

Labour Weekend – 21 to 23 October:

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

Coaching:

As you may have read Tony Lloyd who has done a great job coaching on Monday and Friday nights has moved on. Tony was very enthusiastic and those in his lane certainly benefited under his watch.

Now we need others to step up and fill his shoes. Clearly Eileen and Viv, two very capable ladies, can not provide the level of coaching PCA expects to deliver to all our swimmers on their own.

We need more coaches on pool deck to spread the load and allow each child to receive more individual attention.

To be a coach you don't have to be the best swimmer, many coaches can't swim themselves – we are looking for people who are keen to learn and will be happy to work with Viv and Eileen initially.

We are not expecting volunteers to give as much time to PCA as Viv and Eileen and we will be more than happy for coaches to help out for just one or sessions, one night a week.

Our biggest numbers are on Monday and Friday nights at 6:00pm and 6:40pm.

Eileen and Viv are well aware many parents on the grandstand are very capable. 'Well aware' because they taught them as children, now it is time to give back.

Those interested or if you need more details speak to Viv, ph 2347071 or email president@swimporirua.co.nz

Congratulations Viv:

Viv Morton (our President) has been nominated in the "Service to Sport" category for the 2017 Porirua Sports Awards, this is in recognition of her service to swimming over the many years at local, regional and national level, as well as her current PCA and regional roles.

The winner of this and the other categories will be announced at the 2017 Porirua Sports Awards dinner at Te Rauparaha Arena on Thursday 26 October.

Swimming New Zealand Open Records:

Tucked away in a meet report in this newsletter is mention of Bronagh breaking the NZ Open Womens Short Course Record for 100m Breaststroke.

Those of us who have been around swimming for years understand the significance of this, as NZ Open records are broken so very rarely.

Bronagh first broke this record in October 2016 with a time of 1:07.91, then broke it again at the Wellington Winter Champs in September 2017, her time was 1:07.79.

At the NZ Short Course Champs held earlier this month Helena Gasson took just .01 off the record in the heats.

The final was hard fought by two determined swimmers with Bronagh winning in 1:07.35 and Helena placing second in 1.07.38 – What a race! – Congratulations Bronagh!

A video of the race is available on our facebook page courtesy of Swimming NZ.

Food for Thought:

Extracts from a paper by Wayne Goldsmith. Wayne travels the world giving seminars on the important role parents play in their children's sporting success.

*And I know that because you love them so much that you want to do it **all** for them...fill their drink bottles, pick up their wet towels, set their alarms, adjust their googles.*

But...you're not helping them.

Three essential qualities for a young athlete to develop are:

- ***To be independent*** – to do it for themselves;
- ***To learn responsibility*** for every aspect of their training, preparation and performance;
- ***To accept accountability*** for the decisions they make and don't make in their sporting life.

Teach your sporting kids to do all the little things: to take responsibility for all those small jobs and seemingly tiny tasks and as they learn more – and as they can do more – watch them grow in confidence every day.

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 for those who attended the first night, entries on the night from now on.

Two fun nights left – 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.

PCA Hardcore Meet:

At the Wellington Regional Aquatic Centre (WRAC) Kilbirnie

This is a Signature meet and club fundraiser targeting competitive swimmers. As this is **our** meet we would be expecting all those in Sharks, Orcas and our Senior Squad and maybe some from the Swordfish to enter.

As hosts, PCA will be covering all the duties and will need everyone's help to ensure the meet is successful. All families of those entering will be called upon to provide food for the official's refreshments. For further details about the meet see the flyer on the noticeboard and website.

An email will go out nearer the time about refreshments.

Every club in Wellington is allocated one signature meet a year - this is our chance to show everyone what a great meet we can run.

Gold Coast Long Course Meet:

At Naenae Pool, Saturday 11 November.

This meet is being held at the Naenae Pool to give our developing swimmers an opportunity to swim in the 50m pool.

Swimmers can swim a maximum of three events each.

When entering please ensure you have swum the required time before you enter events over 50m.

Full details are on the flyer.

For those new to the sport, *Long course meets* are swum in 50m pools usually in the summer season, while *short course meets* are swum in 25m pools.

Meet Reports:

SNZ Secondary Schools: 15 – 17 September at Hamilton

PCA members representing two schools attended this meet.

Aotea College - Georgia Wills, Sophie Wills, Greer Pugh, Emilee Wilkinson

HIBS - Seth Wilson, Max Drummond, Jacob Reiher

42 events were entered with 19 new short course PB's.

Max Drummond – 1 Silver, 2 Bronze, 3 top 10 finishes.
Georgia Wills – 5 top 10 finishes

In house league – 18 September:

The first meet of PCA's In-house league for 2017 was as exciting as ever, with the lead swapping a number of times during the evening.

In the end Team 4 finished with 166pts, Team 1 and Team 6 are second equal with 160 pts, closely followed by Team 3, 159 pts. Team 5 have 120 pts and team 2 110 pts.

With very little between the teams the next meet should be a cracker meet!

Thanks to all the finish judges, scorers and officials.

2017 Australian State Teams Champs:

Held in Canberra, Australis 22 – 24 September

Bronson Lloyd (represent New Zealand) attended and entered 8 individual events and 1 relay event.

Bronson recorded 8 top 20 finishes.

Swim Wellington “Hello to Daylight Savings”:

Held at Huia pool on 23 September.

Team of 4 swimmers entered 12 individual events, with 4 new PB's and 5 new times.

Very small team due to the Gold Coast meet being the next day at Tawa.

Gold Coast Chocolate Carnival:

Held at Tawa pool on 24 September.

Team of 47 Swimmers entered 93 individual events.

Swam 18 new PB's and 41 new times.

Thanks to organisers and officials for another well run meet.

Swimming NZ Short Course Championships:

Held at the Sir Owen Glenn Aquatic Centre at the AUT Millenium complex in Auckland 3 – 7 October.

Team of 6 swimmers attended with results of:

Bronagh Ryan	2 gold, 8 other top 10 finishes, 3 Pb's
Bronson Lloyd	1 gold, 2 silver, 1 bronze, 4 other top 10 finishes
Max Drummond	1 bronze, 8 other top 10 finishes, 6 Pb's
Gemma Orsman	1 silver, 3 Pb's
Georgia Wills	1 top 10 finish, 2 Pb's
Cerys Lewis	3 Pb's

Total of 17 new PB's.

Congratulations to the following swimmers for new Short Course records swum at the meet.

Bronagh Ryan	100 Breast (Open) 1:07.35 - NZ, Wellington and Club
	50 Breast (Open) 31.28 - Wellington and Club
Gemma Orsman	50 Breast (14yrs) 34.36 – Club
Max Drummond	50 Free (14yrs) 25.45 - Club

Nevill Sutton was Team Coach and Louise Wills Team Manager.

Brent Harris and Andrew Wills also attended as Technical Officials.

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:

29 October – SWN Halloween Hundreds (SC) – Coastlands – Entries Close 24 October

30 October – PCA In-House League (SC) – Cannons Creek

4 November – PCA Hardcore Meet (LC) – WRAC – Entries Close 27 October

11 November – Gold Coast (LC) – Naenae – Entries Close 4 November

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 (TBC)
Officials Co-ordinator (Brent Harris)027-489-1120
Uniforms (Andy Wilkinson).....021-986-533
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