

### Annual General Meeting and Prizegiving:

This combined event will be held on Sunday 28th May 2017 in the Lecture Theatre (upstairs) at the Te Rauparaha Arena commencing at 3:00pm.

All club members, their families and supporters are welcome.

Three things will be covered off during the afternoon – in no particular order we will have -

**Prizegiving** - a time to acknowledge our club champions and reward those who have competed with success at the club champs and during the year. The club has over 50 Cups and Trophies to present, as well as Age Group Medals and Club Champs Certificates.

**Afternoon tea** - Club Members are asked to bring a plate of finger food.

**Annual General Meeting** - This usually takes no more than an hour.

This meeting is a time to acknowledge the work of the committee and coaches who have given many hours to the club and your children over the past 12 months, as well as an opportunity for new people to join the committee for the next 12 months.

The committee would appreciate your support at this meeting. (If you are thinking of joining the committee and wish to know more about the commitment required, please give Viv a ring, 2347071).

**Note** – Only those who have been financial members of Porirua City Aquatics for at least 30 days have voting rights at this meeting. A financial member is entitled to one vote. The voting rights of members under 18yrs may be exercised by that member or the member's parents or guardians. It is expected that the voting rights of members 13yrs and under will be exercised by the members parent or guardian.

### Queens Birthday Weekend: 3 – 5 June 2017

There is no swimming on the Sunday or Monday of Queens Birthday week. Swimming will be held on Friday night as usual.

### PCA's Annual 100M Handicap Trophy:

The club's annual 100m Handicap Trophy meet will be held on Monday 19 June 2017. Warm up is 6:00pm for a 6:30pm start.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

### Entries close on Monday 12 June 2017

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top place getters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (*We are awake to those who think they can swim slow in the heats to win the final!*)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To enter write your name on the list on the noticeboard or email the race secretary. Late entries cannot be accepted.

### Volunteer Coaching:

PCA is always on the lookout for people to assist with coaching on Monday, Friday and/or Sunday mornings. You have probably noticed some of our groups are quite big and extra hands would allow swimmers to receive extra attention.

While you would work with one of our coaches, something as simple as sending the children off at the start of a set or reinforcing the coaches instructions at the turn end can be extremely helpful.

We are not expecting volunteers to coach for the entire evening – if volunteers could help out while their child is in the water that would be fantastic.

If you are interested, speak to Viv, poolside or phone 2347071.

Coaching is extremely rewarding!

### **Penguins:**

Vacancies exist in Penguins, an entry level group in our squad programme. Coached by Ben Walsh this group swims at Cannons Creek Pool on Wednesday 3.45 pm to 4.30 pm and on Friday's from 4.15 to 5pm.

Penguins pay \$90.00 a term coaching fee, plus door entry to the pool.

For those who prefer to swim in the afternoons this is ideal.

If you are interested – ring Viv 234 7071.

### **Tadpoles:**

Vacancies exist in our Tadpoles group. Tadpoles is a technique group for swimmers from 8yrs to 11yrs in our club programme. Coached by Ben Walsh, this group is on Friday night from 6pm to 6.40pm.

Swimmers then swim in their normal groups with Eileen, Viv, Tony or Richard on Sunday morning and/or Monday night.

Tadpoles is \$30.00 for the term.

Ring Viv 234 7071 if you are interested.

### **Swimming NZ Opens**

Congratulations to Bronagh Ryan on the fantastic week she had at NZ Opens recently.

This was the first time PCA sent a swimmer away without a coach or a manager, although Nevill was always available by phone.

Bronagh won the Gold Medal in the Women's 50m breaststroke with a time of 32.32, breaking her own Wellington record set in March 2016 of 32.47.

She also won the Bronze medal in the 100m breaststroke in 1m10.68, breaking Kelly Bentley's long standing Wellington record of 1m11.38 set in April 2005. Bronagh finished in a very commendable 6<sup>th</sup> place in the 200m breaststroke in 2m39.59 - the first time she has broken 2m40 for the distance, and was 7<sup>th</sup> in the 50m freestyle final and made the B-final in 50m butterfly.

### **2017 All Stars Talent ID Squad:**

Following outstanding performances in 2016/2017 Bronson Lloyd who has been selected in Swimming Wellington's 2017 All Stars Development Programme. – Congratulations Bronson.

Facilitated by Sport Wellington, the programme receives assistance through the Wellington City Council Talent ID funding programme that gives selected swimmers access to High Performance Sport NZ resources, and will cover an Athlete Life component that prepares swimmers with tools to use in everyday life, training and competing in the high performance environment.

### **Going to be late to a Meet?**

Texts from swimmers who are going to be late to a meet are appreciated by team managers and something PCA encourages all swimmers to do – however an un-signed text is rather meaningless. Please remember to sign your text!

### **Friday Night Swimming:**

Last term some swimmers had a clash with athletics on Fridays and this term it seems some rugby games are being held on Friday nights, leaving plenty of space in the pool for others who may want an extra session or want to change their swimming night.

The Friday timetable is the same as Monday night.

The coaches would welcome more swimmers!

### **Meet Reports:**

#### **Race Report - Novice Carnival - Cannons Creek - Sunday 2 April:**

Six swim schools, two Swimming Clubs and a number of individual swimmers made for an exciting afternoon's racing at PCA's annual Novice Carnival. PCA had 24 swimmers entered in 82 events with a total of 282 entries for 25m and 50m freestyle and backstroke races. The Novice format is for swimmers who have not competed in 3 or more inter-club or zone competitions - for many it is their very first chance to race. All competitors received participation ribbons while those placing 4th-6th gained finalist ribbons and those placing first second or third were presented their place ribbons on the podium.

Our team swam their way to 12 first places, 10 second places, and 7 third places, so there were plenty of trips to the podium! Congratulations to Madison Spark, Oliver Lei, James Willets, Yovela Li, Ethan Kehoe, and London Sciascia-Taufao each who had one or more winning races. Really well done to everyone in the team who swam so well and listened to all the instructions and directions that go along with a swimming meet.

Thank you to all the PCA committee, helpers (including swimmers from our junior and senior squads), parents and supporters for making the meet so successful for our up and coming swimmers. Without all the volunteers who generously give their time to organise and run the meet, it simply could not happen.

Murray Pugh  
Yvonne Pugh  
Team Managers

### PCA Div III – 8 April 2017:

PCA fielded a strong team of 33 swimmers at this important meet for the Club. As one of our two annual fund raising meets, Division III is hosted by PCA for the Wellington region, with the club being responsible for all aspects of organising and running the meet. Door takings, entry fees and raffle proceeds all contribute to raising over \$5,000 for the club that particularly goes towards the cost of supporting swimmers, coaches and officials who attend national and international meets representing PCA.

Div III is a chance for swimmers to compete and share the limelight with those of similar abilities in the absence of those who have attended national competitions. For PCA swimmers who exceeded the eligibility criteria and so could not enter, it was their chance to give back to the club and show their appreciation for the club's support for them. It was fantastic to see our senior swimmers assisting in all manner of tasks around the pool - from runners, medal presentations and refreshments, to hand writing results when the printer was malfunctioning early on (thanks Max!).

The morning land warm-up session saw the team practicing a PCA chant, in between stretching and star jumps - some knew the words already, everyone else caught on quickly. After the pool warm-up the chant rang out across the pool - and brought proceedings to a short stop (or did it break the printer?!?) The meet got underway and PCA showed all the clubs attending that its team spirit was alive and loud! The "clap de clap PCA, clap de clap PCA" support for our PCA swimmers about to start their race added to the vibrant, exciting atmosphere of the meet. Thanks to all the parents for joining in too - when most of our team was away at marshalling, you carried the chant off very well!

Results in the pool were impressive. There were 160 individual entries swum over two sessions. 24 of our swimmers achieved finalist placings (1st -7th) and our total medal haul was 12 Golds, 18 Silvers, and 18 Bronzes - 48 medals in all. Here's the who's who: Ruby Ripley 7 medals, Liana Reiher 4, Grace Reiher 5, Dillon Raimona-Pahetogia 3, Ryan Pugh 1, Jess McManaway 2, Jed McLachlan 4, Luke Martin 4, Hunter Lloyd 1, Sophie Jones 4, Ethan Hunter-Day 4, Troy Hunter-Day 6, Ella Drummond 3.

Thank you to Andy Wilkinson for ably stepping into the meet director role (really sorry that Viv was not well that day - this is an important meet for her - you were sadly

missed!) as well as our lead officials, referees and starters Terry Laws and Brent Harris. Thanks to all our IOTs, JoS, and the 'office' team too, as well as to Ben our Junior Squad coach for his encouragement and kind words of wisdom before and after every swimmer's race. Thanks to Louise Wills for announcing superbly, Yvonne Pugh for managing the ribbons and to all our parents for timekeeping and bringing along the officials refreshments - which, as always, maintained PCA's envied high standard. Thanks to the 'door and raffle' team and to the BBQ team too and the marshalling team Tony Lloyd, Janet Thomson, and Josie Raimona, as well as to SwimZone for the use of their electronic starting/timing equipment for the meet.

But most of all - thanks to our fantastic swimmers. You put your all into your racing and supporting your team mates - what a great bunch of young swimmers.

Congratulations!



### 2017 NI Secondary School Champs:

PCA was recently represented by the following Club Members at the Secondary School Champs held in Palmerston North on 13 May 2017.

Max Drummond - Hutt International Boys School, Bronson Lloyd - Tawa College, Greer Pugh - Aotea College, Jacob Reiher - Hutt International Boys School, Emilee Wilkinson - Aotea College, Georgia Wills - Aotea College, Sophie Wills - Aotea College and Seth Wilson - Hutt International Boys School

Must admit it was rather strange seeing them swim against swimmers they know but in a different environment ie. representing their various schools rather than Clubs.

All our swimmers swam really well with some great results.

Bronson Lloyd finished 1st equal as the Top Male Swimmer of the meet.

Adele 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 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](mailto: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](mailto: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](mailto:treasurer@swimporirua.co.nz)

## Upcoming Events:

**20 May** – Swim Wellington Relay Champs (SC) Naenae – Entries Closed

**19 June** – PCA 100m Handicap (SC) Cannons Creek – Entries Close 12 June

**24 June** – Karori Signature Meet (SC) WRAC – Entries Close 18 June

## Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at [race@swimporirua.co.nz](mailto: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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>