

### Easter Break:

All club and squad sessions are cancelled over Easter Weekend, Friday 30 March to Monday 2 April.

### Ben Walsh:

Congratulations to Ben Walsh for achieving his Teacher of Competitive Swimming Certificate.

Ben intends going to Coaches Conference in Auckland in April to begin the next level of coaching qualifications.

### Technical Officials:

Each swim meet requires Technical Officials (Referee, Starter, Judges of Stroke (JOS) and Inspectors of Turns (IOT) to ensure that each swimmer complies with the rules of the event being swum and can get an official time.

Swimming NZ has set a minimum number of officials that are required at each meet for times to be official and in order to spread the load we need more IOT's.

If you are interested in finding out what is involved in being an IOT, please contact our officials co-ordinator (Beckie Duffy) at [officials@swimporirua.co.nz](mailto:officials@swimporirua.co.nz)

### 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 many 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.

### April School Holidays:

Club swimming will be held as normal on Sunday 15, 22 and 29 April.

There will be no club swimming on Friday 20 and 27 April

Club nights on Monday 16 and 23 April will be devoted to distance badge swimming only.

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 times achieved.

PCA has the pool booked until 8.30pm on the Mondays. Those swimming up to 400m meters should come at 6:00pm. Those swimming longer distances are to come at 7:00pm.

To help this evening run smoothly Eileen and Viv will 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, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes there after.

## Tadpoles, Seals and Penguins.

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

## Orcas, Sharks and Swordfish April school holidays timetable:

The timetable below will apply. As you can see some sessions have been booked at the Arena and training days have changed so every group gets at least one session a week there.

Swimmers are required to pay the standard door entry charges for their session/s at the Arena. Cannons Creek cards cannot be used at the Arena.

**Note** – Please don't ask the pool staff about the reduced pool entry of \$1.00 for these two weeks. This concession is only offered during the first three weeks of the school term.

	Swordfish	Sharks	Orcas	Lanes
<b>Monday</b> Cannons Creek	4:00pm – 5:00pm		5:00pm – 6:30pm	3
<b>Tuesday</b> Arena		4:00pm – 5:00pm	5:00pm – 6:30pm	2
<b>Wednesday</b> Cannons Creek		4:00pm – 5:00pm	5:00pm – 6:30pm	3
<b>Thursday</b> Arena	4:00pm – 5:00pm		5:00pm – 6:30pm	2
<b>Friday</b> Cannons Creek	4:00pm – 5:00pm	5:00pm – 6:00pm		3

## Swimming Caps:

For those new to the club or those waiting for a new swimming cap, we expect delivery of these in early April.

Thank you for your patience.

## Changes to Friday Night Timetable:

From the start of term II (Friday 4 May) due to dwindling numbers the 8:00pm group will not be held.

Those who normally swim at 8:00pm are to join the earlier group at 7:20pm group, and swim through to 8:15pm

## Advance Notice – Mark your Diaries Now !!

PCA's Annual General Meeting and PrizeGiving will be held on Sunday 27 May at the Te Rauparaha Lecture theatre starting at 3:00pm – further details will follow.

## Meet Reports:

### Wairarapa Swim Champs – 3 February:

It was an early start for the 3 swimmers that represented PCA at the Wairarapa Swim Champs with a 1.5 hour drive before an 8.30am warm up.

Although it was a small team of Seth Wilson, Jess McManaway and Kayne Howat they did PCA proud.

They all performed brilliantly with multiple PB's and numerous medals (6 Gold, 7 Silver, 3 Bronze). Well done team!!



## Porirua City Aquatics Div III Meet – Naenae Pool 10 March.

This meet attracted 154 swimmers from all around the Wellington region with other coming from Levin, Dannevirke, Carterton and Palmerston North. PCA team of 56 was the biggest by far.

While it was a big day with racing held over two sessions, it was a hugely successful day, and this wouldn't have happened without the efforts of so many people from PCA - from those who organised and/or cooked the food, cooked the BBQ, did the entries and programmes and worked in the 'office' on the day. Also those who organised the officials, time kept and officiated, did the door and other duties, transported resources to the pool and not to forget our many older

swimmers who organised the distribution of food and presentation area.

It is the water PCA swimmers were to the fore with fantastic results. Everyone, from those who won medals, finished in the Top 7 through to those who swam Personal Bests or swam new events – Congratulations, PCA is very proud of you all.

A special thank you goes to the team managers, Michelle McKee, Becky Campbell, Tania Donaldson and Eloise Thomas, and to coaches Ben and Steven who encouraged our team and saw they got to where they should be on time.

#### Individual results

Name	Gold	Silver	Bronze	Top 7
Lucy Abbott 11yrs	4			
Millie Abbott 9yrs				3
Cody Bennett 12yrs	2			2
Riley Bennett 9yrs		2		2
Alexia Booth 10yrs			1	1
Ted Callaghan 12yrs				2
Lucy Campbell 12yrs	2	1	2	1
Charlie Dickison 7yrs				1
Jayden Dickison 9yrs				1
Owen Fan 9yrs				1
Fu Gaoyan 11yrs				2
Andre Gaulofa 12yrs		1	1	3
Anabel Giebel 13yrs	2			2
Leonie Giebel 10yrs				1
Campbell Gollan 10yrs	6			
Kayne Howatt 9yrs		3	1	
Ethan hunter Day 14yrs	3	1		
Oliver Lei 9yrs			1	
Jade Lin 11yrs				1
Luke Martin 14yrs	2	1	1	
Carter McKee 9yrs				1
Luke McKee 9yrs				1
Holly McManaway 10yrs	1			
Li Ning 10yrs		1	1	
Sophia Ognjeva 10yrs	1	1		
Liam Phelps 9yrs				1
Ryan Pugh 12yrs				1
Ben Reiher 12yrs				1
Dannielle Rule		1	1	3
Faith Siamani 12yrs			1	5
Suri Sun 8yrs			1	
Vinnie Tat			1	
Felix Thomas			1	3
Ariana Tierney 11yrs			2	3
James van der Voort 12yrs	1	2		3
Luke Weir-Smith 11yrs				2
Anna Wilkinson 13yrs	1		2	2
Carlos Zhang 9yrs				2
Sunny Zheng 10yrs				2

Those achieving Personal Bests were Olivia Allen, Amy Baddington, Zoe Baddington, Alphon Cao, Travis Carnegie, Fergus Gollan, Scarlett Hancock-Lamb, Kiah Kaulave, Sandy Li, Tianyi Mathur, Anya Morrison, Jessica Rule, Caleb Sutherland, Georgia Webb, Chloe Weir-Smith and Justin Xu.

## 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](mailto: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](mailto: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](mailto: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:

<b>Style</b>	<b>Size</b>	<b>Price</b>
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  
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:

**24 March** – Swim Wellington T1 (LC) - WRAC – Entries Closed 18 March

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

**7 April** – Raumati T2 Meet (SC) – Coastlands – Entries Close 29 March

**8 April** – PCA Novice Carnival (SC) – Cannons Creek – Entries Close 28 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](mailto: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](mailto:info@swimporirua.co.nz)