

Junior Squad Training Friday 17 July:

On Friday July 17th training at Cannons Creek Pool from 4-5 pm will be for Swordfish I and Swordfish II swimmers who will not be swimming in the Wellington Champs.

For Orcas and Swordfish swimmers who have entered the Wellington Champs there will be a training session at the Arena Pool at 5.30pm. This session will be followed by a team meeting for parents and swimmers to go over arrangements for the Champs.

Swimmers will need to pay to enter the pool. Passes used at Cannons Creek are not accepted at the Arena.

Gold Coast Matson Trophy – 16 August, Coastland Pool.

This meet is very similar to PCA's handicap meet swum a few weeks ago.

Swum over 100m freestyle, swimmers complete in the heats, and depending on their heat placing some race in the repechages, while others move straight to the semi finals, that are swum later with the top finishes from the repechages.

Ten from the semi-final will make up the grand final. This may sound quite complicated but it a great programme. Each round is re-handicapped, and as with all handicapped swimming is a fun meet. Also on the programme are 50m races in all strokes and a relay for club selected teams of six, which is swum twice, once to get a time and then as a handicap final. See the notice board for details.

Entries close 5 August.

An opportunity for club swimmers to swim with Alex and the Tadpole:

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

Interschool Swimming Sports:

Club swimmers are urged to follow up with their schools to ensure they will be entering a team in either the Porirua or Parumoana Interschool Swimming Sports. PCA has been involved with the planning along with Dash, Swimming NZ and Swim Wellington representatives.

The Sports will be held at the Cannons Creek Pool on 8, 9, 10, 15 and 17 September.

Each school cluster will have one morning for years 5 and 6, and another for years 7 and 8.

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 prorated 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.

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

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 (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Club Captain (Terry Laws)	233-0360
Squad Liaison	
Junior Squad (Richard Peterson)	236-5406
Senior Squad (Hiria Pointon)	478-9265
Officials Co-ordinator (Rebecca Ferguson)	
Uniforms (Libby Lucas)	021-057-5197
Newsletter	e-mail info@swimporirua.co.nz