

Easter Weekend:

There will be no club or squad sessions over Easter Weekend from Friday 25 to Monday 28 March.

Monday and Friday Club Nights:

In an effort to improve outcomes for those training with on Monday and Friday nights, our volunteer coaches have drawn up with a Pathway document that lists the skill level required, clear goals and suggested carnivals for swimmers to compete in for each of the four groups.

From the beginning of term II Monday nights timetable will be the same as we currently run on Friday night with 40 minutes sessions starting at 6pm, 6.40pm, 7.20pm and 8pm.

The coaches will advise swimmers the sessions they should attend. Swimmers, year 8 and above who currently swim at 7.30pm on Monday will be required to swim at 8pm on both Friday and Monday nights.

There will be no change to the way we run the Sunday morning sessions.

This change will allow us to reduce the size of the early groups. We are sure the swimmers will do better when they aren't swimming on top of each other!

This Club Pathway document can be viewed on our website and noticeboard, and will take effect from the beginning of term II.

If you have a query speak to your child's coach or give Viv a ring 234 7071.

Members Protection Policy:

Swimming New Zealand and Swim Wellington have a Members Protection Policy in place to ensure all those involved in the sport will be safe against things like abuse, harassment, people taking/posting photos without permission etc.

The policy also covers how to report breaches under the policy.

Members of PCA as a member of Swim Wellington and Swimming New Zealand are covered by this policy.

PCA have just added a link on our website, should anyone wish to view the policy

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.

PCA swimmers should **not** enter this meet through the SNZ website - if you do you will pay the full entry fee.

PCA Entries should be emailed to race@swimporirua.co.nz with entry fees deposited into account no 030547-0205093-02 or use the club's entry form and place this along with the entry fees in the letter box in the storeroom.

It is expected that every family will contribute a plate for the officials refreshments. Families will be advised what is required.

Full entry instructions are on the website and noticeboard.

Club Cups and Trophies:

Club Cups and Trophies awarded last year need to be returned by 31 March (at the latest) so that we can have them sorted and engraved in time for this years prizegiving.

Cups and Trophies should be returned to Eileen Adams at Cannons Creek Pool on Monday or Friday club nights.

Please ensure that the Cups and Trophies have been cleaned and are in a suitable condition to be presented to the next recipient.

April School Holidays:

There will be no club swimming on Friday 22, Sunday 24 and ANZAC day Monday 25 April.

Club nights (Monday 18 Friday 29 April) will be devoted to distance badge swimming only. All club swimmers are welcome to attend both sessions.

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 pm. Those 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, Tony 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.
- On Monday (18th April) the Orcas will be training with Robin in 3 lanes until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes after 6.30pm. If you intend swimming 1k please come along at 7pm

Tadpoles, Seals, Penguins and the Thursday group do not train over the school holidays, swimmers are welcome to come along and swim distance badges.

Orcas and Swordfish holiday holiday time table is as follows (18 to 29 April) There is no swimming on ANZAC day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Swordfish II		4-5pm		4-5pm	4-5pm
Swordfish I	4-5pm		4-5pm		5-6pm
Orcas	5-6.30pm	5-6.30pm	5-6.30pm	5-6.30pm	

National Meets:

Swimming NZ's Summer Nationals are held between February and April each year.

Last month a PCA team swam in Auckland at Junior Nationals. Division II was held in Invercargill last week and while PCA did have swimmers qualify, no one actually attended.

PCA will be represented at the NZ Opens to be held in Auckland, March 28th to April 1st, and at National Age Groups (NAGs) to be held in Wellington during the school holidays, 18th to 22nd April.

NAGs is a great opportunity to see the top NZ age groups swimmers in action. Why not go along and support our swimmers?

PCA does have a number of duties to cover at this meet. If you can help please contact Rebecca Ferguson email rebeccafergusonnz@gmail.com

PCA does subsidise/sponsor our swimmers to attend these meets, and swimmers are reminded as with most sponsorship agreements there is a 'pay back' expectation that you will help out (in club uniform) at our Novice and Div III Carnivals.

Meet Reports:

Swimming Wellington Summer Champs:

A little belated but the Wellington Summer Champs were held at the Wellington Regional Aquatic Centre from 22 to 25 January.

Over 600 swimmers took part from all around the country.

A number of AquaBlacks competed as a lead up to the Open Nationals in April which double as the Olympic Trials. Their tee-shirts "Racing to Rio" made it clear what their focus was for this year.

PCA did well to finish 7th on the club points table. Individually there were some great swims.

Our medallists were:

Amelia Daly 9yrs Silver 100 fly, Bronze 50 free.

Victoria Ferguson 12 yrs Bronze medals 50 back and 100 fly

Gemma Orsman 13yrs Gold 50 breast, Silver 100 breast

Bronagh Ryan 18 and over, Three Golds - 50 breast, in a new Wellington record time, 100m and 200 breast. Silvers 50 free and 50 fly and Bronze 200 Back.

Emilee Wilkinson 11yrs Bronze 50 back.

Sophie Wilkinson 14yrs Gold 50 back.

Max Drummond Swimmer of the Age for 12yrs Six Golds, 200 & 400 Free, 50 & 100 back, 100 breast & 200 medley. Four Silvers 50 & 100 Free, 50 breast & 50 Fly

Bronson Lloyd Swimmer of the Age for 13yrs Seven Golds 100, 400 and 1500 free, 50, 100 & 200 back and 200 medley. Silvers 200 free and 50 breast. Bronze 50 free and 100 fly.

Jacob Reiher 14yrs Bronze 100 breast.

Ben Walsh 18 and over Silvers 50 back, 100 and 200 breast, 50 and 100 fly. Bronze 100 back and 50 Breast. Ben also set new Wellington records for 18yrs in 50, 100 and 200 breaststroke.

For a club of our size it was great to see a number of swimmers finish in the top 10 in their events.

Thanks to all our parents who volunteered to fill our duties, officiate, and/or manage our team, especially those who did not have swimmers competing. Thanks to PCA Coaches Robin, Brent and Nevill for the words of wisdom, guidance and encouragement they gave all our swimmers.

NZ Junior Nationals Auckland 19 – 21 February:

Congratulations to Max Drummond who had an outstanding meet winning Gold medals in all three backstroke events (50m, 100m and 200m) a Silver medal in 400m freestyle and Bronze in 200 Medley. Max picked up another Silver as part of the Wellington Region's Boys Freestyle relay team, and was placed 4th in 50 Free, 5th in 50m Fly and 4th in 100m free.

Well done to Katie Jones who finished 10th in 100m breaststroke.

PCA was 20th of 65 clubs on the club points table. All swimmers finishing in the top 10 for their age group contributed to club points.

PCA had eight swimmers competing at the meet. To qualify and swim at a National meet is an achievement – well done Mikalya Davies, Ella Drummond, Victoria Ferguson, Emille Wilkinson and Georgia Wills.

The club is grateful to Rebecca Ferguson and Andrew Wills who took time off their day jobs to manage the team for five days, and to our Junior Squad Coach Robin Cowan for sharing his expertise with the team.

Novice Carnival:

Cannons Creek Pool 13 March.

Thirty two swimmers from PCA joined another 48 swimmers from around the region to take part in our Annual Novice Carnival.

The racing was exciting, the spectators loud and supportive, and it would seem these new swimmers enjoyed their first carnival.

PCA's event winners were:

25 freestyle: Caleb Mulligan 11yrs and over, Ariana Lock 10yrs, James Willets 8yrs, Riley Bennett 7yrs, Travis Carnegie 7yrs.

50m freestyle; Ariana Lock 10yrs, Cody Bennett 10yrs.

25m backstroke Caleb Mulligan 11yrs and over, Ariana Lock 10yrs, Riley Bennett 7yrs, Travis Carnegie 7yrs.

50m Backstroke Ariana Lock 10yrs, James van der Voort 10yrs.

PCA is very proud of the whole team – well done, Tuvaime Apera, Francis Arnold, Daniel Bakker, Alexandra Brown, Olivia Brown, Cohen Bryers-Sherwin, Ted Callaghan, Joshua Davitt, Sarah Davitt, Tegan Foster, Rachel Funnell, Anabell Giebel, William Hall, James Hughson, Addison Judd, Tait Judd, Carter Mason Jones, Tianyi Mathur, Zac McDonald, Holly McManaway, Anya Morrison, Liam Phelps, Matilda Presling, Caleb Wilson.

Thanks to Coach, Robin Cowan, Murray and Yvonne Pugh for managing our team, and to the many people who helped out officiating and doing one of the many jobs that ensure a carnival is well run, especially those who didn't have any of their own swimmers competing.

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 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:

2 April – Upper Hutt Signature Meet – Naenae. Online Entries close 26 March

16 April – PCA Div III – Naenae. Entries Close 7 April

18 – 22 April – SNZ National Age Group (NAG's) – WRAC. Entries Close 31 March

7 May – Karori Signature Meet – WRAC. Entries Close TBA

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 (Adele Lloyd)	027-244-3035
Officials Co-ordinator (Rebecca Ferguson)	
Uniforms (Libby Lucas)	021-057-5197
Newsletter	e-mail info@swimporirua.co.nz