

### April School Holidays:

There will be no club or squad sessions over Easter Weekend from Friday 3 April to Monday 6 April.

There will be no club sessions on the Friday Nights during the holidays (10 and 17 April).

Club swimming will be held as normal on Sunday 12 April and Sunday 19 April.

Club night on Monday 13 April will be devoted to distance badge swimming only.

For those new to the club, PCA has distance badges where 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 8.30pm. Those swimming up to 400m metres should come at 6:00pm, while those swimming longer distances are to come at 7:00pm. To help this evening 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.
- The Orcas squad will be training with Alex in 3 lanes until 6:30pm, leaving club swimmers 3 lanes from 6:00pm to 6:30pm, and six lanes after 6:30pm.

Tadpoles, Seals, Penguins and the Thursday group do not train over the school holidays, swimmers are welcome to come along on Monday 13 April and swim distance badges.

The School holiday timetable for the Swordfish and Orcas is still to be finalised. Watch the noticeboard/website for details

### Club Gear:

Swimmers who have borrowed club gear (flippers, pull buoys, paddles and/or kick boards) are asked to return these to our storeroom at Cannons Creek so that everyone can use them.

### Door Entry Fees:

The Cannons Creek pool manager recently mentioned the awkward situation pool staff are placed in when swimmers who don't have enough credit on their concession cards to cover their door entry, are just dropped off at training.

Rather than risk your swimmer being refused entry, parents are asked to ensure they keep their swimmers cards topped up.

All swimmers training with Alex are required to pay the council's door entry.

The only exception is the Orcas on Monday nights.

### Porirua City Aquatics Div III Meet

Saturday 18 April at Naenae Pool

All clubs are allocated two meets a year on the Wellington Swimming Calendar and Div III is the first one for PCA this year.

This is a club fundraiser and it is hoped we will also have the biggest team at the meet.

The meet is open to all developing swimmers who have not qualified for this year's Nationals. This means swimmers who you often read about medalling at National and Wellington meets may not enter.

The purpose of this meet is to give developing swimmers a chance to shine, medal and gain finalist ribbons.

The club will be expecting our Nationally qualified swimmers to help out in return for the support PCA has given them to attend Nationals.

Entries close on Tuesday 7 April.

Entry fees for PCA club members have been reduced to \$5.00 per event.

Full entry instructions are on the noticeboard

### Metro League:

The club has entered two teams into the Metro League for 2015.

The Metro League is an inter club competition for teams of swimmers 12 years and under.

Please note that the session times have been changed and are as follows:

Sunday 15 March (Huia Pool)  
Session 1 – Warm-up 12:00pm  
Session 2 – Warm-up 2:00pm

Sunday 17 May (Coastlands Aquatic Centre)  
Session 1 – Warm-up 9:30am  
Session 2 – Warm-up 11:15am

Sunday 31 May (Coastlands Aquatic Centre) – Final  
One Session Only – Warm-up 10:30am

Teams have been selected and those swimming have been notified.

### 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. Entries Close 20 March.

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.

### ANZAC Day Holiday

As ANZAC Day is Saturday 25 April, Monday 27 April will be a public holiday.

There will be no club or squad sessions on Monday 27 April.

The usual Sunday morning sessions will be run on Sunday 26 April.

### Club Cups and Trophies:

Club Cups and Trophies awarded last year need to be returned by 15 March so that we can have them sorted and engraved in time for this years prizegiving.

Cups and Trophies should be returned to Eileen Adams at Cannons Creek Pool on Monday or Friday club nights.

Please ensure that the Cups and Trophies have been cleaned and are in a suitable condition to be presented to the next recipient.

### Meet Reports:

### Wairarapa Champs:

The Wairarapa Champs were held in Masterton over a weekend and two evenings. This was a short course meet. PCA had a small but committed team attend the weekend part of the meet.

All our swimmers did really well putting in some great swims. We came away with a large number PB's and medals – congratulations to all our swimmers.

It was great to see swimmers and families supporting each other across the duration of the meet.

Thanks also to our PCA officials who helped out with the meet.

Hiria and Adele



Our team after 'dry land' in preparation for Saturday afternoon session – with our very own photo bomber in the background...

## Swimming NZ Junior Champs:

The New Zealand Junior Championships 2015 were held at Wellington Aquatic Centre, Kilburnie over 3 days 20 to 22 February.

PCA had 11 competitors who qualified: Daniel Baker, Ella Drummond, Max Drummond, Victoria Ferguson, Michaela Jones, Bronson Lloyd, Luke Martin, Gemma Orsman, Emilee Wilkinson, Georgia Wills and Sophie Wills - great achievement well done.

The team had a great 3 days: a total of 43 swims with 24 PB's, 20 top 10 placings. Max placed on the podium for 200m free - Silver, 100m Back - Silver, 100m Free - Silver.

Congratulations to the swimmers who achieved top ten placings nationally:

Max Bronson (8 events)  
Bronson Lloyd (7 events)  
Victoria Ferguson (3 events)  
Gemma Orsman (2 events)

Max and Bronson were selected as part of the Boys Regional 200m Free Relay Team and placed 3rd. This was an outstanding effort from all the swimmers. Swimmers had a great attitude and believed in themselves, they encouraged and cheered each other on with gusto.

The club finished up 17<sup>th</sup> on the club points table (4<sup>th</sup> Wellington Club).

A special thanks to Alex who kept the swimmers focused, motivated and calm even when nerves peaked.

As always the parental cheering - fantastic, thanks to all those that gave up cheering and officiated. Finally to PCA thanks for supporting the children to compete, the parents and the coaches for the hours you put in.

From Team Manager  
Rebecca

## 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](mailto: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](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 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](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) 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:

<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), 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:

**15 March** – SWN Metro League (Huia) – Team Selected.

**22 March** – PCA Novice Carnival (Cannons Creek) – Entries Close 12 March.

**27 March** – PCA Club Champs (Cannons Creek) – Entries Close 20 March.

**30 March** - PCA Club Champs (Cannons Creek) – Entries Close 20 March.

**18 April** – PCA Div III (Naenae) – Entries Close 7 April

Keep an eye on the calendar page of our web site for any updates.

### 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
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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>