

October School Holidays:

Swimming will be held as normal on Sunday 1, 8 and 15 October.

There will be no club swimming on Fridays (6 and 13 October).

Club nights on Monday 2 and 9 October will be devoted to distance badge swimming. All Tadpoles, Penguins, Seals and club swimmers are welcome to attend.

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

PCA has the pool booked until 8.30pm. Those swimming up to 400m meters should come at 6pm, while those swimming longer distances are to come at 7:00pm. To help this evening run smoothly our coaches 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 until 6:30pm, leaving club swimmers 3 lanes from 6:00pm to 6:30pm, and six lanes after 6:30pm.

Tadpoles, Seals, Penguins

As these groups do not train over the school holidays, swimmers are welcome to come along to swim these distance badges.

A comment from last holidays swims.

Some of our younger swimmers were bursting with pride and deservingly so. To swim 25m, 50m, 100m, 200m and then 400m all separately on one night was an outstanding effort and then to back it up the next week with a 32 length (800m) swim was fantastic and remember these distances were all non-stop!

Congratulations to these swimmers,

Viv

Labour Weekend – 21 to 23 October:

Club and squad swimming is cancelled on the Sunday and Monday of Labour weekend.

Swim NZ Team:

Congratulations to Bronson Lloyd who has been selected in the NZ team to swim at the 2017 State Team Age Short Course Championships to be held in Canberra from 22 to 24 September.

Swimming for NZ does come at a cost and PCA is grateful to the Trust House Foundation and Swimming Wellington who have both contributed toward Bronson's costs.

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.

HAVE-A-GO race Night:

**Friday 29 September, Cannons Creek Pool.
6:00pm warm up, 6:30pm start**

Race night is open to all club members, especially those new to PCA, and those in the Sharks, Swordfish, Penguins, Seals, Tadpoles and volunteer coaches lanes.

Entries will be taken on the night.

A flyer (order of events) is on the noticeboard.

Race night is not about winning but is about 'Having-a-Go', establishing a time, trying a new event, learning to race and learning race rules.

Times at this meet will not be official and cannot be used as qualifying times.

Penguins training is cancelled on Friday 29 September, Sharks have training as normal, although these swimmers are welcome to join in race night after training.

200m Freestyle has been included on the programme especially for Swordfish and Sharks swimmers to gain experience about racing a longer distance.

Any queries speak to your coach.

Interschool Sports:

For those who were at the Interschool Swimming Sports will agree that the noise was deafening, the racing close and the PCA swimmers shone.

Our swimmers fought hard to win and earn points for their schools often in tough races with their training mates.

The winning schools were:

Parumoana cluster
Years 5 and 6 - First Plimmerton, Second Papakowhai, Third Adventure
Years 7 and 8 - First Papakowhai, Second Plimmerton, Third equal Postage & Discovery

Porirua Schools
Years 5 and 6 - First Titahi Bay, Second Rangikura, Third Holy Family
Years 7 and 8 - First Rangikura, Second Te Kura Maori, Third Windley

A huge thank you goes to the organisers for all the planning – Dash Swim School, Swimming NZ, Swim Wellington and PCA.

Thanks also to the PCA parents who helped out officiating, managing their school team, and transporting swimmers to the pool.

Thanks especially to those who helped out and didn't have swimmers taking part, and to the two Matts, Matt Hall and Matt Rule who stepped up and started the races.

This was the first year all the schools in the Parumoana cluster have taken part. I know many of the PCA parents have been behind this increased participation.

Finally thanks to the swimmers. It was great to see so many of them wearing their club caps. Our swimmers are our best advertisement for the club and they did us proud.

Meet Reports:

2017 McDonalds Queensland Short Course Champs 18 to 20 August:

Bronagh Ryan and Bronson Lloyd both attended this meet and put in some excellent swims.

Bronagh won Gold medals for 50m, 100m and 200m breaststroke, a Bronze medal in 100m medley and was 9th in the 50m freestyle. Her time in the 50m breaststroke broke her own Wellington record.

Bronson won Gold medals in 100m butterfly and 50m backstroke, Silvers in 1500m freestyle, 200m medley and 100m backstroke, Bronze medals in 200m backstroke, 100m medley and 200m freestyle, was 4th in 50m butterfly and 400m medley, 5th in 200m breaststroke and 7th in 400m freestyle. Bronson also broke the Wellington records in 200m freestyle and 400m medley.

Congratulations to you both.

Wellington Winter Champs:

Held at WRAC on 2 – 3, and 9 – 10 September.

Bronagh Ryan was certainly the star of PCA's team swimming at the Wellington Winter Champs, held at the Wellington Regional Aquatics Centre over the first two weekends of September.

Bronagh's time of 1:07:79 in the 100m breaststroke broke the New Zealand and Wellington Women's Open

Short Course records of 1:07:91 she set in October 2016. Unfortunately her swim was the last of the night and missed by many, but for those of us lucky enough to be there it was certainly a wonderful moment for PCA and especially Nevill and Ben. Seeing this record swim locally was awesome.

Bronagh, along with Hunter and Bronson Lloyd were each named Swimmer of their respective Age Groups and received a \$50 voucher from Swim Wellington's sponsor T3.

Bronson also set a new Wellington record with a time of 2:11:30 in the 200m medley breaking the old time of 2:11:70 set in September 2004.

Fifty six PCA swimmers took part in the champs, with many PBs recorded and many stepping up their rankings. All those who finished in the top 10 earned points for the club. Thanks to the efforts of our coaches PCA finished up 5th in the Overall and 12 and under points tallies behind Capital, Swim Zone Racing, Pirates and Raumati, a step up of one place from 2016.

A big thank you goes to our team managers, officials, helpers and supporters, and especially our coaches and swimmers. Also, thanks to all those who helped at the meet when they didn't have swimmers competing. PCA is blessed with many of these wonderful people and it is hard to imagine how the meet would run without them – thank you.

Results:

Medallists

Bronagh Ryan 9 Golds, 2 Silver and a Bronze.

Bronson Lloyd 9 Golds and one Silver

Hunter Lloyd 4 Golds, 4 Silvers and one top 10 finish

Grace Reiher 3 Golds, 2 Bronze and 1 top 10 finish.

Miya Jiany 3 Golds.

Max Drummond 2 Golds, 2 Silvers and 2 Bronze medals.

Gemma Orsman 2 Golds, a Bronze and 3 top 10 finishes.

Jed McLachlan a Gold, a Silver and 8 top 10 finishes

Dillion Raimona-Pahetogia 2 Silvers, 2 Bronze and 8 top 10 finishes.

Rory Eason 2 Silvers, a Bronze and a top 10 finish.

David Zhu 2 Silvers and 2 top 10 finishes.

Georgia Wills a Silver, 4 Bronze and 7 top 10 finishes.

Jacob Reiher a Silver, a Bronze and 6 top 10 finishes.

Ella Drummond, a Silver, a Bronze and 5 top 10 finishes.

Alexia Booth a Silver Medal and 3 top 10 finishes.

Top 10 finishes

Cody Bennett 4, Riley Bennett 4, Mia Booth 3, Mikayla Davis, 1, Charlie Dickison 2, Jayden Dickison 4, Kayne Howat 2, Ethan Hunter-Day 1, Ethan Kehoe 1, Oliver Lei 2, Cerys Lewis 8, Luke Martin 3, Jarrod McKee 5, Jessica McManaway 1, Greer Pugh 1, Ryan Pugh 2, Liana Reiher 2, Dannielle Rule 1, Anna Schofield-Matthews 3, Felix Thomas 1, Ariana Tierney 1, James van der Voort 2, Luke Weir-Smith 1, Cameron Wilkinson 3, Sophie Wills 5, Seth Wilson 4, Carlos Zhang 1.

Everyone did some PB's and qualifying to swim at this meet is an achievement in itself. Well done to;

Ted Callaghan, Lucy Campbell, Anabel Giebel, Amy Lin, Tianyi Mathur, Lucy Petersen, Liam Phelp, Faith Siamani, Suri Sun, Vinne Tat, Anna Wilkinson, Emilee Wilkinson and Sunny zhang.

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, Sharks, 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:

18 September – PCA In-House Leage (SC) Cannons Creek

23 September – SWN Hello to Daylight Saving (SC) – Huia – Entries Close 18 September

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

29 September – PCA Race Night (SC) – Cannons Creek– Entries on Night, Times not Official

3 – 7 October – SNZ Short Course Champs (SC) – Auckland – Entries Close 19 September

14 October – Swimzone Meet (LC) – Naenae – Entreis Close TBA

15 October – SWN Back to School (SC) – Coastlands – Entries Close 9 October

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