

Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

2017 Start Dates:

Normal club sessions will resume on

- Monday, 30 January
- Friday, 3 February
- Sunday, 5 February

There will be no swimming on Monday, 8 February as it is a public holiday.

Learn to Swim will start on Sunday 12 February.

Health and Safety:

The diving ban at Cannons Creek is still in place and the committee is still in discussions with the council on a way forward to allow diving instruction and in competitions.

Swimming NZ is currently looking at a national policy on competitive diving and pool depths and we are hopeful of this being issued early in the new year.

The Junior Squad Timetable for the Term 1 will include some time at the Aquatic Centre so that squad members can practice race start diving.

The Health and Safety committee meets bi-monthly with the council representatives to discuss any health and safety issues. The high air temperature at the Aquatic Centre is causing some concern and we have discussed this with the council representative who advise that they are trying to find a solution to this problem.

Celebrating Success – Again !!!

Porirua City Aquatics was to the fore at Swimming Wellington's Awards held recently. Congratulations to the following

Bronson Lloyd who won the Wellington Selectors Trophy. This trophy is awarded to the Wellington Swimmer who breaks the most Wellington records over the year.

Bronagh Ryan received a certificate acknowledging her selection in the Wellington All Stars team. This team heads off to Brisbane, next month to swim at the Queensland Champs.

Murray Pugh won Swim Wellington's Award for Club Contributor of the Year. Not only is Murray our club treasurer but this year he has given many hours to the club preparing PCA's Health and Safety Plan and Policy. An award truly deserved.

Swim Wellington also presented a number of Service Awards to nominated people who have given at least ten years service to their club and/or the region. It was great to see three of PCA members recognised in this way. Congratulations to Gillian Kalafatelis, Brent Harris and Terry Laws, who all hold Regional and National official qualifications and regularly officiate at regional and national meets, even though none of their own children compete.

Learn to Swim – Simone Ryan:

Term 4 2016 sees the end of an era as Simone Ryan heads off to varsity down south next year.

Simone has been teaching in our Learn to Swim programme for the last three or four years, and over that time has made a huge contribution to the success of the

programme as she has guided many children through their paces.

Simone will be missed, both as a club swimmer and learn to swim instructor.

PCA wishes her all the best as she heads off to the next stage in her life.

Meet Reports:

Gold Coast Chocolate Carnival Tawa 13 November:

Our biggest PCA teams for a long time came together for the PCA hosted Gold Coast Chocolate Carnival held at Tawa Pool on Sunday evening 13 November. With 53 swimmers competing in 102 races, it was a very busy night - and super successful too! we had 58 new times and 31 personal best times, and PCA won the Gold Coast Personal Best Time Trophy - keeping it safe for the summer! Well done to our team.

This was the first Gold Coast meet for a group of new members who have recently joined PCA. This group train at Keith Spry Pool in Johnsonville and it was wonderful to welcome them all to our club and to see them competing so well. Thanks to our experienced team members for helping to ensure the first competition for these new club members went really well. With all those new times and personal bests, there was plenty of chocolate and colourful ribbons on show - as well as a proud parent or two!

With PCA hosting the event from a different pool, it was also great to see all our volunteer officials and helpers making for a smooth running event. Thanks to Yvonne Pugh, Viv Morton, Keri Martin, Tony Lloyd, Josie Raimona-Pahetogia, Julia Ham, Moira Boyce, Katrina Day, Eileen Adams, Deborah Schofield-Matthews, Adele Lloyd, Beckie Duffy, Terry Laws, Bryan Graham, Rhonda Graham, Brent Harris, and all our time keepers - you made the meet a real success for all our swimmers.



Murray Pugh, Becky Campbell
Team Managers

In-House League:

Congratulations to Eli and Jacob's team – team 2, who won PCA's 2016 In-house League Series.

Races were very exciting on the final night, and both the supporters and swimmers gave their swimmers heaps of encouragement and deafening support. Congratulations to everyone, especially those who swum new strokes/events to give their team the edge.

A huge thank you goes to the team leaders, and to all the parents who assisted officiating, judging and scoring.

The winning team with 593 points were Tait Judd, Carter McKee, Lola Brown, Harry Lock, Hadleigh Fale, Torea Tavea, Ariana Lock, Cameron Judd, Clara McCarrison, Luke Weir-Smith, Charlie Ripley, Jeremiah Mapusua, Lochie Wesley-Smith, Georgia Wills, Ethan Jones, Gemma Orsman, Matthew Betham, Jacob Reiher and Eli Jones.



Team 3 finished second with 555 points – Hunter Lloyd, Maddison Spark, Ariana Payne, Rylee Poki, Anna Betham, Sabrina Brown, Addison Judd, Ruby Jaquiere, Phoebe Campbell, Jarrod McKee, Anna Wilkinson, Iris Campbell, Daniel Baker, Daneka Sheppard, Meilani Payne, James Ripley, Sophie Wilkinson and Ally Jones.

Team 4 were 3rd – Jessica Rule, Luke McKee, Liana Saipani, Harlow Schilder, Pacey Hall, Conrad Jones, Rachael Funnell, Isaac Jones, Ryan Pugh, Carter Mason-Jones, Lavinia Moeahu-Tamihana, Esra Payne, Dillon Raimona-Pahetogia, Charlie Samu, Emily Humphries, Liana Reiher, Jessica McManaway, Tara Weers, Caleb Wilson, Van Lutnant, Thomas Tavae, Bronson Lloyd and Bronagh Ryan.

Team 6 was 4th 498 points, Teams 5, 5th 493 points and Team 1, 6th 481 points.

Dolphin Swimming Club Carnival -Makino Aquatic Centre – Feilding -50mtr Outdoor Pool:

On Sunday 4th December – PCA hired 2 Mini Vans and 15 PCA swimmers travelled to Feilding to compete in the Dolphin Swimming Club Carnival.

It was a new experience for most to swim & compete in a Outdoor 50 metre Pool.

We all arrived in Feilding to overcast drizzly skies and promptly set about erecting a Large Gazebo for shelter supplied by Dillion's mum Josie – Thanks Josie.

Once all set up for the afternoon – the team sat down for a nice array of packed lunches. With lunch out of the way Coach Ben set to work with a landbased warm-up followed by a warm up in a nice warm outdoor 50mtr Pool.

A great afternoons swimming was had by all with some excellent results and good PB's. Alot of swimmers were also delighted to win prizemoney for their swims.

\$10 for 1st, \$7 for 2nd and \$5 for 3rd was paid out in all heats which is very unusual.

Out of 57 swims on the day, PCA swimmers had 34 PB's – Great Work

As the day wore on the weather got better and better and in the last 2 events of the day we were bathed in sunshine – yippee.

After a hard days swimming we stopped off at Burger King in Palmerston North for a Nice Stunner Combo which the Swimmers loved – Thanks PCA.

To the Thank you's

- All you swimmers that came along – hope you had a Fun Day.
- PCA for the Van Hire and Kids BK combo's
- Adele Lloyd for organising the trip
- Andrew Wills for driving a Van
- Janet Thomson, Lousie Wills & Michelle McKee for Timekeeping
- Josie Raimona for loan of the Gazebo
- Brent Harris for attending as an Official
- The Coach – Ben Walsh for coaching – as well as entertaining the younger ones in our van both ways - "Legend"



Tony Lloyd – 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.

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:

20 – 23 January – Swim Wellington Summer Champs WRAC – Entries Close 15 January

17 – 19 February – SNZ Junior Regionals (LC) WRAC – Entries Close 8 February

26 February – Gold Coast Woollahra Trophy (SC) – Coastlands – 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)	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