

### Tadpoles:

An opportunity for club swimmers to swim with Alex and the Tadpoles

Vacancies exist in the club's Tadpoles group for term III. The Tadpoles is a technique group coached by Alex Bennett, on a Friday night from 6pm to 6.40pm

Criteria – 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.

General

- The cost of Tadpole's coaching is \$30.00 for the term.
- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of Alex's other groups (Swordfish or Penguins) or continue to swim in the volunteer coaches lanes.
- Should the numbers interested in joining the Tadpoles exceed spaces available, swimmers will be selected in consultation with their club coach.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 2347071, or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz).

### Learn to Swim – Term 3:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 10 August until Sunday 21 September.

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.

### 6 Centre Meet:

Congratulations to Ben Walsh, Bronagh Ryan and Jonty Bamber who were selected to represent Wellington at the 6 Centre Meet that was held in Palmerston North on 28 June.

This meet is held annually and is a competition between Hawkes Bay-Poverty Bay, Manawatu, Wairarapa, Taranaki, Wanganui and Wellington.

Wellington won the event.

### Snippets:

A little bit of history for those who wonder why PCA never hosts carnivals at Te Rauparaha Arena.

When the pool was built an error was made and all the lanes are a few centimetres short of 25m.

At the time, rather than have the length corrected the council came to a financial settlement with the contractors.

All pools used for racing are required to have a surveyor certify the length. This is a requirement that will never be able to be met for the Te Rauparaha Arena Pool.

### New Membership Database:

In accordance with the Swimming New Zealand (SNZ) constitution SNZ have created a new database to register members.

This database will also be used in the future (possibly in the next few months) to record times swum by swimmers (replacing Take your Marks as the SNZ register for times) and will also allow the online entry (and payment) to meets where the organisers have set up the meet to enable online entry.

The member information was copied from the previous national database where the quality of the information was not very good.

There has been a bit of work put in behind the scenes to ensure that the membership information is up to date, and part of this work has identified the requirement that the club hold a membership form for all members to ensure that our information is correct.

Currently we only hold membership forms for those who have joined in the last two years, so our more long term members will be requested to fill out another form.

It is important that the information is correct as with online entries swimmers whose details are not correct will be unable to enter regional or national events, and possibly some local ones as well.

## Meet Reports:

### 100m Handicap:

This meet sum on 16 June proved to be as exciting as ever, with close racing and a number of *unofficial* PB's swum.

Congratulations to the finalists, especially the winner Ethan Smyth-Rangi. Brodie Teirney was second, Sophie Paterson 3<sup>rd</sup>, Jamie Mason-Jones 4<sup>th</sup>, Jacob Reiher 5<sup>th</sup> and Ethan Jones 6<sup>th</sup>.

Well done to all the semi-finals, along with the finalists they were Maggie Peterson, Lachlan Hannon, Claire Ryan, Ariana Tierney, Tobias MacIntosh, Troy Griffiths, Brooklyn Ropeti, Lilah Smith, Grace Reiher, Jemma Brisk, Tyrone Lloyd, Ethan Hunter-Day, Tom Gibbs, Lennon Griffiths, Jamie Norris, Annabell Swallow, Angus Paterson, Greer Pugh, Daneka Sheppard, Liana Reiher, Max Jones, Declan Tierney, Jasper Brisk, Troy Hunter-Day, Josh Gibbs, Sophie Wills, Anais Lucas, Caleb Clarke, Bronson Lloyd and Ben Walsh.

Official times cannot be recorded in handicap races. The improvements made by some swimmers were huge, indicating they should be entering a *proper* meet to update their times.

### Junior Metro League 2014:

A Swimming Wellington Junior (12 & under) club competition with all clubs registered to Swimming Wellington racing against each other in individual and relay events across 3 rounds and a final.

11 teams registered so the rounds were swum in 2 sections at 2 different pools with points awarded as follows for each event.

Individual - 1st- 10, 2nd- 7, 3rd- 5, 4th- 3, 5th- 2, 6th- 1  
Relay's - 1st- 13, 2nd- 10, 3rd- 7, 4th- 6, 5th- 4, 6th- 2  
Cannon Relay - 1st- 18, 2nd- 15, 3rd- 12, 4th- 9, 5th- 6, 6th- 3

In round 1, PCA were drawn to swim in Wanganui which was great for us. The bus trip up and back was not only heaps of fun for the swimmers it also helped galvanise them together as a team forming bonds that encouraged them to work for and encourage each other when previously they were more used to competing against each other.

We came away from the Wanganui meet triumphant having seen off Tawa, SZR Fit, Capital Bees & Wanganui to be 2nd overall after the 1st round with 393 points just behind Capital Aces on 467.

Round 2, we were drawn to swim at Tawa pool.

Very tight for seating space however with previous experience we knew to get there early and secured a number of bench seats which we used to create an excellent hub.

Again we came away triumphant seeing off SZR Furious, Capital Bees, Raumati & Wanganui with 443 points, giving us a total of 836 points and closing the gap on Capital Aces with 864 points.

Round 3, we were drawn to swim at home, Cannons Creek Pool.

Wanganui were too quick and secured our usual hub at the blocks end of the stand, not a great start. We didn't have our best night and were humbled by SZR Fit who won the meet and topped the round with 432 points to our 417 points. In hind sight this loss was just the tonic to spur the swimmers on and make them dig deep over the following 2 weeks of training before the final.

Capital Aces also had a bad meet and only came away with 268 points giving them a total of 1,132 points meaning PCA were now on top with 1,253 points and seeded 1st for the final.

The Final was held at the Coastlands Aquatic Centre in Paraparaumu and with both the (A) & (B) finals held together (all 11 teams present at the same meet) the turnout was huge.

Alex was away at the NZ Junior Training Camp with Max so we were down our coach and one junior national swimmer, although there was no mention of that from the swimmers who all seemed focused and ready for the challenge ahead.

All points from the 3 rounds were wiped and the 6 (A) finalists started with a clean slate.

The Final was very close and at quarter time Capital Aces were leading PCA by 3 points. When this was announced it spurred the team on and by the half way mark PCA was leading by 1.

A fantastic effort by all in second half had us believing we could win, until the unthinkable happened, having had no DQ's at any of the previous meets I was suddenly handed 4 DQ slips. 2 were for the same race which we won the other 2 were for another 1st place and a 2nd placing all in all losing us a whopping 33 points. We had done well so far, DQ's happen, so let's just focus on finishing strong. We did, including winning the glamor Cannon Relay event.

Scores were tallied and read out, 6th Capital Aces, 5th Tawa, 4th Karori, 3rd SZR Fit, .....  
2nd Capital Bees

PCA had won !!!

The swimmers who were all getting changed had heard it on the loud speaker and came running, parents were elated and I was elated.

After the award ceremony swimmers and parents all enjoyed Pizza and Fizzy kindly supplied by the committee as reward for the great effort our team had put into making the final.

Looking back the 2 highlights for me were the trip to Wanganui and the fact that after 3 rounds of meets where swimmers pretty much swum in the same events, there were still 12 individual personal bests swum on the final night.

Thank you to Easy Swim (Todd Morton) for his sponsorship, to Kerri for all the hard work behind the scenes running off best times, doing entries etc., to Andrew Wills, Debbie Drummond, Jo Bamber and Kerri again for all their hard work marshalling our swimmers at each end of each meet and to the committee for entry fees and pizza.

Congratulations to the PCA team – Michaela Jones, Ella Drummond, Ben Orsman, Daniel Baker, Angus Paterson, Georgia Wills, Emilee Wilkinson, Jamie Mason-Jones, Danika Sheppard, Luke Martin, Sophie Paterson, Gemma Orsman, Victoria Ferguson, Jose Pereira, Bronson Lloyd, Max Drummond, Jonty Bamber, Ben Callear, Jacob Reiher, Jake McAllister, Sophie Will & Sophie Wilkinson and to Alex Bennet for all the hard work coaching the team at each meet and the work during coaching sessions to improve swimmers enough over 6 weeks to win 1st place.

It was a pleasure to manage the team over the 6 weeks.

Thanks

Andy

Team at Coastland Aquatic Centre on Finals Night after winning the final.



Front - Michaela Jones, Bronson Lloyd, Victoria Ferguson, Sophie Wills, Sophie Wilkinson, Jacob Reiher, Gemma Orsman, Sophie Paterson  
Middle - Andrew Wilkinson (Manager) Jose Pereira, Luke Martin, Todd Morton (Sponsor)  
Back - Ella Drummond, Emilee Wilkinson, Georgia Wills, Jonty Bamber, Angus Paterson, Jamie Mason-Jones, Ben Orsman, Daniel Baker  
Missing - Max Drummond, Danika Sheppard, Jake McAllister, Ben Callear

A huge thank you goes to Andy Wilkinson for managing and encouraging the team, and working out who would swim in which event to give our team the best advantage – “Thanks Andy, this win was a great reward for your efforts” – Viv Morton President

## 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).

## BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzles (or whatever else you would like to cook on the BBQ) less

any direct expenses is kept by the club and allocated to the family who manned the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Onolata Little e-mail [o\\_g.saunders@xtra.co.nz](mailto:o_g.saunders@xtra.co.nz) or phone 235-5646 for further information.

### 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 in 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:

<b>Style</b>	<b>Size</b>	<b>Price</b>
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:

**26 July** – Raumati Signature Meet (SC) Coastlands Aquatic Centre – Entries Close 14 July

**2, 3, 9 and 10 August** – Swimming Wellington Winter Champs (SC) WRAC – Entries Close 21 July.  
*Eligibility Report on notice board at Cannons Creek Pool and in Squad Area of Website.*

**23 August** – Gold Coast (LC) Naenae – Closing Date TBA

### 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 Liaison (Julia Kelly).....	027-748-9479
Senior Squad Liaison (Hiria Pointon).....	478-9265
Officials Co-ordinator (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>