

### Information Evening:

When: Monday 13 June  
Where: Staff Room – Cannons Creek Pool  
Time: 4:45pm

This information meeting is being held to answer any questions you may have.

Swimming can be confusing with the various options for training and numerous carnivals that appear on the noticeboard and most often parents wonder which carnival is suitable for their swimmer/s.

If you have any questions about the club, our various squads, meeting the goals of the squad, what swimmers need to do graduate to the next level, the club uniform - where to buy it, how to enter meets – manually or on-line, your responsibilities as a parent helping out at meets, the officials pathway – this list could go on and on ...

Please bring your questions along and hopefully you will go home with all the answers.

### AGM and Prize Giving:

PCA's AGM and Prize Giving was held at Te Rauparaha Arena on 22 May.

Thank you to all those who came along to show their support to the club.

Our committee for 2016/17 is:

Patron: Matt Meehan  
President: Viv Morton  
Vice President: Andy Wilkinson  
Secretary: Libby Lucas  
Treasurer: Murray Pugh  
Race Secretary: Keri Martin  
Club Captain: Terry Laws

Committee: Eileen Adams, Jeremy Drummond, Brent Harris, Rebecca Ferguson, Onolata Little, Adele Lloyd, Tony Lloyd, Andrew Wills.

A vote of thanks was passed to Rebecca Easterbrooke, Richard Petersen and Grant Wilson who all stepped down from the committee, although I am sure we will see them pool side doing all the things they currently do for the club. *Thank you all very much.*

The committee would welcome one more person to give PCA a full committee – if you would like to volunteer please ring Viv 2347071

While most of the cups, trophies and medals presented were based on performances at the club champs, the following cups were awarded based on performances during the year.

Leaders Real Estate Cup – Swimmer of the Year – Bronagh Ryan.

Southern Cross Cable Network Cup – Junior Swimmer of the Year – Max Drummond

Pru Young Memorial Cup – Top performance of the year – Bronson Lloyd.

Bronson also collected the Time Trial Trophy for making the most improvement over 200m over the year, the Personal Best Trophy for making the most improvement over the year in all strokes/distances. The Record Trophy for breaking the most club records, the TASS long distance trophy for Seniors and the National Age Groups Cup – PCA's top points scorer at NAGs.

Nicols Trophies – for sportsmanship, helpfulness, being a good role model, attendance, attitude – the Boys Cup went to Seth Wilson and the Girls to Rebecca Greig. The names of the winners of the club champs cups and trophies and medal winners can be found on our website.

### Coaches Absence:

Both Nevill and Robin were away during May attending the Swim Coaches and Teachers of NZ Inc conference in Rotorua.

Nevill is President of the Swim Coaches and Teachers of NZ Inc and Robin attended to learn from others and start his Bronze Accreditation Coaching Qualification.

Finding cover for coaches at times like this is difficult, and the club is grateful to Bronagh Ryan and Ben Walsh who covered the Junior Squads.

The club's expectation for these relievers is that they will follow the programme as set by Robin and give the swimmers technique guidance where they can, but it should be remembered they are not coaches.

Thanks also to Ben who filled in when the Senior Squad reliever didn't turn up on the Wednesday morning, and then hopped in and did his own session after the others had gone home.

## Junior Squads:

While most of those in Orcas and our Swordfish Squads are training regularly there are a few swimmers who aren't attending the minimum number of sessions each week and/or aren't meeting the requirement to compete.

Swimmers who are sick should let Robin know, otherwise all Orcas should be attending at least three of the four training sessions each week, and Swordfish at least two of the three available sessions. Obviously attending all sessions would be more beneficial.

Orcas and Swordfish should also be racing at our club nights, Gold Coast and Signature meets, Wellington Swimmers and Winter Championships and NZ Junior Nationals. The Wellington Champs and Junior Nationals are subject to qualification.

Swimmers who can't make this commitment should be asking themselves they would be better in the club lanes to free up space for others.

## Trusthouse Donation:

PCA is very grateful to the Trusthouse Foundation and Swimming Wellington for contributing towards Bronagh Ryan's costs to attend the Oceania Championships in Fiji in June.

It would be nice to think that representing NZ is fully funded, these days most NZ teams require a rather large user-pays contribution.

## Meet Reports:

### Karori Pirates Skull & Swords Signature Meet - Short Course - WRAC - 7 May 2016:

19 fantastic PCA swimmers, 46 individual entries, 24 personal best swims, and 9 new times achieved.

This signature meet was a great success for our team with some stand out improvements being recorded - reflecting the hard work put in in training.

After a land warm up led by Seth Wilson (with help from Greer Pugh and Jacob Reiher) the team swam their pool warm up and settled into the evening.

The best result of the evening for PCA was Jacob Reiher's winning swim in the boys 13-14yr 50m Breaststroke - well done Jacob!

Katie Jones swam 5th in the girls 12 and under 200m Breaststroke, and Olly Daly was 10th in the boys with Jacob 3rd in the boys 13 and over. Sophie Jones was 2nd in the girls 10 and under 100m Fly and Grace Reiher was 10th in the girls 10 and under 100M Medley. Jacob swam 5th in the boys 13-14yr 100m medley. Milly Daly was 8th and Grace was 10th in the girls 10 and under 100m Freestyle with Ryan Pugh 7th and Eli Daly 10th in

the boys event while Seth was 4th in the mens 15-16yr event.

Sophie was 10th in the girls 10 and under 50m Breast and Katie was 8th in the girls 11-12yr event. James Van Der Voort was 10th in the boys 10 and under 50m Back and Olly was 9th in the boys 11-12yr 50 Breast. And James and Ryan swam 7th and 8th in the boys 12 and under 200 Backstroke. Congratulations to all our top 10 swimmers and our whole team for a great performance.

Thanks to Robin Cowan (Coach) and Deborah Schofield-Matthews (assistant team manager), as well as our officials and time keepers.

Murray Pugh  
Team Manager

### Gold Coast Paekakariki Relay and Chocolate Carnival - Tawa Pool - 15 May 2016:

The Gold Coast relay meet is an exciting quick fire teams competition involving some intense racing between the four clubs (PCA, Tawa, Raumatī and Kapiti).

Between relays, 50m events are also raced.

Our land warm up was ably led in the picnic area outside the pool by Greer Pugh.

The land warm up is a great chance for the team to get together before racing starts and - as well as warming up arms legs and bodies - undertake some important chin wagging too! Unfortunately the pool warm up was a 'bit' crowded - 33 PCA swimmers in one 25m lane doesn't work so well - lesson learnt to spread things out a bit more!

In the 50m events our enthusiastic swimmers posted 42 personal best times and 5 new times (thats 47 bars of chocolate earned!) from the 66 events swum.

We competed in 14 relay events but, despite some really intense efforts in the pool as well as plenty of poolside support, we were pipped at the post by Tawa who took the trophy.

Special thanks to Matthew Bakker, Sophie Wills and Tyrone Lloyd - each who completed in just one relay each in order to complete the teams.

Kapiti won the personal best ratio trophy although did so with a particularly small team, but our team won on the night in my estimation - they were well organised and focused, swam with passion and had plenty to smile about (maybe that bit was about the chocolate - ah well!!)

Thanks Robin for your words of wisdom and encouragement for our swimmers and thanks to all our officials and parents for making it happen!

Murray Pugh, Richard Peterson  
Team Managers

## PCA Race Night - Cannons Creek Pool - 25 May 2016:

Race night is the chance for the whole club to put into practice all the training and coaching that swimmers have committed to.

With 115 competitors and 320 individual entries, it is a busy, but definitely fun, event.

After a pool warm up (split between older and younger swimmers to make sure the pool wasn't too full!) racing got underway with 18 parent timekeepers and all our volunteer officials making this an 'official meet'.

We are very fortunate to have the support at this in-house club level of highly experienced Inspectors of Turns, Judges of Stroke, Referees, Starters, Race Directors, Chief Timekeeper - all of whom are required in order to make the meet 'official' so that our swimmers times can be recorded with Swimming New Zealand.

For some club members, this was their first experience of an official meet - and they did themselves proud.

There is little better in life than a smiling, dripping, girl or boy clutching their hard won ribbon, running to show Mum or Dad or Auntie their proof that they have done well for themselves. No doubt homes all around our Porirua area have tribute walls plastered with colourful collections of best time ribbons!

Special thanks goes to the officials and timekeepers who stayed on for the extra event on the night - 800m Freestyle. There are few opportunities each year to race such longer events and our swimmers who put in the extra effort were definitely grateful to swim this race. Thanks too to Tony and Grant (Marshalls), announcer Louise, and Viv and Keri in the office.

Murray Pugh, Richard Peterson  
Team Managers

## 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.

## 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:

**12 June** – Gold Coast Matson Trophy (SC) - Coastlands Aquatic Centre – Entries Closed 3 June.

**18 June** – Tawa Signature Meet (SC) WRAC – Entries Close 12 June

**20 June** – PCA 100m Handicap (SC) Cannons Creek – Entries Close 13 June

**25 June** – SWN Relays (LC) Naenae – Entries Close 24 June

**2 July** – Raumati Signature Meet (SC) Coastlands Aquatic Centre – Entries Close 27 June

**8 July** – PCA Race Night (SC) Cannons Creek – 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](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) .....	021-192-2214
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>