

### Happy New Year:

The PCA Committee would like to welcome all members back for 2020 and hope you had a good break for those that were able to have a break, and for those who continued training we are sure the extra hours put in will show with results in the pool.

### Club Nights at Cannons Creek Pool:

Normal club sessions resume on:

- Monday, 27 January
- Friday, 31 January
- Sunday, 2 February

### Resignation of Junior Squad Coach:

Ben Walsh has resigned as PCA Junior's Coach as he moves from University to full time work.

As a coach Ben has been with the club since September 2016 and during that time he has grown our Junior squads, improved their performance and taken the club to the next level. This was recognised by Swimming Wellington when he was named Junior Coach of the Year in 2019.

The contribution to PCA by Ben has been huge. For the last two years running PCA was the top club at the Wellington 12 and under Championships and the Top club in 2019 at Swimming NZ's Junior Festival.

Ben swam with the club since he was 8 or 9 – he was an outstanding breastroker leaving his name in the Wellington Record book on many occasions, and often won NZ titles and broke NZ Age Group records. His experience as a swimmer has obviously helped him with his coaching.

His last day coaching will be 21 February.

PCA will start advertising this week for a new coach.

Our HR sub-committee are currently working on the ad and job description.

While the ad will go on various swimming websites, in the past 'word of mouth' has often been the way we have found our next coach – if you know anyone who may be interested or wishes to know more about the role please ask them to email Viv on [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) or call her on 2347071.

### Club Values:

The first meeting will be on 9 February at 4:00pm in the Plunket Rooms on Warspite Ave, Cannons Creek for the swimmers and parents of the Senior and Junior Squads.

### Learn to Swim – Term 1:

Learn to Swim will start on Sunday 16 February and finish on Sunday 29 March.

There are two sessions available, at 9:30 and 10:00, please arrive by 9:15 or 9:45 to complete the enrolment process and to be ready for your session.

Swimmers need to be at least 5 years old and be a minimum of 1.1 metres tall.

Appropriate Swimwear and correct fitting goggles are also required.

The cost for the seven lessons is \$45 and will need to be paid by cash or cheque on the first day (EFTPOS is not available).

### PCA Novice Carnival:

8 March 2020 at Cannons Creek Pool, 1:30pm, warm up for 2:00pm start

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

Races are 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, 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 may not enter. Events run with in our club for our club members only (race nights, In House league etc) are not counted as meets for eligibility.

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.

Note – Events run with in our club for our club members only (race nights, In House league etc) are not counted as meets for eligibility.

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 1 March 2020. 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.

### Swimming NZ Junior Festival - 13 and 14 March:

Many of our swimmers have this meet on their radar. It is a great meet to swim in. Remember last year PCA was the top club in the All Stars Region – it would be great to finish on top in 2020.

To swim at this meet swimmers must meet various qualifying times and also qualify and enter in 100m medley.

At this stage PCA has a number of swimmers qualified in various events, but not in the 100m medley.

There will be a Gold Coast Meet on 16 February at Tawa Pool which will give swimmers an opportunity to swim 100m medley.

Please watch the website and noticeboard for details.

### Tog Box:

Tog Box is an initiative from Water Safety New Zealand and Swimming Wellington to supply togs to those who need them. Not owning a pair of togs can be a barrier to gaining an aquatic education for many Kiwis.

If you have togs you have grown out of or goggles you no longer use, please pop them in the TOG BOX at either Cannons Creek or Te Raparaha Pools, and these will then make their way to a needy person.

### Door Duty:

As everyone knows PCA has a roster of volunteers manning the 'reception' table on Monday and Friday club nights. This is a relatively simple job that is so important.

Through this we can ensure everyone swimming is a paid up member, and it is great for newer members to have someone available to answer questions. If that question is too hard then Viv and Eileen are around to for advice.

Ideally we would like enough people on this roster so everyone has just one turn a term.

Help is needed from 5:45pm to 7:30pm, times that ideally suit people watching the Orcas Monday training, and others who may have swimmers in consecutive groups.

I cannot stress enough how important his job is – your help would be appreciated.

If you would like to be added to the roster please email Viv, [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) or phone 2347071

### Tadpoles:

Vacancies exist in the club's Tadpoles group for term 1. The Tadpoles is a technique group coached by the Junior Squad Coach, on a Friday night from 6:15pm to 7.00pm

Criteria – swimmers must be

- at least 8yrs and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.

General

- The cost of Tadpole's coaching is \$30 per term.
- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of other groups (Swordfish or Penguins) or continue to swim in the volunteer coaches lanes.
- Should the numbers interested in joining the Tadpoles exceed spaces available, swimmers will be selected in consultation with their club coach.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 234-7071, or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz).

### Meet Reports:

#### Swim Wellington Summer Champs (13yrs and Over):

This meet held at Kilbirnie Pool over Anniversary weekend attracted swimmers from all around North Island, the top of the South Island, plus a NZ Development Squad, meaning the swimming was fast!

PCA's team of 14 was probably one of our smallest in recent years, but they swum well to finish 9<sup>th</sup> on the team points tally, one place better than 2019. In 2018 we were 11<sup>th</sup> – so we are heading up!

There many highlights at the meet, probably the best swim went to Chelsey Edwards from Capital who broke the NZ Age Group record for 200m freestyle showing she is on track for Olympic selection.

Congratulations to Lucy Abbott, who was Swimmer of the Girls 13years Age group, winning a T3 \$50 voucher.

In her Gold medal swim in 100m freestyle Lucy broke her own club record with a time of 1m00.34. Her previous time was 1m.01.30 set in October 2019. David Zhu swam 2m28.29 in the boys 13 yrs 200m butterfly to win Gold and break a long standing club record of 2m29.68 set in January 1994.

Team results were:

Name	Age	Gold	Silver	Bronze	Top 10 finishes
Lucy Abbott	13	3	3	3	
Cody Bennett	14				4
Lucy Campbell	14				1
Lucy Peterson	16				4
Dillon Raimona-Pahetogia	15			1	5
Ben Reiher	14	1			3
Joseph Reiher	13			1	2
Dannielle Rule	13				2
Bronagh Ryan	26	3			
James van der Voort	14				3
Seth Wilson	18				1
David Zhu	13	2		1	2

All the team recorded PBs – well done, also to Jade Lin and Joshua London.

A big thank you goes to the coaches, Nevill and Steven, to the team managers and all those who officiated and covered our duties.

With heats in the mornings and finals at night it was a challenge to find volunteers when parents weren't sure if their swimmer was required for the finals...but thank you – everyone pitched in and everything worked out.

Thanks especially to medal assistants Jackson Crawford and Patrick Reiher and those who officiated even though they didn't have swimmers competing.

### Subscriptions:

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

- \$195.00 for club members. That is, those who swim in the Eels and Tadpoles squads and those who swim at the club sessions 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.

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 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](mailto:treasurer@swimporirua.co.nz) to make an arrangement.

### 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.

Please contact Becky Campbell on 021-044-8794 or e-mail [uniforms@swimporirua.co.nz](mailto: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.

### 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:

**16 February** – Gold Coast Ribbon Carnival (SC) Tawa – Entries Close 10 February.

**22 February** – SZR Hutt Valley Sprints (LC) WRAC Entries Close – 15 February

**29 February** – Tawa Long Distance (SC) Tawa – Entries Close 23 February

### 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)	.....04-234-7071
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 (Janet Thomson)	.....027-442-0961
Johnsonville Squad (Novia Guo)	.....021-869-669
Officials Co-ordinator (Viv Morton)	.....04-234-7071
Uniforms (Becky Campbell)	.....021-044-8794
Newsletter	..... e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>