

Porirua City Aquatics Hardcore meet:

Saturday 24 November 2018, Wellington Regional Aquatic Centre.

This Tier 2 meet is targeting all club and squad swimmers members.

There are restrictions on entries and swimmers must have a time to enter a 50m event, and can have one 'No time' entry for the other events.

As hosts PCA is expecting to have the biggest team at the meet. This is also a club fundraiser.

Also as hosts, PCA will be covering all the duties and will need everyone's support to ensure this is a success.

All families of those entering will be called upon to provide food for the officials refreshments, an email will go out later about this.

Every Wellington Club is allocated one meet a year to host at WRAC – this is our chance to show others what a great meet we can run.

Volunteer Coaching:

PCA is looking to increase the number of people we have coaching on Monday and Friday nights.

Obviously with more coaches, the numbers in each group will be fewer and our swimmers will improve faster.

If you have a swimming background and are keen to help speak to Viv or Eileen.

In saying that many top coaches can't swim themselves – so you don't have to have been a swimmer! Just be keen to learn. Initially you would work alongside and learn from our current coaches.

PCA is not expecting a new coach to be on pool deck for the whole night. If you can help out while your child is swimming that would be fantastic.

If you would like more information please ring Viv 234 7071.

Coaching is very rewarding.

In House League:

After one meet in this years League series, team ranking are 1st Team 1 206 points, 2nd Team 2 194 points, 3rd Team 3 182 points, 4th Team 5 161 points, 5th Team 4 158 points and 6th Team 6 152 points.

Thanks to the team leaders for organising and encouraging their teams.

Thanks also to the judges, and other officials who ensured the meet ran smoothly.

Remember the next meet on Monday 29 October with the final meet on Monday 19 November.

It was a little disappointing to see a number of empty lanes in the heats. It is always disappointing when people put their names down and don't turn up.

Trainee Technical Officials:



Your club needs you!

We're now accepting Trainee IOTs


Porirua City Aquatics

PCA is looking for new trainees to become Inspectors of Turns (IOTs). These are the officials that stand at the end of the lanes and make sure swimmers are performing their turns correctly. Technical Officials are an important part of running a competitive swim meet and all clubs need to supply a number of these volunteers for every meet.

Becoming an IOT is a great way to give back to the club and if you have a younger competitor, it's a good way to learn more about the technical aspects of swimming.

PCA will be starting a round of training for new IOTs in early November. If you would like to join this group, or you have any questions, please advise Beckie Duffy, our Officials Co-ordinator (officials@swimporirua.co.nz).

You will start with a no obligation meeting with Terry Laws, our Trainee mentor, and he'll give a run-down on what's involved. If you are keen to proceed and start training, you will complete a Training Application and then we can get you out on pool deck to start training.

Most people take about 12 months to qualify, and most meets that you train at, your kids will be swimming at, so it's actually not too onerous on your time. The test normally occurs after you have officiated at 10-12 meets and will happen at a large regional meet such as Wellington Champs.

Club Records:

PCA has a full set of short and long course club records. Short course records are times swum in a 25m pool. These are usually faster than Long Course records, swum in 50m pools due to the advantage gained from turns.

Some of our club records date back to early 1990s, the oldest was swum in May 1990 by Lydia Robati as a 10 yrs old 200 medley 2m53.44....*there's a challenge for someone!*

Records are there to be broken and it is great to see a number of short course records broken this month.

Congratulations to:

Georgia Wills

Age / Distance / Stroke	Old time	Date	New time	Date
14yrs - 200m Butterfly	2:31.07	24/09/16	2:30.66	13/09/18
14yrs - 200m Butterfly	2:30.66	13/09/18	2:27.39	2/10/18
Open - 200m Butterfly	2:29.82	27/08/16	2:27.39	2/10/18

Sophie Wilkinson

Age / Distance / Stroke	Old time	Date	New time	Date
16yrs - 50 back	31.71	1/09/18	31.41	16/09/18
16yrs - 50 back	31.41	16/09/18	31.38	2/10/18
16yrs - 100m back	1:07.18	1/09/18	1:06.79	2/10/18

A full list of our club records can be found on our web site.

Have-a-Go Race Night - Friday 30 November:

Cannons Creek Pool.

6:00pm warm up, 6:30pm start

Note; swimmers may compete in a maximum of four races only.

Race night is open to all our club members, especially those new to the club, Friday night, Monday night, Sunday morning and/or Tadpoles, Eels, Penguins, Seals, Swordfish swimmers. Entries will be taken on the night. This meet is not about winning, but is about "Having a Go", learning to race, learning race rules and establishing a club time.

Times recorded will not be official and can't be used as qualifying times for other meet entries. Eels and Penguins training will be cancelled on Friday 30th. Sharks training will be held as normal, although these swimmers are welcome to join race night after training if they wish.

Any queries, speak to your child's coach or email president@swimporirua.co.nz

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing. Mark your diaries now – the meet at Tawa on 2 December is a Chocolate Carnival. Entries are done on-line through Swimming NZ database.

Meet Reports:

2018 Swimming NZ Short Course Championships:

Held in Auckland at the Sir Owen Glenn Aquatic Centre from 2 to 6 October 2018

PCA sent a small team of just three swimmers, Georgia Wills (7 Events), Dillon Raimona-Pahetogia (5 Events), Sophie Wilkinson (2 Events) with Louise Wills as manager to this meet. Andrew Wills and Brent Harris also attended with Andrew officiating in the mornings and Brent for all sessions.

With the meet starting on Tuesday, the team travelled on the morning. Unfortunately delays with Jetstar flights left the Monday evening training session was cut short, but clearly this didn't affect our swimmers results.

Congratulations to all our swimmers, especially Georgia Wills with an outstanding swim in 200m butterfly. Individual results were

Georgia Wills:

50 Butterfly – 31.06 – 14th place
 200 IM – 2:31.26 – (1.59 sec PB) – 11th Place
 100 IM – 1:10.83 – (.24 sec PB) – 13th Place
 400 IM – 5:15.43 – (9.19 sec PB) – 4th Place (Bronze medal due to Visitor). 10th in Open B Final.

An explanation - Visitors are awarded Visitor medals and the first three NZ swimmers receive the NZ medals. Hence Georgia came 4th, and received the Bronze medal with one visitor ahead of her at the finish.

100 Butterfly – 1:07.07 -- (1.45 sec PB) – 6th Place.
 200 Butterfly – 2:27.39 -- (3.27 sec PB) - 1st Place (Gold Medal). 10th in Open B Final. PCA 14 Year Old Girls Club Record. PCA Senior Girls Open Record.
 50 Back – 32.12 – (.44 sec PB) – 16th Place

Dillon Raimona-Pahetogia:

50 Fly – 30.01—9th Place
 100 Back – 1:10.55 – 11th Place
 50 Free – 27.36 – (.14 sec PB) – 8th Place
 100 Free – 59.62 – (.11 sec PB) – 7th Place
 50 Back – 31.03 – 7th Place

Sophie Wilkinson:

100 Back – 1:06.79 – (.34 sec PB) – 8th Place. PCA 16 Year Olds Club Record

50 back – 31.38 – (.03 sec PB) – 13th Place. PCA 16 Year Olds Club Record

During the week's racing the whole team went to the pool every session, warmed up together (under the guidance of the Coast Swimming Club Coaches) and supported the team.

The Coast Coaches Steven Kent and Nick Salmon were fantastic to deal with, offering much advice and feedback and treated the PCA team as part of the Coast team which worked really well. Unfortunately Nevill couldn't attend but was kept up to date by txt.



Auckland Coast Coaches Tom, Steve and Nick with our PCA team Dillon, Georgia and Sophie at New Zealand Short Course 2018.

The team had the opportunity to do a couple of activities together to just provide a change of environment from our accommodation. These were non strenuous so not to wear anyone out with the team going to a movie one day, a stroll around the Albany mall another day and then being part of the live audience for TV Three's "The Project" on the Friday night.

PCA is very grateful to Louise and Andrew Wills, and Brent Harris for taking leave to attend this meet and care for the PCA swimmers. Thank you...and what great results.

Louise Wills
Team Manager

Dolphin Carnival (SC) Fielding:

A team of four PCA swimmers went to the Dolphin Carnival in Fielding on 14 October.

The swimmers were Millie Abbott, Campbell Gollan, Fergus Gollan and Lucy Abbott (relay only).

As well as individual swims they entered in the 200 Free and 200 IM Relays.

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 start of the final session (8:00pm on Monday, and 7:20pm on Friday).

Those interested should contact Matt Hall by e-mail at matthewhall@xtra.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 Becky Campbell on 021-044-8794 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the web site for details, order form and bank details.

Upcoming Events:

27 October – Swimzone T2 Meet (LC) Naenae – Closes 20 October

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

3 November – Gold Coast (LC) – Naenae – Closes 27 October

10 November – Swim Wellington T1 Meet (LC) – WRAC – Closes 4 November.

19 November – PCA In-House League (SC) – Cannons Creek

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
Vice-President (Brent Harris)	027-489-1120
Secretary (Janet Thomson)	027-442-0961
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Squad Liaison	
Junior Squad (Natasha Abbott)	021-154-1378
Senior Squad (Andrew Wills)	021 238 8417
Officials Co-ordinator (Beckie Duffy)	027-282-6383
Uniforms (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz