

Queens Birthday Weekend:

There will be no Club or Squad swimming on Sunday 31 May and Monday 1 June.

Prive Giving and Annual General Meeting:

This combined event will be held on Saturday 23 May 2015 in the Lecture Theatre, upstairs at the Te Rauparaha Arena, commencing at 4:00pm.

All club member's, their families and supporters are welcome.

Please bring a plate of finger food for afternoon tea.

PCA has over fifty Cups and Trophies to present to our Club Champions and others who have achieved during the year, as well as Age Group Medals and Club Champs Certificates.

Traditionally our AGM usually takes less than an hour.

PCA is always on the hunt for new committee members – if you would like to join the committee or find out a little more about what is required, give Viv a ring 2347071.

It is important that the PCA committee is a truly representative of the many levels of swimmers we cater for.

Subscriptions for 2015/16

Membership fees for the new year, 1 July 2015 to 30 June 2016 will remain the same as they have been for this last year.

That is \$160.00 for swimmers who train under our volunteer coaches, including the Tadpoles, and \$110 for the Penguins, Seals, Swordfish and Orcas groups coached by Alex, Todd's Thursday group and the Senior Squad coached by Nevill.

If you are wondering 'why the difference?' it should be remembered that all squad swimmers pay additional coaching fees to cover wages and/or pool hire, while the pool hire costs are built into the \$160 sub.

Subs must be paid no later than 30 July although swimmers entering carnivals must be financial before placing their entries in any meet.

It is important for those entering the Wellington Champs this year ensure that their subs are paid prior to putting in their entries.

Subs should be paid into account no 030547 0205093 00 – please use the swimmers name as a reference.

Coaching Fees:

Swimmers in the Thursday group, Seals and Penguins are reminded that coaching fees for this term are due now.

That fees are \$60 for the Thursday group and \$90 for the others.

Fees should be paid into account no 030547 0205093 02 – please use the swimmers name as a reference.

Swimmer Registration Types:

Those who enter carnivals will notice that some meets are just for *competitive swimmers* while other meets include races for both *club* and *competitive* swimmers.

This may mean an event like 50m freestyle will be included in a programme twice.

PCA parents and swimmers are advised that the Swimming NZ registration status is separate to how the club runs its swimming programmes. The Club has Club Lane Sessions which are run by Volunteer Coaches and Squad Sessions run by paid Coaches

When PCA completes each member's registration with SNZ, swimmers fall into a category that is determined by the distance they race at interclub meets.

Once they race in 100m races they become competitive, while those racing up to 50m may be club swimmers.

As swimmers move from 50m races to 100m events (in Interclub Meets), PCA will up-grade them as required.

When entering swimmers in meets Keri, our wonderful race secretary does check that swimmers are entering the correct event....so if you get it wrong Keri will be in touch.

As it stands at the moment, Swimming NZ's has determined that times will not be accepted as 'official' if club and competitive swimmers swim in the same event – hence the need to separate the events.

If you have a query about this speak to Keri, Viv or Brent Harris.

PCA's Annual 100M Handicap Trophy:

The club's annual 100m Handicap Trophy meet will be held on Monday 22nd June 2015. Warm up is 6pm for a 6.30pm start.

To enter swimmers need to have a current 50m or preferably 100m freestyle time. There are plenty of carnivals coming up for swimmers to up-date their times.

Swimmers who can swim 100m freestyle without stopping should enter – this is a really fun event. Note: Entries close Monday 15th June.

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move into the second round – the semi finals. These thirty six swimmers will be the first three or four place getters from each of the heats, depending on the number of entrants/heats there are. The winner from each of six semi-finals will then compete in the grand final.

As swimmers “drop out” they will be put into one of the six relay teams. All teams will compete in relay heats to establish a time and then later in the relay final which will be handicapped. Teams improving their time by more than 4 seconds will be disqualified.

An explanation about handicapped swimming

Swimmers will be given a handicap based on their best time. For example - take two swimmers – one who is 10 seconds faster than the other. When they start the race the starter will say “GO” and the slower swimmer will dive in – the starter will then count the seconds out loudly – the second swimmer will then start when the starter calls “10” – if both these swimmers are competing up to their best, they should finish at the same time.

Imagine having six swimmers in one race, all starting at different times and finishing within splits of each other – very exciting!!

To enter swimmers should list their names on the flyer on the noticeboard. Entries close on Monday 15th June. Late entries will not be accepted.

To enter list your names on the noticeboard, or email the Race Secretary.

Meet Reports:

PCA Division III - Naenae Pool - Saturday 18 April 2015:

With just days to spare, our Division III competition was confirmed as being able to take advantage of the 50m pool at Naenae following remedial works to bring the long course pool into line with official requirements!

This helped to keep up the challenge for our swimmers who often don't get the chance to swim long course in competition and have the chance to stand on the dias as the best in their events.

With the Division III competition being a significant fund raiser for the club, it was great to see over 200 competitors and their families having a great time supporting their swimmers.

Our team of 20 swimmers entered 109 races out of a programme of 126 events - run over morning and afternoon sessions. Everyone should be very proud of our team's 41 personal best times, 14 finalist ribbons, 4 bronze, 1 silver and 3 gold medals.

Our PCA team and parents certainly made plenty of noise supporting our swimmers and cheering for our medalists at presentation time.

Thanks to all the volunteers who made the meet happen - team managers, race officials and timekeepers, swim admin team, refreshments team, door entry team, medal and ribbon presentations, announcements - you all did a great job - finishing the busy programme virtually on time. Many club members who hold national qualifying times (so are ineligible to swim in Division III) were a great help around the pool too.

Thanks to the PCA Families who provided the wonderful array of food, Terry Laws for organising the officials, Viv Morton and Yvonne Pugh for the meet raffle prize and to Bill Walsh for the officials thank you gifts. It was a big day with some tired but happy swimmers and parents by the end - and plenty of fun had by all!



Team Managers
Murray Pugh
Corinna Davies
Hilary Jones

Gold Coast Paekakariki Relay and Chocolate Carnival Tawa - Sunday 3 May:

Another great Gold Coast meet, this time at Tawa Pool.

There isn't so much room around the pool so we skipped the land warm-up and our 47 strong team went straight into the pool.

The Team Manager's pep talk consisted of a reminder that swimming a personal best meant that there would be chocolate.

The swimmers were excited!

Actually, I think the resulting flood of chocolate helped to increase vocal performance along with the swimming!

Our cheering, particularly for the final Cannon Relay was impressive!

Our swimmers earned 27 personal best chocolate bars.

The relays were lots of fun, and that Cannon relay - 8 swimmers in total in 4 age groups - was a very close finish, although Tawa ended up a fraction too strong for us.

We had some swimmers new to Gold Coast and competition racing so I hope you enjoyed the experience and are keen for more - you did awesome.

Thanks to two of our Jordan Harris and Keely Saunders for coming out of Competitive Swimming retirement and coming along to allow us race the big relay and thanks to Alex for pre-race coaching tips, and finally, well done and thanks to our team managers team - Hillary and Anna particularly!

Murray Pugh, Hillary Jones, Anna Peterson
Team Managers

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.

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 May – PCA Race Night (SC) – Entries Closed 13 May.

31 May – SWN Metro League (Final) – Coastlands Aquatic Centre.

6 June – SWN Long Distance (SC) Coastlands Aquatic Centre – Entries Close 26 May.

13 June – Karori Signature Meet (SC) (-34) – WRAC – Entries Close 2 June.

21 June – Gold Coast Ribbon Carnival (SC) – Cannons Creek – Entries Close 17 June.

22 June – PCA 100m Handicap (SC) – Cannons Creek – Entries Close 15 June.

27 June – Tawa Signature Meet (SC) (+34) – WRAC – Entries Close 15 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 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 info@swimporirua.co.nz