

Celebrating Success:

Congratulations to Bronagh Ryan – Porirua's 2016 Sportswoman of the Year.

PCA is very proud of Bronagh who was named Porirua Sportswoman of the Year for 2016. In her acceptance speech, Bronagh thanked her father John for his help and support, PCA for their amazing support and her coach of nine years Nevill Sutton. She finished her speech up by saying "this award is as much Nevill's as it is mine." It was great to be at the dinner and see all the top sports people Porirua has produced. Guest speaker Para-Olympian Mary Fisher gave an interesting account of her swimming experiences at both the London and Rio games. It was noted that nearly all of the winners had had a connection with PCA at some stage.

Congratulations to Bronson Lloyd who collected a bag full of awards at Tawa Colleges' 2016 Prizegiving.

- Junior Sportsman of the Year
- National High Achieving Teams Award (Relay Team at NZ Secondary Schools)
- Premier National Honours Award (for his swims at NZ Sec School, NZ Short Course and National Age Groups)
- Tawa College Sportsman of the Year 2016.

Bronson was also a finalist for swimming in the College Sport Sports Awards.

Well Done, Bronson – this must be a record for a Year nine pupil!

Health and Safety Corner:

This month's Health and Safety reminder is all about recording incidents and near misses. Good practice tells us that the act of recording H&S near misses and incidents helps to manage risks and reduce the likelihood of repetition.

At each of our pools, there is a Health and Safety Register (a labelled exercise book!). At Cannons Creek it can be found in the Club Box you will often see on the registration desk at club nights - which is stored in the PCA 'Shed'. At the Arena Aquatic Centre the register is located in the store room.

If you notice or are involved in a H&S near miss or incident, please help to ensure it is recorded. Normally one of our professional or volunteer coaches will take the lead in this but may need your assistance to write up what, why, when, who, how etc - particularly if you observed or were involved in the near miss or incident. The pool staff will also likely complete the

Porirua City Council's incident register - it is important both registers are filled in, not just one or the other. An incident could be a bleeding nose, bruised hand, scrap or bump. If in doubt, please write it up - it really helps.

Each month, the Club Committee reviews entries in the PCA registers to identify any common risk trends or new hazards that need to be addressed and follows up to ensure any required actions are completed. Regular meetings with the Council and the PCA H&S Committee also review the registers.

Diving Ban at Cannons Creek:

Last month we advised members that the Committee had sought legal advice over the Porirua City Council's decision to ban all diving at Cannons Creek Pool. The legal advice received has been invaluable in assisting the PCA H&S Committee to work further with the Council's management and to press the case for allowing PCA an exemption to the ban in relation to formal competition diving and training diving for squad and club swimmers.

Swimming NZ and NZ Swim Coaches and Teachers (NZSCAT) are both working on relevant policies and standards which, once adopted, may provide further support for allowing diving to recommence at Cannons Creek Pool. Unfortunately these policies and standards may not be available until the first quarter of next year, however they are anticipated to be based on a carefully considered mix of UK and Australian practices that formalise qualifications for teaching diving, the process / curriculum for learning to dive, and the depth and conditions of the pool to be used when learning or completing shallow racing dives.

In the meantime the diving ban remains in place, however, the H&S Sub-committee is continuing to work with the Council to try to identify how the needs of both PCA and PCC can be accommodated as soon as possible and will also work with Swimming NZ and NZSCAT to ensure the interests of PCA are represented to the maximum possible extent.

FINA Officials School:

PCA recently sponsored Brent Harris to attend a FINA Swimming Officials School in Brisbane.

The school enabled participants to go over the FINA guidelines and rules that govern swimming, as well as giving them an opportunity to network with other swimming enthusiasts from the Oceania region.

Schools like this are often run in conjunction with international meets to ensure fairness and consistency through the sport.

Have-a-Go Race Night:

Friday December 2nd Cannons Creek Pool.
6:00pm warm up, 6:30pm start

This race night is open to all our club members, especially those new to the club and those in Tadpoles, Penguins, Seals, Swordfish II and in the volunteer coaches lanes.

Entries will be taken on the night. This meet is not about winning, but is about "Having a Go", learning to race, learning race rules and establishing a club time.

Times recorded at this race night will not be official and therefore can't be used as qualifying times for other meet entries.

Penguins training will be cancelled on Friday 2nd. Swordfish I's training will be held as normal and these swimmers may like join in race night after training if they wish.

Any queries, speak to your child's coach or email president@swimporirua.co.nz

Family Fun Night:

Monday 12th December 2016,
6pm warm for a 6.30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one family)
- friends relays
- novelty events
- width kicking races for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers. If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

Christmas / January School Holidays:

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv, Tony, and/or Richard, and the Tadpoles, Family Fun Night (December 12th) will be the final club night for 2016.

For the Orcas, Swordfish, Seals and Penguins training will be held as normal at Cannons Creek up to Friday 16th. For the week Monday 19th to Friday 23rd we are

hoping to have some sessions at the Arena pool. Further details will follow once the pools are confirmed.

Training for the Orcas and Swordfish will be held at Te Rauparaha Arena from 4th to 27th January. Check out our website for training times.

Club swimmers, along with any Seals and Penguins who have qualified and will be swimming at the Wellington Summer Champs at Anniversary weekend should speak to Viv about their holiday training opportunities.

Normal club nights will resume Monday 30th January, Friday 3rd February and Sunday 5th February. There will be no swimming on Monday 6th Feb. Waitangi Day.

PCA Novice Carnival – April 2017:

Traditionally at our Novice Carnival each swimmer has received a lucky lane prize.

These have often included food, chocolate bars, vouchers, drinks, and sometimes bigger items like swimming bags and sports gear.

If you have connections through your work we are looking for donated items for next years meet.

If you can help, please speak to Viv.

Meet Reports:

SwimZone Signature Meet - WRAC (LC) 15 October:

The SwimZone Signature meet programme provided our small PCA team with plenty of challenge in the long course 50m format. Opening with the 400IM, Georgia Wills set the scene for a successful evening with a 25 second personal best, placing second, and later placing third in the 100m Back. Our 11 competitors swam a total of 17 PBs and recorded 5 new times. Seth Wilson was placed first in the 100m Free and third in the 100m Back, while Danielle Rule claimed a second placing in the 100m Back.



Well done to all our team and special thanks to Coaches Nevill and Ben for you wise and kind words of encouragement pre-race and congratulations post race. Thanks too to our PCA officials Debra Schofield-Matthews (IOT) and Richard Peterson (Timekeeping).

Team Manager
Murray Pugh

Metro League Final on Sunday 30th Oct:



It was an excited team that turned up bright and early at the Coastlands Aquatic Centre on Sunday 30th October, ready to give it their all. The day kicked off with a land warm up run by Ben, followed by a good warm up in the pool.

First up were the 12 year olds with the medley relay which they took out by 4 seconds - what a start! The team continued in the same vein both in and out of the pool. Every swimmer gave it their best after first seeing Ben for final words of encouragement.

PCA were definitely the loudest from the side line, cheering every swimmer on with great gusto. The final result put us in 3rd place with 224 points, only 13 points behind the 2nd placed team from Capital.

It was a fantastic event with some seasoned competitors mixed in with up and coming club and squad swimmers in their first event. The way the team represented the club was outstanding and all the swimmers should be very proud of themselves.

A big thank you to the parents who helped at the various rounds, cheered from the side line or for just making it out of bed very early on a Sunday morning! Your support, along with the great attitude from the kids made it a brilliant event.

Team Manager, Jo McManaway

PCA Hardcore Signature Meet - WRAC (LC) 5 November:

Every year PCA hosts two Signature meets - the second for 2016 was the Hardcore meet held at the Wellington Regional Aquatic Centre on 5 November. It was exciting to see a big competitor turnout for this meet which includes some of the harder events on the swimming

calendar. In total, the meet attracted 717 individual entries from 284 swimmers representing 14 clubs from around the region and beyond! PCA had an impressive team of 32 swimmers - all pumped up and ready to race following land and pool warm ups.

With a total of 37 PBs and 25 new long course times achieved, it was an excellent night of swimming with plenty of very rewarding smiles all round - between gasping for air after racing hard! However, all those competitors did make for a long meet and some timing system hiccups at the start didn't help. The last race started at 9.20pm, well after the Fireworks in Wellington Harbour, but it was great to see so many swimmers staying on for the 'must be there' cash prize draw. Congratulations to Georgia Wills for taking home one of the four \$50 notes - as well as placing first in her 100m Fly race and third in the 200IM.

Well done too to Gemma Orsman for a first in the 100m Breast and a second in the 50m Breast. And very nice results for Emilee Wilkinson with a third placing in the 100m Free and Sophie Wills also placing third in the 100m Breast. Bronson Lloyd claimed a first second and third respectively in the 200IM, 400 Free and 200 Back while Max Drummond won the 100 Free and Ella Drummond came third in her 100m Free.

Thank you to all our PCA officials, parents, coaches and helpers who made this event very successful. PCA ran this large meet from its own pool of Senior Officials (many of whom did not have children racing, but willingly gave up their Saturday evening to assist our club), something that few other clubs can achieve. Thank you. PCA also has a fine reputation for putting on the BEST officials snacks and refreshments and this meet we outdid ourselves. There were many compliments as to the quality and quantity on offer - it is something that is truly appreciated by all the volunteers - especially at a long meet.

Murray Pugh
Jo McManaway
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 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.

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:

26 November – Capital Classic Signature Meet (LC) – WRAC – Entries Close 20 November

2 December – PCA Have-A-Go (SC) – Cannons Creek – Entries on the Night

10 December – Swim Wellington Open Meet (LC) – WRAC – Entries Close 4 December

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)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