

Diving Ban – Cannons Creek Pool:

Competitive Swim Start Diving for Training and Competitions is still banned at Cannons Creek Pool.

The committee is now looking at getting information from Sport NZ who provided some information to the Porirua City Council and are also taking steps to get a legal opinion on the ban and our options going forward to have the ban removed.

A Strategic Framework for PCA:

The Team (otherwise known as our passionately committed Committee!) is about to commence work on a new Strategic Framework for our club.

To do this successfully, we need your help and would like to invite a number of parents and swimmer members to join the Team for a Strategic Workshop. Ideally 4-5 parents and 4-5 swimmers (say aged 10+) will join the team for the Sunday afternoon session. At the workshop we will work together to begin forming our club's vision, purpose and values - being the crucial building blocks of our Strategic Framework.

We really want to ensure that all parts of our club are well represented at the workshop - learn to swim, club swimming and squad swimming - so if you and your swimming child(ren) are interested in being part of how we shape the future of the club, please contact Murray Pugh treasurer@swimporirua.co.nz to express your interest.

What: PCA Strategic Framework Workshop
When: Sunday 9 October 2pm-5pm
Where: Porirua Plunket Rooms, 31 Warspite Ave, Cannons Creek

Refreshments provided!

Junior Squad Coach:

PCA welcomes Ben Walsh back to the club, this time as coach of our Junior Squads.

Ben has started and will coach alongside Robin until the end of the term. As we all know Ben is very passionate about swimming, he comes with heaps of swimming experience and we look forward to him passing that knowledge on to our swimmers.

Nevill will be helping Ben through the transition from swimmer to coach and I am sure together they will make a great team.

Robin's last day will be the Gold Coast meet on Saturday 24 September and then he and his wife will be going to Australia to visit family.

On behalf of the PCA Committee, our swimmers and their families I would like to thank Robin Cowan for his dedication and commitment to our Juniors Squads. The swimmers results at the recent Wellington Champs were a measure of all the good coaching they had received over the last seven months.

You may see Robin back on pool deck from time to time as he has offered to provide relief coaching when required.

Login to Swimming New Zealand MyPage:

Swimming New Zealand now requires that all entries for Official Meets are made via your MyPage.

This does not affect our PCA unofficial competitions such as 100m Handicap, In-House League and Novice Carnivals where entries will still be by noting your name and events on the noticeboard at the pool.

The web address for MyPage is <https://mypage.swimming.org.nz/>

There is more information on our Meet Entry Web Page <http://swimporirua.co.nz/howtoenter.php>

Information on how to enter a meet once you have logged in are available at this link <http://swimporirua.co.nz/images/pdfs/EnteringMeetsOnline.pdf>

For those who did not have a username and password set up you should have received an email last week asking you to set this up with the appropriate link and instructions.

If you are wanting to enter the Gold Coast Meet at Naenae on 24 September then you will need to have this done and your entries completed online by 17 September.

If you have any issues with accessing your SNZ MyPage account then send an email to info@swimporirua.co.nz.

Any issues that you may have entering meets can be directed to Keri Martin our Race Secretary at race@swimporirua.co.nz

Interschool Sports:

The Parumoana and Porirua Interschool Swimming Sports held recently over three sessions brought out the best in our club swimmers as 'they gave everything' for their schools.

All three meets were exciting and extremely noisy.

The Parumoana cluster held two meets, one for Years 5 & 6 and another for Year 7 & 8.

Well done to Plimmerton School who won both Meets/Cups.

The Porirua Schools meet was held over one session with Titahi Bay School taking out the Years 5 & 6 Cup, and Te Kura Maori-O-Porirua winning Years 7 & 8.

These Interschools were organised jointly by PCA, Swimming NZ, Swimming Wellington and Dash Swim School.

Thanks to all the PCA parents who helped out on the day, and especially those who helped at meets that didn't involve their own children. Your help was certainly appreciated, and this has been recognised by a number of schools who have passed on their thanks.

September / October School Holidays:

Friday night club sessions are not held during the holidays but Sunday swimming will be held as usual.

Mondays Club nights (26 September and 3 October) will be devoted to distance badge swimming only. 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 times achieved.

Those new to distance badge swimming and/or those swimming up to 400m metres should come at 6:00pm. Those swimming longer distances, including 1k for a time 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's the Orcas train with Robin in 3 lanes until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes after 6.30pm.

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

Orcas and Swordfish holiday timetable is as follows

Please note some sessions are at the Arena.					
	Monday	Tuesday	Wednesday	Thursday	Friday
	Cannons Creek	Arena	Cannons Creek	Arena	Cannons Creek
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	

Learn to Swim:

Our next course of seven lessons will start on 30 October 2016 and finish on 11 December 2016.

Classes will be held at 9.30am and 10am.

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.

The cost will be \$45.00.

Tadpoles Squad:

Vacancies exist in the club's Tadpoles group for term four.

The Tadpoles is a technique group coached by Ben Walsh, on Friday nights 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 Bens 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, pool side, by ph. 2347071, or email president@swimporirua.co.nz

Meet Reports:

Swim Wellington Metro League:

Our PCA team entered in the Swim Wellington Metro League.

PCA Black consisted of 18 swimmers aged between 8 and 12 from both club and squad swimming.

There have been some changes to swimmer eligibility and this year swimmers who have received a national Juniors time for 2016 are not able to enter the competition giving our up and coming swimmers a chance to shine, and shine they did!

We had a number of newbies swimming at their first competition outside of club events and boy did they rise to the challenge!

Metro League is a quick fire format which sees some of the swimmers completing a race and running to get to the next start.

All strokes are swum in the four age groups of 9 and under, 10, 11, and 12, with 25 and 50m events.

Then there are medley and freestyle relays in each age group and a massive final cannon relay, which has a girl and boy from each age, a total of 8 swimmers all swimming a freestyle length.

There is very little 'down time' with the entire event completed in less than 90 minutes, the swimmers (and team managers) sure are kept busy, but what a lot of fun!

The parent supporters club did their part too with plenty of cheering and "Go PCA", while our swimmers delivered fantastic results!

Our team competed in every event and accumulated a total of 100 points - a wonderful achievement for our developing swimmers to be very proud of.

We are now looking forward to Metro League #2 on Sunday 18 September at Huia Pool.

Team Managers, Jo McManaway and Hillary Jones

In house league:

Next meet Monday 10th October, third meet Monday 14th November

The first meet of PCA's In-house league series was as exciting as ever. It was great to see swimmers supporting their team and the roving announcer did a great job added a lot of interest, interviewing swimmers throughout the meet.

Team 3 is leading with 211 points. 2nd is team 2 175pts, 3rd team 1 174pts, 4th team 5 168pts, 5th team 6th 160pts

and 6th team 4 145pts. History has shown the lead will probably change several times over the next two meets.

Some teams were severely affected by sickness and 'no shows'. Thanks to all those who did advise they couldn't come. It is very hard to balance the teams and the number of heats when people don't show up.

Well done to Tait and Carter (team 2) who showed their two man relay team could easily match teams of four, and again team two, Tait, Carter, Cameron and Ariana were competitive in the seven man relay. Addison did well, doing a second length to ensure her relay team finished their race. All rather chaotic but lots of fun!

Swimmers wishing to enter next meets should list their name or the noticeboard or email president@swimporirua.co.nz

Thanks to all the finish judges, scorers and officials

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 Ben 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 Andrew Wilkinson on 021-986-533 or e-mail andyandnicola@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:

18 September – SWN Metro League 2 (SC) – Huia Pool

24 September – Gold Coast (LC) Naenae – Entries Close 17 September

10 October – In-House League (SC) Cannons Creek

15 October – SwimZone Signature Meet (LC) WRAC – Entries Close 8 October

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 (Jeremy Drummond)	021-729-228
Senior Squad (Adele Lloyd)	027-244-3035
Officials Co-ordinator (Adele Lloyd)	027-244-3035
Uniforms (Andrew Wilkinson)	021-986-533
Newsletter	e-mail info@swimporirua.co.nz