

Swim Wellington Office – Staff Changes:

Bridget Tait (SW Events Co-ordinator) is leaving SW on 25 March to take up a new position, leaving Henrietta Latham (SW Operations Manager) alone in the office, with a much bigger work load.

To reduce the number of calls to the SW office, parents and supporters are urged to direct their queries to their clubs in the first instance. Most questions can be answered a club level and if PCA doesn't have the answer, we will find out.

For queries relating to meets/entries email Keri Martin race@swimporirua.co.nz, or for general queries contact Viv Morton president@swimporirua.co.nz

Sunday Morning Club Swimming:

Those who swim on Sunday morning will note that the 8.45am session is extremely full while the 8am session lacks numbers.

To give our swimmers the best opportunity to improve, we are urging some of the 8.45 swimmers move to the earlier time slot.

PCA appreciates some swimmers have a very good reason to swim at 8.45am, for example the older swimmers who train and then join the Learn to swim coaching team, and club swimmers who have learn to swim siblings – for the rest, please consider moving to the 8am group.

Health and Safety:

Members are reminded that we have a comprehensive health and safety policy with identified hazards and mitigation strategies.

The latest copy is available on our website.

Members (and parents) who attend Cannons Creek pool will have noted the new fake wood seating in the terraces.

Please note that this is a trip and slip hazard, please take care when walking beside the raised seating as it is very easy to put a foot in the gap between the seat and the concrete, the seat is also slippery when wet.

Should any member have a near miss or injury then pool staff need to be notified and the PCA register (in the committee box) needs to be filled in with the details.

Club Champs:

A big "Thank you" goes to all our swimmers and their families who supported PCA Club Championships on 12 March at Tawa Pool.

The swimming was exciting and it was great to see swimmers try new events and achieve Personal Bests.

Thanks especially to our Senior officials (that is, those who no longer have swimmers competing) and all the parents who helped out officiating and with other duties, without your help PCA would not be able to run these champs as an 'official meet'.

PCA's Prizegiving and AGM will be held on Sunday 28 May at 3:00pm - mark your diaries now, further details will follow.

Viv Morton - President

Novice Carnival – 2 April – Cannons Creek Pool:

A great opportunity for those who are new to the club and those who have not competed in many carnivals.

Come along and **"have a go"** – an introduction to racing.

Porirua City Aquatics will host our Annual Novice carnival on Sunday 2 April 2017 at the Cannons Creek Pool.

Warm up is at 1:30pm for a 2:00pm start.

Races will be held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing and is targeting newer club members and swimmers who have not raced in three or more zone or interclub events.

Swimmers who have qualified to swim at the Wellington Champs or interclub events may not enter.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet.

The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. Swimmers will swim the each event/s they enter once,

and the times will be collated to rank the swimmers – in swimming this is known as *timed finals*. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard.

Entries close on 23 March 2017.

It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

Div III:

The biggest meet on PCA's calendar each year is our Div III Meet.

This will be held over two sessions at Naenae Pool on Saturday 8 April.

This is a club fundraiser as well as being a huge meet usually attracting swimmers from all around the region.

Full details are on the notice board, and in the Calendar on our website - further details will follow in the next newsletter. Mark your diary now.

On-line entries close 1 April.

Easter Weekend (14 – 17 April) and April School Holidays:

There will be no swimming on Easter Weekend 14 to 17 April (Good Friday, Easter Sunday, Easter Monday) and Tuesday 25 April (ANZAC day).

Swimming will be held as normal on Sunday 23 and 30 April.

There will be no club swimming on Friday 28 April.

Club nights on Friday 21 and Monday 24 April will be devoted to distance badge swimming only.

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 kilometer (40 lengths) for a time. The club has various ribbons to reward swimmers for times achieved.

PCA has the pool booked until 8:00pm on Friday and 8.30pm on Monday. Those swimming up to 400m meters should come at 6pm. Those swimming longer distances are to come at 7pm. To help this evening run smoothly Eileen, Tony and Viv will 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.
- Our Orcas squad will be training with Ben in 3 lanes, on Monday 24th until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes thereafter.

Tadpoles, Seals, and Penguins:

As these groups do not train over the school holidays, swimmers are welcome to come along on Friday 21st and Monday 24th and swim distance badges.

The School holiday timetable for the Swordfish and Orcas is still being finalised. Watch the noticeboard and website for details

Meet Reports:

SNZ Junior Festival – All Stars Zone:

PCA had a small group of swimmers attend the new style 2017 NZ Junior Festival - All Stars Zone (replacing NZ Junior Championships) in February.

This was a three day event and consisted of the four swimming zones of New Zealand (Harlequins, Aquaknights, All Stars and Makos) each hosting a NZ Junior Festival. The four short course meets bringing together the top 12 years and under swimmers to compete for honours in their zone. The meets were held in Auckland, Rotorua, Wellington and Timaru).



Our team were Lucy Campbell, Ryan Pugh, Anna Schofield-Matthews, Faith Siamani, Ariana Tierney, Anna Wilkinson, Katie and Sophie Jones.

There was fantastic swimming with great attitude and teamwork shown. Special mention to Ariana as this was her first ever meet and gained awesome personal best times. Well done!

Medal results: Sophie Jones (one silver medal), Katie Jones (four bronze medals and NAGs qualification)

Top 10 place-getters (4th-10th):

- Ryan Pugh (50 breast 7th, 200 free 9th, 100 back 8th and 100 breast 7th)
- Ariana Tierney (50 back 10th, 100IM 9th)
- Faith Siamani (200 free 8th)
- Sophie Jones (50 breast 6th, 50 free 8th, 200 free 5th, 100 breast 5th, 100 free 9th)
- Katie Jones (50 breast 5th, 50 back 7th)

Congratulations to every PCA swimmer who all gained personal best times!

Thanks to everyone who helped officiate at the meet and to Ben Walsh our coach who was fantastic with all the swimmers. To Viv Morton who worked in the presentation area, Matt Meehan and Brent Harris. Also a big thank you to Martin Vaugh (Capital) and Robyn Prior (Masterton) who also helped out with our club duties.

Lorraine Jones (team manager)

Gold Coast Ribbon Carnival:

The Gold Coast Ribbon Carnival at Tawa Pool, hosted by PCA, was held on 26 February and attracted an awesome PCA team of 32 swimmers competing in 94 events.

We had some of our seasoned competitors showing the way for some swimmers brand new to Gold Coast competition.

Everyone swam well - responding to the occasional team chant "Go PCA!".

A total of 36 personal best times were recorded with many taking significant time off their entry times - very well done, great reward for some real hard work in training.

We had 57 swimmers finish in the top 10 of their events. Congratulations to - Seth Wilson: first in the 400 Free and 50 Free, Bronson Lloyd: first in the 400 IM and 100 IM, and Greer Pugh: first in the 50 Breast. And congratulations to everyone who gained a precious ribbon! Although Tawa Club won the personal best time trophy on the night, PCA certainly put up a great fight to try to retain it!

Thank you to all our PCA officials, timekeepers, admin teams and team managers for supporting our team and skillfully running the meet for us. The waving ribbons at the end of the day from smiling swimmers who have achieved their best is what it is all about!

Murray Pugh & Matthew Hall
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 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:

21 – 25 March - SNZ National Age Groups (LC) – WRAC – Entries Closed

1 April – Upper Hutt Signature Meet (LC) – Naenae – Entries Close 25 March

2 April – PCA Novice Carnival (SC) – Cannons Creek - Entries Close 22 March

8 April – PCA Div III (LC) – Naenae – Entries Close 1 April

30 April – Gold Coast Paekakariki Shield Relays (SC) – Tawa – Entries Close 17 April

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