

Commonwealth Games 2018:

To support Bronagh at the Commonwealth Games, her schedule is as follows:

- 50m breaststroke - heats 05/04/18 morning, semi finals 05/04/18 evening, finals 50 06/04/18 evening.
- 100m Breaststroke - heats 08/04/18 morning, semi finals 08/04/18 evening, finals 09/04/18 evening.
- 4x 100m medley relay – Bronagh will swim the breaststroke leg in the NZ team. Swimming order in a medley relay is backstroke, breaststroke, butterfly and freestyle. Heats 10/04/18 morning, finals 10/04/18 evening

Congratulations – Maria Tierney:

Congratulations to Maria Tierney who achieved Swimming New Zealand's Swim Teachers Award just prior to Christmas.

This involved attending a one day course, preparing lessons plans and teaching swimming for at least 20 hours.

Maria regularly volunteers in PCA's Sunday morning Learn to Swim Programme.

Well done.

Cups and Trophies:

It is time to get the Silvo and cleaning rags out!

Swimmers who won Cups and Trophies last year are to return them (cleaned and polished) either to the Cannons Creek Pool on a Monday or Friday night or give them to one of the Wilkinson family at the Arena.

Please have them back by 5 March.

Taupo Trip (9/10 June):

Talk around the pool is that there is huge interest in a trip to Taupo happening again this year.

The committee is now calling for Expressions of Interest from those who may like to Manage or assist with this team/trip.

If this sounds like you, please email Viv president@swimporirua.co.nz

Porirua City Aquatics Div III Meet:

This meet is scheduled for 10 March at Naenae pool and will be run in two sessions. The meet will be Long Course (50m pool).

All clubs are allocated two meets a year on the Wellington Swimming Calendar and Div III is the first one for PCA this year.

This is a club fundraiser and it is hoped we will have the biggest team at the meet.

The meet is open to all developing swimmers who have not qualified for the 2018 National Div II meet, National Age Groups and/or Opens. This means swimmers who you often read about medalling at National and Wellington meets cannot enter.

Swimmers 12yrs and under who have qualified to swim at the NZ Junior Festival 17th to 19th Feb may enter, the exception being 12 yr olds who have qualified for Div II in the medleys

The purpose of this meet is to give developing swimmers a chance to shine, medal and gain finalist ribbons.

It is the PCA's expectation that our National swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website.

On-line entries close on 3 March.

Club Championships:

Sunday 25 March 2018 – Tawa Pool

Club Championships are the premier meet on any club calendar and with the diving ban in place at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool in Sunday 25 March 2018, over two sessions (1pm warm up for a 1.30pm start, then 5.30pm warm up for a 6pm start). See the flyer on our website and/or noticeboard for full details. By hiring the Tawa Pool our swimmers will be able to dive (if they wish) and these championship will be run as an official meet with swimmers achieving 'official times'.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the

Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all others participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving on Sunday 27th May. (Further details will follow)

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, like Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. Many swimmers have been entering meets this way for sometime now – it is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on info@swimporirua.co.nz

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin

Novice Carnival – 8 April – Cannons Creek Pool:

Porirua City Aquatics will host our Annual Novice carnival on Sunday 8 April 2018 at the Cannons Creek Pool.

Warm up is at 1:30pm for a 2:00pm start.

A great opportunity for those who are new to the club and those who have not competed in may carnivals.

Come along and "HAVE A GO" – an introduction to racing

Races will be held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing and is targeting newer club members and swimmers who have not raced in three or more zone or interclub events. Swimmers who have qualified to swim at the Wellington Champs or interclub events may not enter. Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. Swimmers will swim the each event/s they enter once, and the times will be collated to rank the swimmers – in swimming this is known as timed finals. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard. Entries close on 28th March 2018. It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

Meet Reports:

Wellington Summer Champs – Anniversary weekend:

Individual results

<i>Name</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Top 10 placing</i>
Max Drummond 14yrs	7		1	
Rory Eason 27yrs		1		
Luke Martin 14yrs				1
Gemma Orsman 15yrs	2		2	1
Greer Pugh 15yrs				2
Bronagh Ryan 24yrs	5			1
Georgia Wills 14yrs			1	2
Sophie Wills				1
Seth Wilson		1		1

Those achieving personal bests were – Lucy Abbott, Ethan Hunter-Day, Troy Hunter-Day, Carline Kaulave, Oliver Lei, Amy Lin, Jessica McManaway, Lucy Petersen, Emilee Wilkinson and David Zhu.

PCA was 10th in the club rankings.

Swimming NZ Junior Festival. 16 – 18 February (4 sessions) at WRAC:

Twenty five swimmers represented PCA at this meet and they all did the club proud! Wellington is in the All Stars Swimming Zone that includes Wanganui,

Manawatu and Wairarapa with some swimmers from Nelson and Blenheim choosing to compete here rather than taking the more expensive trip to Dunedin to swim at the Makos Meet.

Meets were also held in Auckland – the Harlequins Zone and Rotorua – the Aquaknights Zones. Swimmers must qualify to swim at these meets that are limited to those 12 years and under.

Our team had a fantastic meet. Finishing second on the club points table behind Swim Zone Racing with the Capital Club third. Twenty two teams swam in Wellington. Well done to our coaches Ben and Steven who had prepared the swimmers so well.

In the freestyle relay to Cody Bennett, Lucy Abbott, Mia Booth and David Zhu took the Silver medal while our medley relay team of Lucy Abbott, Cody Bennett, David Zhu and Ella Drummond finished 4th just a touch behind the third team.

Individual results were

	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Top 10 finish</i>
Lucy Abbott	6	2		
Cody Bennett				2
Riley Bennett				1
Mia Booth		1	1	4
Charlie Dickison				3
Jayden Dickison				2
Ella Drummond				6
Campbell Gollan		5	2	2
Kayne Howat				3
Mija Jiang	2	2		
Oliver Lei	1		2	
Jed McLachlan				1
Ryan Pugh				1
Dannielle Rule				1
Milla Sutherland				8
James van der Voort				3
Cameron Wilkinson	1	3		2
David Zhu	4			

All the team swam personal bests – well done to Alexia Booth, Ted Callaghan, Lucy Campbell, Holly McManaway, Anna Schofield-Matthews, Faith Siamani and Carlos Zhang.

The huge thank you goes to all the officials, team managers, coaches and supporters, and especially to those who stepped in to take on duties at the last minute, and those who helped out even when they didn't have children competing.

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.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the 8:00pm starts.

Those interested should contact Becky Campbell on 021-044-8794 or e-mail beckygrnz@hotmail.com.

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:

24 February – Karori Pirates T2 Meet (SC) – Karori – Entries Closed

25 February – Gold Coast Ribbon Carnival (SC) – Tawa – Entries Closed

3 March – SwimZone Hutt Valley Sprints (LC) – Naenae – Entries Close 24 February

10 March – PCA Div III (LC) – Naenae – Entries Close 3 March

17 March – SwimZone T3 Meet (LC) – Naenae – Entries Close TBC

24 March – Swim Wellington T1 Meet (LC) – WRAC – Entries Close 18 March

25 March – PCA Club Champs (SC) – Tawa – Entries Close 18 March

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 (TBA).....
Officials Co-ordinator (Beckie Duffy) 027-282-6383
Uniforms (Andy Wilkinson)..... 021-986-533
Newsletter e-mail info@swimporirua.co.nz