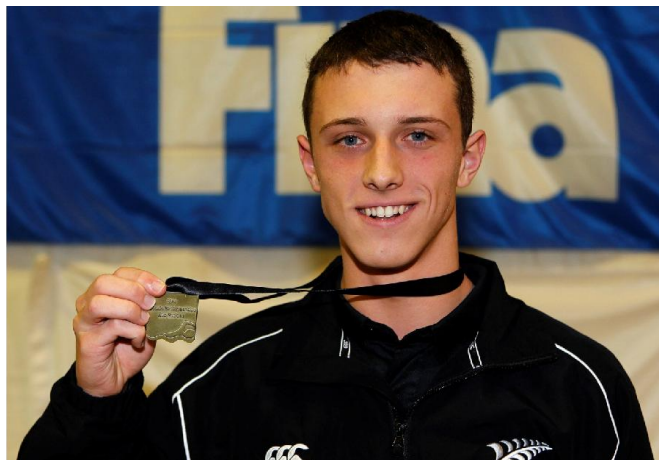


### Letter from Ben Walsh:



To the PCA Committee and Members I would like to say a big thank you for the generous assistance and support that I have received which has helped me to attend the Oceania Championships (20 – 23 May) and the Swimming NZ Evaluation Camp in Auckland (30 May – 2 June).

To be the first swimmer from the Porirua City Aquatics club to be selected for a national team to represent New Zealand at this swimming competition and the impending Junior Pan Pacific Games in August is definitely an honour and a privilege. By competing at both of these competitions it will allow me to gain further International competition and get more experience competing against swimmers from other countries.

The Oceania Championships were held in Auckland (20 – 23 May). This competition involved 175 swimmers competing from 14 different nations. I had fantastic results at this competition winning **Gold** in 50m breaststroke, **Gold** in 100m breaststroke, and 4<sup>th</sup> in the 200m breaststroke. I was also a member of the New Zealand relay teams (swimming the breaststroke component) which finished with a **gold** in the mixed 400 medley relay, **silver** in the mens 400 medley relay, and **third** in the mixed 200 medley relay.

I really enjoyed competing at the Oceania Champs as I got to compete at a higher level against people I hadn't raced before. The other NZ team members were a great bunch of people. It was great to have the opportunity to have one to one conversations with those that had already been to the Olympics or competed in other International competitions. Some of those I talked to were Samantha Lucie -Smith and Sophia Batchelor as well as other Olympians who were able to share with me some of their experiences and

some of the challenges they also face. Everyone was really supportive and this helped create a great team environment. We were all focused on the same goal of trying to win medals for our country. The pool side environment each day was fantastic with team chants being performed and everyone yelling for other team members competing at the time. Overall as a team NZ won the competition.

I was only home for four days and then flew back to Auckland again this time with Nevill where we both attended the Swimming NZ evaluation camp for Junior Pan Pacs in August. We stayed at the Millennium Institute (MISH) for the four days. We trained hard each day, had people talking to us about nutrition, drug testing, what it meant to represent NZ, and were tested on our fitness with each of us individually having our swimming techniques analysed. But it wasn't all serious and there were fun elements such as our Master Chef competition (where my team) won the competition with a superb meal of Hawaiian kebabs, rice and a great punch drink. I am looking forward to travelling with this group of swimmers to Hawaii as we all got on really well and had fun together.

My focus now is to train hard for the next three months in preparation for the Junior Pan Pacs.

Once again thank you so much.

Ben Walsh

### Subscriptions 2014/15:

The committee decided at its meeting on 11 June 2014 that the subscriptions for 2014/15 will remain the same as 2013/14.

### Next order for Club Uniforms:

The next bulk order for club uniforms is being put together for the end of July if there is enough interest.

If you wish to order any items then please complete an order form with your requirements.

Instructions for ordering, sizes etc are near the end of this newsletter and on the website and noticeboard.

### Parking near Cannons Creek Pool:

Complaints have been received by the pool staff about swimming people parking in church car park next door to the pool.

This area is clearly marked and is on private property.

Those parking there do risk being towed away.

## July School Holidays:

Club nights on Monday 7 July to Friday 18 July will be devoted to distance badge swimming only.

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, 400m, 800m, 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.

PCA has the pool booked until 8pm. Those swimming up to 400m metres should come at 6:00pm, while those swimming longer distances are to come at 7:00pm.

To help these evenings run smoothly Eileen and Viv need help from parents counting laps and/or 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, Penguins and Thursday Arena Group

As the Tadpoles, Penguins and the Thursday Arena Group 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

## From the Race Secretary:

### Club Records Update

No new club records

### Meets Since Last Newsletter

#### SWN Metro League #1 –Wanganui

- 18 PCA swimmers entered in 32 individual events and 15 relays
- Swam 18 Personal Bests = 56%
- 393 points earned.

In 2nd place on Metro League points table behind Capital (Aces)

Our swimmers had a great time travelling together on the bus up to Wanganui. It was a good chance for team building and to also mingle with some of the Tawa swimmers. Pick-up and drop-off went smoothly.

#### SWN Long Distance Meet - Coastlands

- Only 1 swimmer entered in 1 event for this meet
- No new Pb's

#### Gold Coast Ribbon Carnival

- 51 swimmers entered 152 events
- Swam 52 Personal Bests = 36%
- 16 DQ's and 27 New times

#### Oceania Championships - Mayfair Pools

A big congratulations to Ben, and Neville, for being selected to be part of our national team at this meet. Ben won 2 gold medals in 50m & 100m individual breaststroke, as well as placing 4th in the 200m breaststroke. Well done!

#### SWN Metro League #2 – Tawa

- 21 swimmers entered in 32 individual events and 15 relays
- Swam 21 Personal Bests = 66%
- 443 points earned.

In 2nd place on the Metro League points table behind Capital (Aces)

#### SWN Metro League #3 - Cannons Creek

- 21 swimmers entered in 32 individual events and 15 relays
- Swam 16 Personal Bests = 50%

PCA is in 1st place on the Metro League points table with 1253 points. Capital (Aces) in 2nd with 1132 points.

PCA will swim in the A final for the final Metro League meet at Kapiti.

## 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 (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](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:

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](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.

### 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:

**14 June** -Tawa Signature Meet (SC) WRAC – Entries Closed 2 June

**16 June** - PCA 100m Handicap Trophy (SC) Cannons Creek – Entries Closed 9 June

**21 June** - SWN Metro League Final (SC) Coastlands Aquatic Centre

**6 July** - Gold Coast Matson Trophy (SC) Coastlands Aquatic Centre – Entries Close 20 June

### Report of Best Times:

If you require a list of your times, please email Keri Martin 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 (Libby Lucas) .....	021-057-5197
Treasurer (Andrew Wills) .....	021-184-6134
Race Secretary (Keri Martin) .....	021-150-0063
Club Captain (Andy Wilkinson) .....	021-986-533
Junior Squad Liasion (Rebecca Easterbrook) .....	235-5678
Senior Squad Liasion (Hiria Pointon) .....	478-9265
Officials Contact (Terry Laws) .....	233-0360
Uniforms (Libby Lucas) .....	021-057-5197
Newsletter .....	e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>