

### Happy New Year:

The PCA Committee would like to welcome all members back for 2016 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 1 February at Cannons Creek Pool.

### Waitangi Day:

Please note that there will be no club or squad sessions on Monday 8 February – Waitangi Day Holiday.

### Junior Squad Coach:

The committee is delighted to welcome Robin Cowan back to PCA as our new Junior Squad Coach.

Robin was on the PCA committee in 2009. At that time he was a volunteer coach and also coached for Nevill.

Prior to 2008 he had been with the Raumati club where he coached and officiated, he then transferred to Hamilton where he continued coaching for a club and teaching learn to swim.

Robin took up the role as Junior coach over Anniversary Weekend by attending the Wellington Champs where he met many of the Squad swimmers and saw them in action.

The club is extremely grateful to those who have helped out during the challenging time of finding a new coach. Dennis Smith coached for about six weeks and more recently Brent Graham has also done a wonderful job. If the number of personal bests swum at the Champs was an indicator of the quality of the coaching our swimmers received the coaches have done really well.

Robin's appointment is very timely as Brent heads off to become a Commercial Pilot was to finish up at Anniversary Weekend

Obviously PCA is delighted to finally have a Coach in place - not only a coach but someone we have worked with before, who knows our club culture and expectations, and has a wealth of knowledge to bring to PCA.

While Brent and Dennis have covered most of the coaching, PCA would like to acknowledge Nevill's help and support in our hunt for a coach, and thank Nevill, Viv, Todd and Tony who have all coached poolside at short notice.

### Swimming NZ Junior Nationals:

Congratulations to the following swimmers who have qualified and will be swimming at Swimming NZ Juniors National Championships in Auckland from 19th to 21st February.

Mikayla Davis, Ella Drummond, Victoria Ferguson, Katie Jones, Emilee Wilkinson, Georgia Wills, Max Drummond and Luke Martin. PCA's management team will be Robin Cowan (coach) along with Rebecca Ferguson and Andrew Wills.

Our thanks goes to Rebecca and Andrew for taking time off their day jobs to care for our swimmers.

Also to qualify were Jed McLachlan, Daniel Baker and Michaela Jones who have chosen not to attend the meet.

### Swimming NZ Zonal Competition:

Congratulations to Bronson Lloyd, Bronagh Ryan and Ben Walsh, who have selected in the All Stars team to compete in the Zonal Championships in Auckland on 13 February.

Nevill Sutton has been appointed as one of the team coaches.

This is a team competition swum between four teams - the Harlequins (Northland, Auckland and Counties Manukau) All Stars (Wellington and Manawatu) AquaKnights (Waikato, Bay of Plenty, Taranaki and Hawkes Bay/Poverty Bay) and the Mako's (South Island).

Each team is made up of the best swimmers from the regions, forty swimmers in total, 10 males and 10 females 16 years and over, and 10 males and 10 females 15 years and under.

### Congratulations Brent Harris:

Brent Harris passed the assessment requirements (Practical and Theory) at the Swim Wellington Summer Champs to become a National Referee.

Well Done Brent

## Tadpoles:

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

Vacancies exist in the club's Tadpoles group for term I. The Tadpoles is a technique group coached by Robin Cowan, on a Friday night from 6:00pm 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 Robins'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](mailto:president@swimporirua.co.nz).

## Wellington Summer Champs:

Congratulations to Max Drummond 12yrs and Bronson Lloyd 13yrs who were both named Swimmer of their respective Age Groups at the conclusion of the Wellington Summer Champs held over Anniversary Weekend. For their efforts each received a \$50 voucher to be spent at T3 Swim Shop.

On the points table PCA finished in 7<sup>th</sup> position. Leading the points table was Capital Swim Club 1856pts, 2<sup>nd</sup> SwimZone Racing 1674.50, 3<sup>rd</sup> Karori Pirates 1485, 4<sup>th</sup> Raumati 948, 5<sup>th</sup> Tawa 894, 6<sup>th</sup> Kiwi West (Palmerston North) 836.50, 7<sup>th</sup> PCA with 763 points.

A full meet report will be in the February Newsletter.

## Welcome Back Ben:

After a short stint with the Capital Club, Ben Walsh has decided to return to the coach who knows him the best.

Nevill Sutton and PCA are extremely pleased with his decision and it is great to see him racing in our colours once again.

Welcome back Ben!

## Learn to Swim – Term 1:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 21 February until Sunday 10 April (that is 5 lessons before Easter and 2 lessons after Easter).

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 Cannons 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.

## Novice Carnival – 13 March:

To be held at Cannons Creek Pool on 13 March starting at 1:30pm.

A great opportunity for those who are new to the club and those who have not competed in may carnivals.

Come along and "HAVE A GO" – an introduction to racing

Porirua City Aquatics will host our Annual Novice carnival on Sunday 13<sup>th</sup> March 2016 at the Cannons Creek Pool. Warm up is at 1.30pm for a 2pm start.

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 the 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.

### 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 Robin 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](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, Murray Pugh, at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

#### Upcoming Events:

**5 to 7 February** – Wairarapa Championships (SC) – Masterton – Entries Close 28 January

**19 to 21 February** – Swimming NZ Junior Champs (LC) – Auckland – Entries Close Online 3 February

**9 to 12 March** – SNZ DivII (LC) – Invercargill – Entries Close Online 24 February

**12 March** – SwimZone Signature Meet (LC) – Naenae – Entries Close TBA

**13 March** – PCA Novice Carnival (SC) – Cannons Creek – Entries Close 7 March

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

### Food for Thought

"It is a good idea to begin at the bottom in everything except learning to swim"