

Congratulations Bronson:

Congratulations to Bronson Lloyd who won Swimming NZ's XLR8: swim faster, faster! award for May and June for 12yr olds.

XLR8 is a motivational programme developed by SNZ where swimmers score points across a combination of events and are ranked nationally on their performances.

The programme recognises versatility and all-round ability, rewarding correct application of the processes necessary for long term athlete development.

The four event combination is made up from:

- One DISTANCE freestyle event – the distance varies with age.
- One INDIVIDUAL MEDLEY event – the distance varies with age.
- One 200m FORM event – 200m Backstroke, Breaststroke or Butterfly.
- One OTHER event – the next best event, not used in events 1, 2 or 3

For more information on the programme search XLR8

Congratulations Onolata:

Congratulations to Onolata Little who was a very deserving recipient of the Wellington Service Award that was presented to her last month at the Swim Wellington AGM.

Service Awards recognise those who have given outstanding service to their club or the region over a number of years.

Onolata easily fitted this criteria – well done.

Porirua and Parumoana Interschools Swimming Sports:

The four sessions of these interschool swimming sports were exciting and deafening! It was great to see our PCA swimmers turn out and swim so well for their school teams.

A huge thank you goes to everyone who helped with time keeping, officiating and the many other jobs that go with running successful meets, especially those who came along when they didn't have children swimming.

Overall PCA should be extremely proud with the way the four meets ticked along.

Congratulations to the winning schools

Years 5 and 6

- Porirua cluster – Titahi Bay School
- Parumoana cluster – Papakowhai

Years 7 and 8

- Porirua cluster – Te Kura Maori o Porirua
- Parumoana cluster – Plimmerton

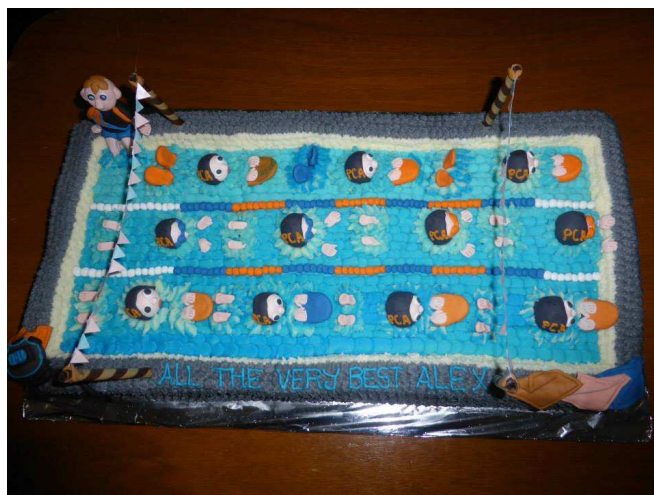
Farewell function for Alex Bennett:

Our Junior squad coach of 6 years was farewelled at a gathering at Cannons Creek Pool on Saturday 29 August.



The farewell was attended by a very good crowd of PCA Committee members, past and present swimmers of Alex's squads and their parents.

A presentation was made by Viv Morton, club president and several of Alex's swimmers also spoke.



Thanks to Sophie Wills for leading the organising of this event and her Mum (Louise) for the magnificent cake.

We wish Alex all the best in this next step of his swimming coaching career.

Congratulations to the Learn to Swim Team

Congratulations to our Learn to Swim team who run our Learn to Swim programme on Sunday mornings.

They were runner up in the 2015 Wellington Airport Community Awards - Porirua.

Well done !!!



2016 National Meets:

All squad swimmers should be checking SNZ's website for the qualifying times for the 2016 National Meets.

Qualifying early in the season is ideal and something our squad swimmers should be aiming for. Bookings have already been made for Junior Nationals in Auckland in February.

To date PCA has nine qualifiers.

Well done Ella Drummond, Victoria Ferguson, Katie Jones, Michaela Jones, Emilee Wilkinson, Georgia Wills, Daniel Baker, Max Drummond and Luke Martin, with others close to qualifying.

September / October School Holidays:

Sunday Mornings, our normal swimming time table applies

Monday Nights, 28th September and 5th October – Distance badges

Friday Nights, 2nd and 9th October – No Club Sessions

Monday club nights during the holidays will be devoted to distance badge swimming only.

For those new to the club, PCA has distance badges 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 starting out and/or swimming up to 400m meters should come at 6pm, while those swimming longer distances are to come at 7pm.

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.
- Our Orcas squad will be training with Dennis in 3 lanes until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes after 6.30pm.

Tadpoles, Seals, Penguins and the Thursday group As these groups do not train over the school holidays, swimmers are welcome to come along to earn some distance badges.

The School holiday timetable for the Swordfish and Orcas is still being finalised. Watch the noticeboard for details.

Tadpoles Squad:

Vacancies exist in the club's Tadpoles group for term four. The Tadpoles is a technique group coached by Dennis Smith, on Friday nights 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, pool side, by ph. 2347071, or email president@swimporirua.co.nz

Swimzone Signature Meet Entries:

Entries for the Swimzone Signature Meet on 17 October can be made via the online entry process available in the members area of the Swimming New Zealand website.

The entry fee of \$9.00 is discounted to \$8.24 if entry is made on-line. Please note that payment for online entries need to be made with a credit card.

A link is available from the calendar to the members area.

Swimmers are encouraged to use the online entry system as this will be used in the future for Regional and National meet entries.

An email should be sent to the race secretary once the entry has been made to advise of which parent will be available to assist with club duties at the meet.

If you have any issues logging in to the members area, please email info@swimporirua.co.nz to get your log in details sorted.

Junior Coach Vacancy:

The club is currently advertising for a Junior Coach to replace Alex.

Vacancy notices have been placed on the Swim Coaches and Teachers of New Zealand web site and on Facebook.

As well as the advertising in place, Nevill Sutton and Viv Morton have been using their contacts in the swimming fraternity to identify potential applicants for the job.

In the meantime we are fortunate to have the services of Dennis Smith to ensure that our Junior Squad programme continues.

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 021-247-7730 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, Murray Pugh, at treasurer@swimporirua.co.nz

Upcoming Events:

19 September – Raumati Signature Meet at Coastlands Aquatic Centre – Entries Closed 10 September

21 September – PCA In House League at Cannons Creek – Entries are closed but you can enter on night

10 October – Swim Wellington Relays at Naenae – Entries on Notice Board – Closing Date TBA

17 October – SwimZone Signature Meet at Naenae Pool – **Online** Entries close 11 October

19 October – PCA In House League at Cannons Creek – Entries are closed but you can enter on night

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