

Happy New Year:

The PCA Committee would like to welcome all members back for 2015 and hope you had a good break for those that were able to have a break, and for those who continued training we are sure the extra hours put in will show with results in the pool.

Cannons Creek Pool Sessions:

Club Night Swimming and Junior Squad Sessions start for the year from Monday 2 February at Cannons Creek Pool.

Waitangi Day:

Please note that there will be no club or squad sessions on Friday 6 February – Waitangi Day.

Monday Night 7:30pm Session:

Those who attended this session during 2014 will have noted how crowded the pool was becoming, and as a result for 2015 it has been decided that this session will be restricted to college age (Year 9 up) swimmers only.

PCA acknowledges the growth of this group is mainly due to the efforts of Peter, Richard and Eileen in coaching this session.

Annual Prizegiving:

Mark your diaries now for the Annual Prizegiving to be held on 23 May.

This will be held late in the afternoon. More details will follow.

Tadpoles:

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

Vacancies exist in the club's Tadpoles group for term I. 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 234-7071, or email president@swimporirua.co.nz.

Learn to Swim – Term 1:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 15 February until Sunday 29 March.

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.

Swimming NZ Zonal Championships:

Congratulations to the following PCA members who have been selected to represent the All Stars Zonal Team (Wellington and Manawatu Regions) for the SNZ Zonal Champs on Sunday 8 February starting at 5:00pm.

Bronagh Ryan – 16 & over Women
Ben Walsh – 16 & Over Men
Nevill Sutton – Coach

The Zonal Champs will be shown live on Sky TV.

Boys Changing Rooms – Cannons Creek Pool:

Leading up to Christmas the pool staff complained about the way the boys changing rooms were left on club nights.

On more than one occasion the contents of the rubbish bin were spread around, and lots of toilet paper was used to 'wrap' the toilet so it flushed continuously.

We need everyone's support to stamp out this behaviour.

If those you are responsible for are taking a long time to dress, can you please check and see what the hold up is.

Your support would be appreciated.

Swimming NZ Membership Database:

Swimming New Zealand (SNZ) now has an online database of members which also holds all swim times and allows for direct entry to some national events. Members can also update their personal details online, although you also need to contact our membership admin (info@swimporirua.co.nz) to have the club records updated.

Members can access the membership area from the SNZ website <http://www.swimming.org.nz/>.

You will need a username and password and an email was sent out to each financial member in mid December with the details on setting up the username and password. If you did not get an email or are having issues accessing the members area, please contact Brent Harris (Membership Admin) at info@swimporirua.co.nz or 027-489-1120.

Swimmer Registration Status:

As a Swimming New Zealand (SNZ) affiliated club PCA registers all our members and officials with SNZ.

Every person registered fits into a category set out by SNZ – official, administration, coaches – for adults, while swimmers are 'club' or 'competitive' swimmers.

The SNZ constitution defines the requirements for being a competitive swimmer, and if a swimmer does not meet that requirement then they are registered as a club swimmer.

These categories should not be confused with the way PCA operates, we have "club" swimmers swimming under the volunteer coaches, while our "squad" swimmers train under paid coaches.

While most of our club swimmers are registered as club swimmers some are registered as competitive and while the majority of our squad swimmers are registered as

competitive swimmers, some are registered as club swimmers.

For SNZ purposes club swimmers are those who race in events up to 50m outside of club competitions, and from there once a person enters a 100m event or enters a regional competition (eg SWN Summer Champs) they become competitive.

All swimmers start out as club swimmers and as they step up to race 100m PCA will upgrade them.

You will now see many flyers defining some 25m and 50m races for 'Club' swimmers while there may also be 50m races on the programme for 'Competitive' swimmers. If you have raced 100m races you should enter the 'competitive' 50m races – if you are new to swimming then enter the 'club' races. ...but be assured the club is also monitoring entries and will change swimmers event numbers, or change your registration status to ensure that each member is racing in the correct event under the appropriate registration.

Novice Carnival – 22 March:

Porirua City Aquatics will host our Annual Novice Carnival on Sunday 22 March at the Cannons Creek Pool.

Warm up is at 1.30pm for a 2pm start.

This is a great opportunity for those who are new to the club and those who have not competed in may carnivals to come along and **Have-a-go** at this introduction to racing meet.

Races will be 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.

This meet is an introduction to racing and is targeting newer club members and swimmers who have not raced in three or more zone or interclub events.

Swimmers who have qualified to swim at the Wellington Champs or have raced 100m in zone or interclub events may not enter.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet.

The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon.

Swimmers will swim each event/s they enter once, and the times will be collated to rank the swimmers – 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.

It would be great if our club had 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.

PCA Club Championships:

Session 1 - Friday 27 March
Session 2 – Monday 30 March
6:00 pm warm up for a 6:30pm start for both sessions.
Age as at 27 March 2015.

The club champs replace all club and squad session on these nights.

Over the years the club has had over fifty cups and trophies donated and these are swum for at our Annual Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups from 6yrs and under up to 17yrs and over, and the points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all others participating) contributed to the Age Group medals.

Both the Age Group medals and Cups and Trophies will be presented at our Prize Giving. (Further details will follow, re the date, format etc.)

To give our swimmers a chance to record official times these Championships we intend to run these championships as an official meet.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest (like Gold Coast Meets) with boys and girls swimming separately.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme, I am sure everyone will find something they are comfortable to swim.

Full details are on the noticeboard.

Obviously we will need help to run these Championships – officials will be called for on the night. As this is an 'official' meet we must have three timekeepers (two of whom must be qualified) on each lane, at least three IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin.

Signature Meet Entry Criteria Changes:

Please note that there are some changes to the Signature Meet Entry Criteria so you will need to ensure that you read the flyer carefully.

The main change is that Signature Meets are now being split based on a swimmers 50m freestyle time.

Swimmers will only be able to enter the Signature Meet where their 50m freestyle time is over or under the specified time, which is currently 34 seconds.

The meet flyer will specify the conditions and we have added a note to our calendar page on the website which meets are +34 or -34.

Meet Reports:

Swimming Wellington Champs:

The Swimming Wellington Champs were held at the Wellington Regional Aquatic Centre (WRAC) in Kilbirnie over the Wellington Anniversary Weekend and ran for seven sessions from Friday 16 to Monday 19 January.

PCA had a team of 37 swimmers entered in 217 events for the champs, with medal results as below, swimmers age is shown in brackets.

<i>Name</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
Ella Drummond (9)	1		
Max Drummond (11)	4	3	2
Bronson Lloyd (12)		6	2
Luke Martin (11)		1	2
Jed McLachlan (9)			1
Gemma Orsman (12)	1		1
Bronagh Ryan (21)	3	1	1
Ben Walsh (17)	13	1	
Emiliee Wilkinson (10)			1
Georgia Wills (11)			1
Total Medals	22	12	11

PCA was placed 7th out of 30 clubs (5th Wellington Club) who had swimmers entered in the champs.

Congratulations to Max Drummond and Ben Walsh who were both named 'Swimmer of Respective Age Groups' at the end of the meet and received a T3 voucher.

Well done to Ben Walsh who broke the Wellington Long Course record for Boys 100m Butterfly in his last race for the meet. Ben's time of 57:22 broke the previous record of 57:75 set by Gareth Kean on 1 April 2009.

Full meet and session results (Heats and Finals) are on the 2015 calendar page on our website.

Thanks to the parents of the swimmers and other club members who did not have children swimming for helping with duties and officiating.

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 can be paid at the duty desk 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 should be paid as soon as possible.

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) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

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.

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:

31 January - Upper Hutt Signature Meet (+34 LC) at WRAC – Entries Closed 18 January

7 – 8 February – Wairarapa Championships (SC) at Masterton – Entries Closed 19 January

14 – 15 February – Wanganui Signature Meet (SC) at Wanganui – Entries Close 2 February

15 February – Karori 12 and Under Meet (SC) at Karori – Entries Close 30 January

20 – 22 February – SNZ Junior Champs (LC) at WRAC – Online Entries Close 9 February

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
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