

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	

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.

Prizegiving and Annual General Meeting:

This combined event will be held on Sunday 22 May 2016 in the Lecture Theatre, upstairs at the Te Rauparaha Arena, commencing at 3:00pm.

All club members, their families and supporters are welcome.

Please bring a plate of finger food for afternoon tea.

PCA has over fifty Cups and Trophies to present to our Club Champions and others who have achieved during the year, as well as Age Group Medals and Club Champs Certificates.

Traditionally our AGM usually takes less than an hour.

PCA is always on the hunt for new committee members – if you would like to join the committee or find out a little more about what is required, give Viv a ring 2347071.

It is important that the PCA committee is a truly representative of the many levels the club caters for.

Learn to Swim – Term 2:

Our next course of seven lessons will start on 8 May and finish on 26 June 2016. Lessons will **not** be held on Queens Birthday weekend.

Class times will be 9:30am and 10:00am. EVERYONE IS WELCOME. The cost will be \$45.00.

Enrolment are taken on the first day – please arrive at least 15 minutes earlier to complete the enrolment process on the 8th

Race Night – Cannons Creek Pool:

Friday 20 May (6:00pm warm up for a 6:15 start) is Race Night – our first for the year.

This will give our newer swimmers an opportunity to *have-a-go*, as well as giving others a chance to update their times.

To enter swimmers need to complete the entry form on the notice board, or email our race secretary at race@swimporirua.co.nz - Entries close on Monday 16th May – late entries will not be accepted.

There will be Best time ribbons for those recording new times or bettering their previous best time/s. The programme includes races from 25m up to 200m.

Race night replaces all training sessions on the 20th.

Request from Coaches:

It would be helpful if parents mentioned any hearing, vision or similar problems a swimmer may have to their child's coach.

This will allow the coach to understand their child better and should help with their progress.

Also... From time to time coaches become aware of parents taking their children for extra sessions.

If you are tempted to do this – **please don't**, as it can be confusing for a swimmer to receive differing messages.

Parents who have concerns about their child's coaching should discuss these with the coach in the first instance.

Club Cups and Trophies:

Club Cups and Trophies awarded last year should have been returned by 31 March so that we can have them sorted and engraved in time for this years prizegiving.

If you have yet to return any Cups and Trophies the please return them as soon as possible 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.

Meet Reports:

PCA Club Championships - 18 and 21 March - Cannons Creek Pool:

Club Championships marks the end of the swimming year (didn't notice did you!) Its a fantastic chance for all our club members to mix and compete against their fellow club members - from younger emerging club swimmers all the way through to our seniors who have represented the country internationally.

The racing went smoothly thanks to all the volunteers that make the club a success. To risk naming a few, Viv Morton and Keri Martin running the office, Senior Officials (Referee / Starter / JOS) Matt Meehan, Rhonda Graham, Bryan Graham, Graham Seagull Gillian Kalafatelis, Terry Laws and Brent Harris, Eileen Adams Chief Time Keeper, and Tony Lloyd marshall extraordinaire - plus plenty of other helpers including timekeepers and coaches. Thanks also to the Cannons Creek Pool staff - keeping the facilities and pool in top notch sometimes gets overlooked, but is really important for a successful meet.

Between the two competition nights we had 107 swimmers entered in 524 events. The results earned have been aggregated and analysed to determine the award of trophy's, certificates and medals at our upcoming combined Club AGM and Prizegiving on 22 May (see details in this newsletter). These are the treasured tokens of club swimming that go on walls, mantle pieces and in memory books as reminders of achievements richly deserved. And for those working their way up, its all part of the inspiration to keep striving.

Team Manager
Murray Pugh

Gold Coast Woollahra Trophy Meet - 20 March Coastland Aquatic Centre:

What a great swim team we have! The Woollahra Trophy is contested each year at a Gold Coast meet that includes a 4 x 25m freestyle handicapped race swum in two age groups.. Points are awarded to the four participating clubs for the percentage of personal best times swum from each club, plus placing points from the handicapped races.

We had sufficient swimmers to enter 3 1/2 teams - 3 x 12 and under teams and half of a demonstration team that combined with two overflow' swimmers from Kapiti in the 13 and over races (their points couldn't count, but they got to race) . Just three of our swimmers on the night were unable to compete in the handicap due to numbers - thanks Faith, Hunter and Matilda for being great sports and supporters!

A handicap event is swum over two races - the first race sets the team's time differential from other teams - being time mark on which they start their second

Swimming NZ Open and Olympic Swimming Trials 2016:

race. In theory, all swimmers in the second race should finish at the same time! In fact, if a team bettered their first race time by more than a mere 2 seconds, then they are disqualified - this ensures teams don't cruise the first race to get a favourable start differential and then beat the field in the second race! It makes for exciting and fun team racing with plenty of club support coming from the stands and either end of the pool from competitors.

Our teams competed with real determination but were pipped for placings on the night - maybe something to do with quite a few of them competing in some tough individual races immediately prior to the final handicap - like 200 fly and 200 medley!

On the night it is really important for timekeepers to follow the starter's instructions for a handicap race - particularly to start your watch on GO for the second race (as per any race) - not waiting until the swimmer in your lane actually starts. This is so that final time placings can be verified and the placing points awarded to each team (remember the disqualification rule!). Unfortunately the timekeeping of the final race was invalid due to some timekeepers not starting their watches on GO - so the placings and points couldn't be awarded.

Anyway, Kapiti won the night on PB percentages even before the handicap races - so the error made no difference to the Trophy result in the end.

Our team of 17 swimmers swam the hearts out - they really were trying hard - and achieved 24 PBs out of the 51 events they entered. Best of all - there were BIG smiles all round.

Thanks to the Gold Coast organisers - particularly Viv Morton, all the officials and timekeepers, and our Junior Squad Coach Robin for your words of wisdom prior to each swimmer's race.



Congratulations to Bronagh Ryan and Ben Walsh who recently represented PCA at the above event.

Our team consisted of Bronagh, Ben, Nevill Sutton (coach) and Bill Walsh (Team manager). We may have only had 2 swimmers but they both performed with distinction.

Both Bronagh and Ben swam in the 50m Breaststroke on the first day, both bettering their entry times, both also made the evening finals for these events. Bronagh finished as the national champion (Gold) in the Women's 50 Breast and Ben finished 4th equal in the Men's 50 Breast with both swimmers setting new Wellington and Club Open records in the process.

At the end of the first night PCA was 6th on the club points table which I though was fantastic for just 2 swimmers.



Day 2 saw Bronagh compete in the Women's 50m Backstroke and the Women's 200m Breaststroke. Unfortunately Bronagh was not feeling well so we scratched her from both finals. Ben swam just the 200m Breaststroke in the morning making the A final where he finished 7th overall in a time a few splits from his pb. No swims Day 3.

Day 4 saw Bronagh in the Women's 100m Breast and Women's 50m Fly, Bronagh placed as top qualifier in the Breaststroke heats setting a new Club record at the same time. She also went on to take out the Gold medal in that evenings final reducing her time again so resetting the record from the morning session. She placed 20th overall in the Women's 50 Fly.

Ben competed in the Men's 100m Breast in the morning and again in the final that night. He came in 7th overall with a time a few splits off his pb.

Day 5 saw Ben competing in the Men's 100m Free which he gave a spirited attempt but as he expected he

finished just outside the finalists times so it was all over by lunch time for us.

I would like to congratulate both Bronagh and Ben on their outstanding achievements at the meet, they were a pleasure to take away.

I would also like to thank Nevill for his help during the week and the support he gave both swimmers. Also thank you to the club for their generous contribution which makes events like this so much easier for all concerned.

Finally I'd like to say from Ben and myself it's great to be back.

Bill Walsh (Team Manager).

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.

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:

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

7 May – Karori Signature Meet (SC) – WRAC. Entries Close 1 May

15 May – Gold Coast Paekakariki Relay and Chocolate Carnival (SC) – Entries Close 2 May

20 May – PCA Race Night (SC) – Cannons Creek – Entries Close 16 May

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