 June – Learn to Swim Term 2 Finishes

Monday 30 June – Subscription year ends, 2014/15 subscriptions to be paid by 31 July

Learn to Swim – Term 1:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 23 February until Sunday 6 April.

The total cost for the seven session is \$45.00 which is payable on the day (cash or cheque, eftpos is not available).

All Children are welcome if they can stand in the pool. The Canons Creek Pool is 1 metre deep.

Enrolments are taken on the day, an enrolment form can be downloaded from the Learn to Swim page on our website.

Classes are at 9.30am or 10:00am – swimmers should arrive at least 15 minutes prior to the session they want to swim in on the first day to complete the enrolment procedure.

Novice Carnival 16 March

Porirua City Aquatics is hosting our Annual Novice carnival on Sunday 16 March 2014 at the Cannons Creek Pool.

Warm up is 1:30pm for a 2:00pm start.

Races at this meet are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

Entry criteria: All swimmers under 8 years old (age as at 16th March) as classed as Novices, while those 8 yrs and over can only swim if they have not competed in more than three inter-club carnivals (Gold Coast meets etc) and/or have not qualified for the Wellington Championships.

As this meet is an introduction to competitive swimming for those new to our sport, the officials will make every effort to put swimmers at ease to ensure they enjoy their experience.

PCA will appoint a team manager to look after and guide our team. The team will be expected sit together with the team manager.

All those competing will receive a 'participant' ribbon. Those winning their heat will receive a 'heat winner' ribbon. After each event has been competed (there may be two or three heats) the times will be collated to give overall placings – in swimming this is known as timed finals. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard.

Entries must be made in advance and close on 5 March.

Hopefully PCA will have the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234-7071.

Wellington Summer Champs:

Congratulations to all swimmers who swam at the Long Course Champs held over Wellingtons Anniversary weekend. We had 39 competitors swimming in more than 200 events, overall the club placed 8th out of the 37 clubs competing.

This Long Course meet is much harder than the recent winter meets as it is held in the full 50 metre pool where the swimmers must swim heats in the morning, if their results place them in the top 10 swimmers of their age they must swim the event as a final again in the evening. This means many of our swimmers had double their normal work load.

The PCA team had a great meet posting many outstanding results, swimmers achieved just on 200

personal bests (PB's) breaking several PCA club records along the way. We raked in 43 medals overall, 7 Open Gold Medals, 23 Age Group Gold Medals, 4 Age Group Silver Medals, 9 Age Group Bronze Medals.

Special congratulations go to Max Drummond and Ben Walsh who both won the prizes for topping their respective age groups. Max won the 10 year Old Men's age group scoring 139 points, nearly double the second placed athlete.



Ben won the 16/17 Men's age group where he was still swimming as a 16 year old. His final score was 187 points, the highest score of any individual at the meet. Well done to both of you for these fantastic results.

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.

Age Group Medals for Swimmers (by age):

Benjamin Orsman (9 Yrs) **Bronze x 1** (100 Breast)

Emilee Wilkinson (9 yrs) **Bronze x 1** (50 Back)

Max Drummond (10 yrs) **Gold x 8** (50,100,200 Free, 50,100 Back, 100, 200 Breast, 200 Medley) **Silver x1** (50 Breast) **Bronze x 1** (50 Fly)

Bronson Lloyd (11 yrs) **Bronze x 2** (50 Fly, 50 Breast)

Jonty Bamber (11 yrs) **Bronze x 2** (100,200 Fly)

Sophie Wilkinson (12 yrs) **Gold x 1** (50 Back) **Bronze x 1** (200 Back)

Ben Walsh (16 yrs) **Gold x 11** (50,100,200 Breast, 50,100,200 Back, 50,100 Fly, 100,200 Free, 200 Medley) **Silver x 2** (50 Free, 200 Fly)

Bronagh Ryan (20 yrs) **Gold x 3** (50,100 Breast, 50 Back) **Silver x 1** (200 Breast) **Bronze x 1** (50 Free)

In addition to the age group medals the fastest male and fastest female overall in each event is awarded a special Open Gold Medal. Bronagh Ryan won the Womens Open Gold medals for the 50 & 100 Breast and Ben Walsh won the Mens Open Gold medals for the 50/100 & 200 Breast, the 50 Back and the 200 Medley. Again congratulations to you both on this fantastic achievement.

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 the others who helped in so many ways during the meet.

Meet Entry Requirements (Parent Help):

Effective from December 2013, 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

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 (for 6:00pm session start) – 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.

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.

Club Uniform:

The club orders uniform items several times a year based on the demand. The items that are available for order (and order forms) are on the notice board at Cannons Creek Pool and on the Website.

Items ordered must be paid for before the items will be included in an order sent to our supplier.

The delivery of any order we place takes about eight weeks from the time of ordering.

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

Club togs are also available (supplied by a local firm so can be ordered and delivered anytime). 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 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.

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:

1 to 2 February 2014 - Manawatu Age Groups (LC) Palmerston North - Entries Closed

9 February 2014 - Gold Coast (SC) Woollahra Trophy Cannons Creek - Entries Close 5 February

14 to 16 February 2014 - Swimming NZ Juniors (LC) WRAC - Entries Closed

22 to 23 February 2014 - Wanganui Signature Meet at Wanganui - Entries Close 7 February

Report of Best Times:

If you require a list of your times, please email Keri Martin 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 (Keri Martin)	021-150-0063
Club Captain (Libby Lucas).....	021-057-5197
Junior Squad Liaison (Julia Kelly).....	027-748-9479
Senior Squad Liaison (Hiria Pointon).....	478-9265
Officials Contact (Terry Laws)	233-0360
Uniforms (Libby Lucas)	021-057-5197