

### From the President:

When you work on one side of the pool for the seven sessions of the Wellington Champs, as I do, it is great to hear the support the PCA team give each other when they are racing and/or receiving medals .

These Champs one supporter went the extra mile, coming to the pool on Friday night to support Bronson Lloyd, our only entrant in the 1500m. Thanks Seth, Bronson really appreciate your support. While Bronson swam the 30 lengths, Seth walked each length encouraging him.

### 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 13th 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 who 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.

### Porirua City Aquatics Club Championships:

Friday 18 March and Monday 21 March.  
6:00pm warm up for a 6:30pm start.  
Age as at 18 March 2015.

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.

To give our swimmers a chance to record official times these Championships will be run 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.

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 on each lane, at least three IOT's at each end of the pool, as well as a qualified referee, 2 judges of stroke, and starter.

All parents and caregivers of those entering must be available to officiate as required.

Full details are on the noticeboard.

If there are any queries see Viv Morton or Keri Martin

### Porirua City Aquatics Div III Meet 16 April – 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 swimmer 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 7 April. Entry fees for PCA club members have been reduced to \$5.00 per event.

Full entry instructions are on the noticeboard.

### Term Squad Coaching Fees:

Coaching fees for term one for the following squads are now due:

- Tadpoles \$30.00
- Thursday transition group \$60.00
- Seals and Penguins \$90.00

It would be appreciated if payments could be made immediately to avoid volunteers needing the chase them up.

Payments should be made into the PCA Westpac account no 030547 0205093 02. Please use the child name as a reference.

### Congratulations Rebecca Ferguson:

Congratulations to Rebecca Ferguson who gained her Nation IOT qualification at the Wairarapa Champs on 6 February.

Well Done Rebecca.

### 2016 Oceania Championships – Fiji:

Congratulations to Matt Meehan and Marian Williams who have been appointed to officiate at the 2016 Oceania Championships in Fiji in June.

Most of you will know our Patron Matt, as he regularly officiates at Swim Wellington and Swimming NZ National meets. Marian is often seen officiating at Open Water Meets.

### Pool Etiquette:

This is just to remind everyone a few important points about pool etiquette, take time to read it – you may learn something, especially if you are new to the sport.

Firstly everyone must to be **quiet** after the Referee has blown his/her whistle and the swimmers are on the blocks for the start of a race. Everyone deserves a fair start, especially the swimmer furthest away from the starter who may have difficulty hearing the starters instructions. Timekeepers also need to hear the instructions so they can start their watches.

Secondly, no one is to walk about, especially in the starting area after the Referee has blown the whistle at the start of the race. Any movement and/or noise can be off putting and may cause a false start.

Officials do have the swimmers best interest at heart, please respect their requests.

**Marshalling** is the most important and the most difficult job at a swim meet. Swimmers must learn to listen to the marshal and if they don't they may miss their race. As some meets do not have printed programmes it can be very easy for a chatty swimmer to miss their name and then their race.

Managers, Coaches and Parents are not allowed in the marshalling area, if swimmers are listening to them they are not listening to the Marshal.

Swimmers waiting behind the block for their race should be careful not to get in the way of the officials.

Swimmers should also remember not to leave the pool until the referee has blown the whistle. If electronic timing is being used swimmers must exit the pool from the side and not climb over the touch pads.

At many meets **over the top starts** are used. At the end of a race swimmer's remain in the water until the next race has started. Those in the water must not chat to others in the water, move or do anything that may distract the swimmer on the block.

If you have a query or cannot follow a procedure or ruling, then you ask your team manager in the first instant, they in turn can refer the query to the Meet Director or the Referee. No one should leave a meet with an un-answered question.

## Meet Reports:

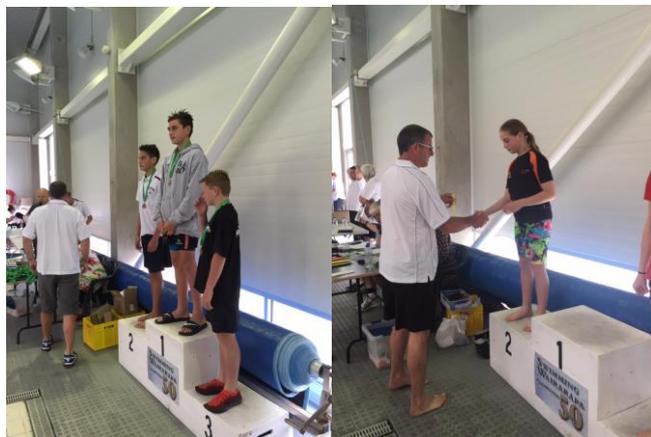
### Wairarapa Champs 6 – 7 February:

A small team of seven swimmers and their families headed over the hill for a Waitangi weekend meet in Masterton. The Wairarapa Champs, swum over four sessions on the Saturday and Sunday were a great chance to follow up the Wellington Champs and to turn all that hard summer training into some great racing. With 11 clubs in attendance from as far away as Dannevirke and Ashhurst it was also a chance to come up against some different swimmers and competition.

Our swimmers had an awesome time with a total of 25 medal winning top three finishes, and 20 ribbon top 7 placings from the 53 events entered. These results are a credit to our swimmers and their coaches - as well as the support of families.

Special mention must be made of our PCA officials. Our club provided a total of five IOTs, two Starter / Referees and a timekeeper over the four sessions - one official for each of our swimmers. It's safe to say that without this commitment, the meet would not have been possible, so thank you all very much for making it happen.

It's was a fun weekend and well worth the trip - congratulations to all our swimmers officials and families team. The PCA flag was done proud!



## 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 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 021-247-7730 or e-mail [treasurer@swimporirua.co.nz](mailto: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](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:

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](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 March** – SwimZone Sprint Meet – WRAC – Entries Close (Online) 27 February

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

**18 March** - PCA Club Champs – Cannons Creek – Entries Close 11 March

**20 March** – Gold Coast Woollahra Trophy – Coastlands Aquatic Centre – Entries Close 12 March

**21 March** – PCA Club Champs – Cannons Creek – Entries Close 11 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 (Adele Lloyd) .....	027-244-3035
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>