

Family Fun Night – Monday 15 December:

6:00pm warm-up for a 6:30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes:

- piggy back races
- monster whirlpool
- family relays (teams of three from one family)
- friends relays
- novelty events
- width kicking races for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers.

If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

Christmas / January School Holidays:

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv, Tony, Richard and/or Peter Family Fun Night (December 15th) will be the final club night for 2014.

Training for the Seals and Penguins will finish the week ending 19 December.

With Cannons Creek closing for maintenance in January we cannot confirm re-start dates at this stage. Swimmers will be notified by email and restart dates will be on our website.

Swordfish and Orcas sessions will finish at Cannons Creek the week ending 19 December. Training will be held at Te Rauparaha Arena on 22 and 23 December, and then again from Monday 5 January. Times will be advised.

Wellington College Sports Awards:

Congratulations to Ben Walsh who was named Male Swimmer of the Year at the Wellington 2014 College Sports Dinner recently.

Emelie Clarke (who is swimmer in our senior squad) was named Female Multisport Athlete of the Year.

Ben was also named Tawa College's Swimmer Year and overall Sportsman of the Year for 2014. Ben is the second person to ever win this title in three consecutive years.

Porirua Sports Awards:

PCA was to the fore at the Porirua Community Trust's Sports Awards were held on 13 November.

Nevill Sutton was named Coach of the Year, for the second year running and **Ben Walsh, Young Male Athlete of the Year**.

Congratulations to you both. These awards are truly deserved.

It was interesting that aquatics sports took out many of the awards, with athletes from bare foot water skiing and underwater hockey amongst the winners.

Peter Jones (father of four PCA swimmers) was recognised for his contribution to Titahi Bay Surf Club Junior Development Programme. Well done Peter

Swim Wellington Awards:

More Awards were bestowed on PCA members at Swim Wellington's Award evening held on Saturday 15 November.

Ben Walsh won Selectors trophy. This trophy goes to the swimmer who have broken the most Wellington Regional Records in the last year. Ben broke an amazing 40 Wellington records and 9 National Records – a tremendous achievement, well done Ben.

Ben was also named Wellington's National Group Swimmer of the Year. This title goes to the Wellington swimmer (aged between 13 and 18) who has had the most success in the year.

Peter Gibbs was presented with an Award in the Volunteer Coach of the Year category. We all know of the great job Peter does at PCA as a club coach and learn to swim instructor. Peter has up skilled himself this year gaining a number of coaching qualifications and it is great to see Peter's dedication and commitment recognised by Swim Wellington

Gold Coast Meets – Door Entry Charges:

You are reminded that everyone is required to pay the door charge at Gold Coast Meets.

The fee is \$6.00 for swimmers and \$1.00 for everyone else, including officials.

It seems the ladies who 'manned' the door at the last Gold Coast were challenged several times about the need for officials to pay.

The door people are not the people who set the rules.

If you have a concern about the Gold Coast Meets feel free to discuss these with me.

Viv Morton (Chairman of the Gold Coast Committee)
phone 234-7071.

Door Entry Fees at Cannons Creek:

The council have advised that not all our swimmers are paying the door charged when they enter the pool.

All swimmers training in the Penguins, Seals, Swordfish and Orcas are required to pay the pool staff their door entry money.

Free entry only applies when the club has exclusive use of the whole pool (Sunday mornings, and Monday and Friday nights from 6pm)

Free entry also applies to the Orcas on Monday nights.

Short and Long Course Racing:

For those who race often, many meets in the Summer are held in a 50m pool – the summer is known as the long course season while the winter is often referred to as the short course season (25m pool).

This can present an issue for swimmers who compare the times they have just swum with their entry time on the programme to determine if they have PB'd or not.

Entry times may be converted times and should not be used in this way.

Ideally all swimmers will keep a log of best their short and long course times for all events, and use their log to work out if they have PB 'd.

Meet Reports:

Levin Spring Meet – 12 October:

The Levin meet was a great event for our PCA swimmers.

We had an early start, meeting the bus at Paremata station, and arrived in Levin with plenty of time to enjoy the sunshine, play and eat our lunch at the play park.

The meet was well attended and some good times were achieved by our swimmers.

We had a short break midway during the meet in which we enjoyed delicious cake from Malina's Mum.

A dinner break at McDonald's in Paremata ended a very successful and fun day out.

Thanks very much to PCA for covering the cost of the bus, the parents who joined us and to Andy and Rebecca, our team managers.

An awesome day.

Swimzone Signature Meet – 18 October

During this competition I was so proud of all our swimmers.

There were many who had not swum in a 50 meter pool, and that had never swum at the Wellingtons Regional Aquatic (WRAC) Centre.

It was a great opportunity for them to gain the experience and to observe the difference from many of our local club swim meets.

After arriving on time swimmers completed a dry land warm up, followed by a swimming and diving warm up.

Unfortunately we had to re-locate our position afterwards due to last minute changes that Swimzone made with their marshalling but we still maintained a poolside view.

This did not appear an issue for us and we didn't lose anyone during the process..!!

This race meet covered so many different races for separate males, female and age groups so PCA swimmers got to see a lot of great swimming when they were not participating themselves, and although this was a lengthy meet I was so impressed with the patience of our swimmers and there fantastic behaviour.

I feel that this is a good reflection of our club and makes us stand out from the crowd, for all the right reasons.

Thank you to all parent participation and Coach Alex

Well done guys you did great

Team Manager
Libby Lucas

PCA Hardcore Meet – 1 November:

It was great to see 40 plus swimmers over a wide age range attend this meet.

It was a long meet and the younger swimmers did very well to survive the duration.

We saw some awesome Personal Best times set and it was really good preparation for the longer events coming up after Christmas. The meet itself was extremely well run and that was thanks to all the PCA organisers, the family members that helped out in many different ways and of course the great turn out.

Clare Newton Smith
Team Manager

In-House League – 17 November

Congratulations to Team 3 (Ben) who finished in first place on 700 points.

The other teams finished as below:

| | | |
|--------|-------------------------|------------|
| Second | Team 2 (Bronagh) | 599 points |
| Third | Team 5 (Monica) | 566 points |
| Fourth | Team 1 (Matisse) | 560 points |
| Fifth | Team 6 (Hannah & Katie) | 500 points |
| Sixth | Team 4 (Jordana) | 480 points |

Well done to all the swimmers who took part.

Thanks to the team leaders who did an amazing job organising their teams, and also to our talented guests DJ Stapleton, and Will and Danny McDowell for coming along and supporting our swimmers.

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.

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 in the Senior Squads, or Alex in the Orcas, Swordfish I & II, Penguins and Seals).

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or 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.

Annual 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 squad or 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 staff the desk on Monday and Friday nights at Cannons Creek. Times: 5:45pm (for 6:00pm session start) ending 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.

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 sizzle (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 did 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 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) or the Team Manager at swim meets.

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:

| 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, 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:

22 November – Capital Signature Meet (LC) at WRAC – Entries Closed 10 November

30 November – Gold Coast (SC) at Cannons Creek – Entries Close 24 November

6 December – Swim Wellington Meet (LC) at WRAC – Entries Close 25 November

15 December – Family Fun Night Cannons Creek – Final Club Night of Year

16 – 19 January 2015 – Swim Wellington Summer Champs (LC) at WRAC – Entries Close 15 December 2014

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:

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|---|---|
| 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 |
| Squad Liaison | |
| Junior Squad (Rebecca Easterbrook) | 235-5678 |
| Senior Squad (Hiria Pointon) | 478-9265 |
| Officials Co-ordinator (Terry Laws) | 233-0360 |
| Uniforms (Libby Lucas) | 021-057-5197 |
| Newsletter | e-mail info@swimporirua.co.nz |