

Volunteer Coaching:

PCA is extremely grateful to our team of passionate volunteer coaches (Eileen, Viv, Tony and Richard) who give their time freely club to coach swimmers on Monday and Friday nights, and Sunday mornings.

From time to time these coaches need a session off or take a holiday. For these times we need your help! You would work with another coach just sending to children off, monitoring simple drills, giving out the kick boards etc - all simple tasks that would greatly assist those coaching.

Maybe you can help out for the session your child is in the water – those volunteering aren't expected to 'work' for the entire evening.

If you can help, especially for 3 weeks from 18th September, when Viv is away - please give her a ring 234 7071 or email president@swimporirua.co.nz.

PCA Auckland Trip Pancake Fundraiser:



**PCA Pancake Breakfast
Fundraiser
Cannons Creek Pool
Sunday 8am to 11am
13th / 20th & 27th AUG**

**\$4.00 FOR 2 PANCAKES AND \$5.00 FOR 3 PANCAKES
TOPPINGS INCLUDED**



Team Meeting – Wellington Winter Champs:

Wednesday 30 August – Te Rauparaha Arena.

Training will be held at the Arena from 5:00pm to 6:20pm for all those entering the Wellington Winter Champs and a parents/swimmers a Team Meeting will start at 6:30pm.

The meeting will cover off team managers, Wellington passes, expectations, withdrawal rules, seating, when to arrive at the pool, warm up etc.

Those who don't usually swim at the Arena – please remember you need to pay the council door entry.

Training will be cancelled for Orcas and Sharks who are not swimming in the Wellington Champs.

Primary Interschool Swimming Sports:

Planning is underway for the Interschool Sports.

The success of these sports in the past has been largely due to the help and support provided by PCA parents.

You are the ones with the experience, you know what is required to run a good meet – hopefully PCA parents will be out in force again this year.

Dates:

- Wednesday 23 August 23rd Parumoana Schools 9:00 am – years 5 and 6
- Wednesday 30 August Parumoana Schools 9:00am – years 7 and 8
- Thursday 31 August Porirua Schools, all years 9:00am

if you can help, please give me a ring 2347071, or email president@swimporirua.co.nz

Thanks

Viv

PCA In-House League:

Monday nights of 18 September, 30 October and 20 November

Cannons Creek Pool, 6:00pm Warm Up – 6:30pm Start

Entries close Friday 8 September

Three fun nights – Open to all Club Members

This event replaces all club and squad training on these dates

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 18 September – swimmers having a birthday over

this time, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who forget or just don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Keri Martin at race@swimporirua.co.nz please include your age as at 18 September in your email.

Squad Swimmers Pathways:

Last month PCA updated the Swimmers Pathway (Squads) document.

Ben Walsh is coming up to his first anniversary of coaching with PCA and this new document takes into account the current and improved level within the Squads as well as giving an overview and expectations of each squad.

It should be remembered that PCA is a competitive swimming club and there is an expectation that all squad swimmers will race regularly.

The meets squad swimmers should be looking to enter are also shown.

Swordfish I has been renamed to Shark while Swordfish II becomes Swordfish, to stop the on going confusion.

This Pathway document is on our website.

Pelorus Trust Grant:

Porirua City Aquatics was thrilled to hear a grant application made to the Pelorus Trust to help towards the rental van costs for the New Zealand Short Course Championships, the Auckland Junior Championships and the



Commonwealth Games Trials and Auckland Age Groups was successful.

PCA will have teams at all these meets to be held in Auckland later this year.

Entry Level Carnivals:

Swimmers who enjoyed PCA's Race Night on July 7th, should be looking the Gold Coast Chocolate Carnival to be held at Tawa on Sunday, 24th September as their next meet to enter.

Gold Coast Meets cater for all swimmers from entry level to more competitive swimmers who wish to update their times.

PCA will appoint a team manager for this meet and swimmers must sit with the team.

For those worried about diving, should remember diving is not compulsory. Swimmers may start in the water.

Like-wise tumble turns are not compulsory either.

Entries for this are on-line through SNZ database.

Full details of the meet and how to do enter are on the PCA website.

PCA's Have-a-go Race Night:

Our next race night will be held on Friday September 29th. Mark your diaries now.

Full details are on the noticeboard and website.

Entries will be taken on the night.

Diving at Cannons Creek Pool:

Swimming New Zealand (SNZ) has recently released guidelines for competitive race start dive water depths and height of blocks. A copy of these guidelines is available on the Porirua City Aquatics (PCA) website.

These guidelines were released as a direct result of a request by PCA to Swim Wellington (SWN) to ask SNZ to look at a set of guidelines for pool depth and also follows several face to face meetings between Brent Harris (PCA Committee member and National Qualified Referee) and Steven Johns (CEO SNZ) to discuss the Porirua City Council (PCC) diving ban at Cannons Creek Pool.

The release of the guidelines has resulted in some media comment about pool depth and an apparent breach of the FINA rules relating to pool depths, and we are also aware that Sport NZ advised the PCC last year that the Cannons Creek pool does not comply as a competitive pool.

The FINA rule that applies for pool depth is covered in the facilities section (FR2.3) and sets the depth of the

pool as being a minimum of 1.35 metres from 1.0 metre to at least 6.0 metres from the end wall, with a minimum depth of 1.0 metre elsewhere. Cannons Creek is 1.0 metre deep except near the sides of the pool where the floor of the pool slopes up to the wall and is .86 metre deep at the wall.

Cannons Creek pool is accepted by SNZ where official times can be recorded, as the depth requirements (as well as lane width, number of lanes and start platform height) is not mandatory for pools under FR1.3 for FINA Minimum Standard Pools. FR1.3 states that events **should** be conducted in pools that comply with all of the minimum standards, but does not state that they **must** be conducted in pools that comply with all of the minimum standards.

The PCA committee is still working to have dive starts allowed at Cannons Creek pool within the guidelines published by SNZ. We are working on changing the blocks so that the height of the dive will be achieved from a flat surface and no more than 0.4 metres above the water line. Once we have found a suitable alternative to the current blocks we will be approaching the PCC representatives to discuss our options.

Meet Reports:

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$175 for club swimmers

\$120 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 Beckie Duffy on 027-282-6383 or e-mail beckie.duffy@ihug.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 Viv Morton e-mail president@swimporirua.co.nz or phone 234-7071 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
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:

2 – 3 September – Swim Wellington Winter Champs (SC) – WRAC – Entries Close 27 August

9 – 10 September – Swim Wellington Winter Champs (SC) – WRAC – Entries Close 27 August

15 – 17 September – NZ Secondary Schools Champs – Hamilton – Entries Close 27 August

18 September – PCA In-House League (SC) – Cannons Creek – Entries Close 8 September

23 September – Swim Wellington (SC) – Huia – Entries Close 18 September

24 September – Gold Coast (SC) – Tawa – Entries Close 15 September

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 (Janet Thomson)	027-442-0961
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Squad Liaison	
Junior Squad (Andy Wilkinson).....	021-986-533
Senior Squad (Adele Lloyd).....	027-244-3035
Officials Co-ordinator (Adele Lloyd)	027-244-3035
Uniforms (Andy Wilkinson).....	021-986-533
Newsletter	e-mail info@swimporirua.co.nz