

Annual General Meeting and Prizegiving:

This combined event will be held on Sunday 19 May 2019 in the Lecture Theatre (upstairs) at the Te Rauparaha Arena commencing at 3:00pm.

All club members, their families and supporters are welcome.

Three things will be covered off during the afternoon.

- **Prizegiving** - a time to acknowledge our club champions and reward those who have competed with success at the club champs and during the year. The club has over 50 Cups and Trophies to present, as well as Age Group Medals and Club Champs Certificates.
- **Afternoon tea.** Club Members are asked to bring a plate of finger food.
- **Annual General Meeting.** This usually takes no more than an hour.

The AGM is a time to acknowledge the work of the committee and coaches who have given many hours to the club and your swimmers over the past 12 months, and is also an opportunity for new people to join the committee for the next 12 months.

The committee would appreciate your support at this meeting. (If you are thinking of joining the committee and wish to know more about the commitment required, please give Viv a ring, 2347071)

Note – Only those who have been financial members of Porirua City Aquatics for at least 30 days have voting rights at this meeting. A financial member is entitled to one vote. The voting rights of members under 18yrs may be exercised by that member or the member's parents or guardians. It is expected that the voting rights of members 13yrs and under will be exercised by the members parent or guardian.

National Age Groups:

What an amazing event this was.

Kilbirnie Pool was packed, with over 700 swimmers 13 to 18 yrs old, their supporters, coaches, officials etc.

Heats were held in the morning and finals at night. Spectators seating was sold out in advance, although there seemed to be plenty of spare seating in the evening, purchased I imagine in anticipation of a swimmers making a final, or team seating that went unused when teams had no finalists.

A display of past Commonwealth, Para-Olympic and World Championships medals belonging to Gary Hurring, Rebecca Perrott, Mary Fisher and Lewis Clareburt created a lot of interest, as did the game of Kahoot, swimmers played on their smart phones with questions coming up on the newly purchased big screen, between the end of each warm up and the start of racing.

Some swims were very special – to see Rebecca Perrott's NZ age group 400m freestyle record that has stood for nearly 43 year broken by a very ordinary 15 year old from Otago, whose key to success is hard training! ...and for PCA Georgia's bronze medal was another special swim.

Viv

Queens Birthday Weekend:

Due to the long weekend club swimming is cancelled on Sunday 2 June, and both club and all squad swimming is cancelled on Monday 3 June.

Te Rauparaha Arena Pool Closure:

Te Rauparaha Arena pool will be closed for maintenance from 22 July to 9 August.

On these weeks PCA's Seniors will train at Cannons Creek in the mornings and we are hopeful to have evening training at the Police College. Further details will follow.

A huge thank you goes to the Porirua City Council for altering their opening hours to accommodate PCA.

Has your swimmer been sick ??

Swimmers who have been unwell, had a tummy upset or diarrhoea, must not swim until they have been symptom free for two weeks.

Should there be an accident in the pool the pool needs to be closed so that the water can be cleaned with extra doses of chemicals and this process can take up to two hours.

We would ask that everyone respect this rule which applies to all public pools so that our pool training sessions are not cancelled.

Membership Fees 2019/20:

PCA's annual membership fees for the 2019/2020 year will be:

- \$195.00 for club members. That is, those who swim in the Eels, Tadpoles, on Friday and/or Monday nights and/or Sunday mornings.
- \$150.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals, Penguins and those who swim in PCA's Johnsonville squad.

These increases reflect an increase in affiliation fees charged by Swimming NZ and Swim Wellington.

Membership fees are due on 1 July and must be paid before the end of July.

Those who use SNZ database to enter meets must pay their fees promptly to ensure there are no problems entering.

Fees can be paid into account no 030547 0205093 00 – please use the swimmers name as the reference, or to the committee member on duty at Cannons Creek Pool on Monday and Friday nights.

Anyone who wishes to make an arrangement to pay off their fees should contact our treasurer Murray Pugh, email treasurer@swimporirua.co.nz

Have-a-Go Race Night - Friday 14 June

Cannons Creek Pool. 6:00pm Warmup, 6:30pm Start

Note: Swimmers may compete in no more than four races.

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 and Sharks 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, trying new events 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 this night. 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.

PCA 100m Handicap Trophy:

Monday 24 June Cannons Creek Pool

6:00pm Warmup, 6:30pm Start

This replaces all Junior Squad training at Cannons Creek.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

Entries close on Monday 17 June 2019

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle.

Thirty six swimmers then move through to the semi-finals.

These 36 swimmers are the top place getters from the heats.

Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat.

The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams.

All teams swim in the relay heats to establish a time and then swim a handicapped relay final.

Teams improving their time by more than four seconds will be disqualified. *(We are awake to those who think they can swim slow in the heats to win the final!)*

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To enter write your name on the list on the noticeboard or email the race secretary. **Late entries cannot be accepted.**

All squad swimming, both Junior and Seniors and the Seniors Yoga sessions have been cancelled to allow swimmers to enter this meet.

Meet Reports:

Swimming NZ National Age Groups (NAG's):

For the NZ National Age Group Championships (NAGS) held in the first week of the April School Holidays (16 to 20 April) at Kilbirnie.

PCA had a small team of five swimmers. Unfortunately Mia Booth was unlucky to fall ill just before the meet started which left just four swimmers to compete being Ella Drummond, Dillon Raimona-Pahetogia, Luke Martin and Georgia Wills.

NAGS is the highest meet in importance for age group swimmers in a long course pool setup and so attracts almost all of the top swimmers from around the Country in their age groups. Qualifying times are quite tough and so it is always just a great achievement in the first place to qualify. It is long/tough week of swimming with early starts in the mornings for the event heats and then if you have done well enough to place in the top ten in the heats you get to repeat it all again at night time in a final for your age group.

Day 1 of the meet saw three swimmers in action:

Ella - 13 year old Girls 50 Metre breast stroke. 10th in heat with a PB and placing 10th in the final at night

Luke - 15 year old boys 50 metre breast stroke. 23rd in heats with a PB

Georgia - 15 year old Girls 200 metre butterfly. 3rd in heat with a PB and 4th in final at night also taking the PCA 15 year old club record and senior club record

Day 2 also saw three swimmers in action:

Dillon - 14 year old boys 100 metres back stroke. 20th in the heat

Luke - 15 year old boys 200 metres breast stroke. 19th in the heats with a PB

Georgia - 15 year old girls 100 metres back stroke. 10th in the heat and 7th in the final at night

Georgia - 15 year old Girls 800 metres freestyle. 7th.

Day 3 just had Georgia in action:

15 year old Girls 50 metres butterfly. 13th in her heat with a PB and also taking the PCA girls 16 year old club record.

15 year old girls 200 metres freestyle. 20th in the heats.

Day 4 Ella and Georgia in action:

Ella - 13 year old girls 100 metres breast stroke 11th in her heat with a PB

Georgia - 15 year old girls 100 metres butterfly. 10th in heat and 6th in the final with a PB and also taking the PCA Girls 15 year old and senior club records

Georgia - 15 year old girls 400 metres individual medley 4th in heat and 3rd in the final winning a bronze medal. Also taking the PCA Girls 15 year old and senior club records

Georgia - 15 year old girls 200 metres back stroke. 9th in the heats and 10th in the final.

Day 5 and the final day with Ella, Dillon and Georgia in action:

Ella - 13 year old girls 200 metres individual medley. 12th in her heat with a PB

Dillon - 14 year old boys 50 metres backstroke. 4th in the heat and 7th in the final.

Georgia - 15 year old girls 200 metres individual medley. 9th in the heat and 6th in the final

Georgia - 15 year old girls 50 metres back stroke. 13th in the heat.

This was long week but full of great swimming PB's, a medal and club records and all of our swimmers should be proud.

A big thank you to everyone that helped out managing, as an official and also performing other duties at the meet to help it run smoothly being and Nevil for his coaching.

Tawa Dash for Cash:

A determined Team of 29 PCA swimmers assembled at WRAC in Kilbirnie on Saturday 4 May for the Tawa Dash for Cash Short Course Tier 2 Meet.

During the meet our swimmers racked up 11 firsts, 4 seconds, 7 thirds, along with 43 PB's

Not one but two Wellington records fell during the meet.

PCA swimmers Vinnie Tat and Suri Sun breaking one each! Vinnie in the 9 and Under 50m Butterfly beating her own record of 35.09 from earlier this year with a 34.58, and Suri beating Sienna Cockburns 2014 record of 32.12, with her 31.69 in the 9 and Under 50m Freestyle.

Lucy Abbott must have had her lucky togs on. After taking out first in the last race of the night she had to dash straight out of the pool to collect one of the three \$50 cash prizes at the end of the meet!

A special thanks goes to Ben for his stellar coaching, and to all of the Officials / Duty Parents giving their own time to help out with the meet - There would be no meets for our kids to swim at if it was not for people like yourselves volunteering to help. Thanks very much! Team Managers Sam Bennett, John Booth and Anne Zhou

Gold Coast Paekakariki Shield Meet:

Held at Tawa Pool on Sunday 12 May

PCA were clear winners, winning all but one of the relays, and finishing with 73 points to win the Paekakariki Shield, with Tawa second, on 52 points and Kapiti third.

PCA managed to field teams in all but one of the relay events. Thanks especially to our older swimmers who turned out just to swim the relays and ensure we could enter a team in the 14 and over girls relay as well as the flying squadron event.

Results for the personal trophy were reversed. Kapiti were the winners with 57% of their swimmers achieving a best time, Tawa were second on 48% with PCA third on 30%. It would seem the possibility of winning chocolate for a PB just didn't do it for our swimmers this time!

A big thank you goes to all those who helped out at the meet, especially those who came along when they didn't have swimmers taking part.

Everyone can take some learnings from this meet.

- One swimmer came along believing her entry had been accepted in the SNZ database, but she wasn't listed. To avoid this happening everyone should check the psych sheets once they are published on our website to ensure their entries are correct and if there is a problem should contact our Race Secretary immediately.
- In relays, all swimmers apart from the last swimmer must exit the pool as soon as they have completed their length. Teams can be disqualified for having two swimmers in the water at once. The last swimmer leaves the pool on the referees whistle as they would in an individual race.
- Unlike other meets where you pay when you enter on the SNZ database, the only charge at Gold Coast meets is the \$8.00 per swimmer door charge. It would be helpful to those on the door if people arrived, firstly with some money and better still with the correct money!

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$195 for club swimmers

\$150 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.

For new members joining during the year the sub is prorated 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.

Upcoming Events:

24 May – SWN Tier 1 Meet (LC) – WRAC. Entries Close 19 May.

8 June – Capital Medley Meet (SC) – WRAC. Entries Close 4 June.

14 June – PCA Race Night (SC) – Cannons Creek. Entries on the Night.

24 June – PCA 100m Handicap (SC) – Cannons Creek. Entries Close 17 June.

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) 021-283-8417
Officials Co-ordinator (Nadia Booth) 021-077-5903
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