

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.

Orcas and Swordfish Time Table – April School Holidays:

The timetable below will apply. As you can see some sessions have been booked at the Arena and training days have changed so every group gets some time there.

With the public holidays Swordfish II will have two sessions in the first week and three in the second week. Swordfish I will have the reverse, three sessions in the

first week and two in the second week, and Orcas have three session each week.

Swimmers are required to pay the standard door entry charges of \$3.50 for their session/s at the Arena, although by purchasing an Elite child 20 trip pass for \$40 or an Elite child 10 trip is \$20 the cost of a swim is reduced. Purchasing a pass may be worthwhile - I am sure we will use the Arena at another time.

Note – Please don't ask the pool staff about the reduced pool entry of \$1.00 for these two weeks. This concession is only offered during the first three weeks of the school term.

	Monday Cannons Creek	Tuesday Arena	Wednesday Cannons Creek	Thursday Arena	Friday Cannons Creek
	17 th April	18 th April	19 th April	20 th April	21 st April
Swordfish II	Easter Monday No Swimming			4-5pm	4-5pm
Swordfish 1		4-5pm	4-5pm		5-6pm
Orcas		5-6.30pm	5-6.30pm	5-6.30pm	
Lanes booked		2 lanes	2 lanes	2 lanes	2 lanes 4- 5.30 3 lanes 5.30- 6pm

	24 th April	25 th April	26 th April	27 th April	28 th April
Swordfish II	4-5pm	ANZAC day No swimming		4-5pm	4-5pm
Swordfish 1			4-5pm		5-6pm
Orcas	5-6.30pm		5-6.30pm	5-6.30pm	
Lanes booked	3 lanes		3 lanes	2 lanes	3 lanes

During the first week of the holidays Dash will be running catch up lessons at Cannons Creek which means we can only book two lanes.

Note – normal club sessions will be held on Friday 21st and Monday 24th – there is no club swimming on Friday 28th

Thank You Dennis Smith and Landcorp Farming:

PCA would like to Thank Dennis Smith for donating five Whitcoulls Vouchers, and Landcorp Farming (via Brent Harris) for donating 70 drink bottles for lucky lane prizes at the Novice Carnival.

Thank you Kiah:

Those who go into the storeroom will have noticed how tidy it is and this is all due to Kiah Kaulave's hour long tidy up – Thanks Kiah, your efforts are appreciated. Hopefully everyone will keep it that one from now on.

An Outstanding Swim:

16 year old Mya Rasmussen (Kiwi West) produced an outstanding swim in the 400m medley at the National Age Groups, breaking her own NZ Age Group by nearly four seconds.

In summing up her swim Mya said "I've been training hard and making sure I turn up to every training, doing all the little things and making sure I do everything right to keep moving forward."

A simple approach really - something for all our swimmer to think about.

Meet Reports:

Div II:

Venue: Rotorua Aquatic Centre 5th to 8th March 2017

On Friday 3 March a small PCA team of Seth Wilson, Sophie Wills, Greer Pugh and Emilee Wilkinson travelled with two team managers' up to the 2017 NZ division 2 competition being held in Rotorua. For some this was their first taste of National competition.

There was a brief stop over in Taihape and then a stop in Taupo for a brief meal, before continuing on to the Fern Leaf motel in Rotorua, arriving at 9pm.

Saturday the 4th was a day to settle in, train at the venue and get ready for the competition start on Sunday.

The DIV2 competition was held in the 25m indoor pool, but the team was also able to train in the outdoor thermally heated 50 metre pool when required during the meet. which made it easier to train given the large number of competitors there (over 600).

On the Sunday racing began and the 25 metre indoor pool was packed with teams and spectators literally sitting only a few metres from the pool. This made for an awesome atmosphere. All of our PCA swimmers put in great efforts during the meet with some good PB's being obtained with the opportunity to test themselves against some real quality swimmers from other clubs.

As the team was small we were able to fit into two family units at the Fernleaf motel. The motel was only a short five minute drive to the aquatic centre.

Each day of the meet the team travelled into the pool together and trained together whether they were racing or not. When the meet sessions were finished each day the team would return to the motel to eat and rest. To ease the boredom and to provide some variety the team did do a few fun activities which worked well and provided a good team building/bonding experience. These activities were, a mystery "escape room activity" where the team had to solve clues and questions to be able to get a code to a lock letting them out of the room within one hour. The team did well and only went one minute over time. The second activity was a walk along

the redwood forest boardwalk, which is an elevated boardwalk up in the treetops with swing bridges connecting the trees. The third and final activity was rock wall climbing which the team did after the final morning session when all their swims were over for the competition. These activities provided the team with some valued down time away from the hustle and bussle of the pool. By the final day everyone was starting to get a little worn out, and the team brought the meet to an end by dining out at the Lone Star Restaurant, before heading for our final night accommodation at the Top ten Holiday park in Taupo.

On the Thursday morning the members that wanted to had a quick swim in the top ten resort pool to relax and then we headed for home with a stop for a meal in Taihape arriving back at the Paremata Railway station in Porirua around 4pm.

Well done to the team, you can all be proud of yourselves.

The team results were: Seth Wilson (15 years): 400 free 9th (2.55sec PB), 200 IM 26th, 1500 free 8th (8.69 sec PB). Emilee Wilkinson (13 years): 100 back 37th (.76 sec PB), 50 Back 35th (.32 sec PB). Greer Pugh (14 years): 100 IM 40th (1.53 sec PB), Sophie Wills (14 years): 100 IM 11th (3.39 sec PB), 100 Breast 14th, 50 Fly 15th (1.15 sec PB), 200 IM 38th, 50 Free 27th (.30 sec PB), 50 Breast 7th 1.72 sec PB).

A special well done to Seth for making the top 8 in the 1500 freestyle and Sophie for placing 7th in the 50 breast final. Given the number of swimmers competing just making a final is a special achievement. The whole team however did themselves proud and were a credit to the club.

A special thanks to Andy Wilkinson who was the Wellington regional manager at the meet but kept a special eye on us and to the Raumati club for allowing their coach to mentor and encourage our swimmers throughout the meet.

Last but not least the biggest thanks to Ariella Wilson for sharing the manager duties with me which ensured everything went smoothly and that we all had fun and for supplying her vehicle to transport the team up to and back from the meet.

Louise Wills – Div2 Manager

Gold Coast - Woollahra Trophy 19 March 2017 – Coastlands:

PCA is part of the Gold Coast Zone of swimming clubs that consists of Tawa Swimming Club, Raumati Raptors, Kapiti Swimming Club and ourselves. Each year, 6 meets are organised with competitions held at Tawa Pool and at Coastlands. There are different themes for each meet - Chocolate, Ribbons, Shields, and Trophies. On Sunday evening 17 March it was the Woollahra Trophy meet held at Coastlands. The Woollahra Trophy is awarded to the club who has

accumulated the most points from the handicapped relay races combined with their personal best swim times percentage.

PCA fielded a team of 10 swimmers, entering a 12yrs and under team in the relays as well as an 'exhibition team' in the 13 and over relays (we had 3 x 13yr and over swimmers - so special thanks to Faith Siamani (11) for stepping up into the senior team so we could race in those events - albeit without being able to claim the points!) As a handicapped relay, all teams first race 4 x 25m free to gain a seeding time, and then compete again later in the meet on a corresponding staggered start. Teams finishing the second handicapped race more than 2 seconds faster than their seeding time are disqualified - ensuring everyone is trying as hard as they can. Unfortunately one team at this meet seemed to not understand the spirit of this rule and the second race became a strange event where some powerful swimmers ambled down the pool checking their position so as to finish just before the next fastest team - presumably to ensure they stayed within their seeding time - for a slightly bizarre finish.

No matter - our PCA teams put in a tremendous effort - its not easy to come out of an individual 200m race and go straight into a team relay - but they swam their hearts out for their club!

Our swimmers also put the effort into their individual races, achieving a total of 18 personal best times plus 3 new times out of their 30 events. Well done to you all - you were awesome - and especially supportive of your team. The "clap de clap PCA" chant rang out across the pool complex making for an exciting atmosphere! Congratulations to Kapiti swimming club who took home the Woollahra Trophy. Our small team meant we weren't really in the points race - this time!

Thank you so much to the Gold Coast organisers - especially Viv Morton, as well as Keri Martin our race secretary, along with our referees/starters Brent Harris and Terry Laws, our IOT and officials organiser Adele Lloyd, and our timekeepers Becky Campbell, Katrina Day, Paul Spark and Yvonne Pugh, as well as Junior Squad Coach Ben Walsh - everyone played their part for which we are all very appreciative. Lastly, thank you to our team's parents for getting your well organised and motivated swimmers to Coastlands for the meet.

Murray Pugh – Team Manager



PCA at Coastlands
Back row: Hunter Lloyd, Faith Siamani, Lucy Campbell (+ random Raptors photobomber!)
Middle row: Ethan Hunter-Day, Troy Hunter-Day, Ryan Pugh, Greer Pugh
Front row: Coach Ben Walsh, Jordan Sparks, Madison Sparks
Absent from photo: Keegan Lloyd

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.

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:

8 April – PCA Div III (LC) Naenae – Entries Closed

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

6 May – Tawa Signature Meet (SC) WRAC – Entries Close 28 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