

COVID-19 – Level 1:

Level 1 has brought normality back to the clubs sessions and times are as they were before the lockdown.

Please remember good hygiene practices must still be maintained and each swimmers attendance at sessions needs to be recorded as usual.

Should any swimmer or parent feel unwell then you should not attend training.

Swim meets are now starting to be confirmed in the swim calendar, with the first meet being the Swim Wellington Relay Champs at Coastlands Pool on Saturday 3 July..

Annual General Meeting:

The Annual General Meeting will be held on 28 June 2020 at Cannons Creek Pool commencing at 3:00pm.

For most of this last year PCA has been run by a committee of 10 when our rules allow for up to 15.

It is really important for the smooth running of the club, keeping in mind that we don't wish to overburden our keen helpers, we increase our committee numbers.

Ideally the committee should be made up of a cross section of people representing all sections of our club.

This year our Junior Squad and Club swimmers have been under represented – so we are really keen to see parents of these swimmers set up.

If you would like to find out about the commitment required please give Viv a ring 2347071 or email president@swimporirua.co.nz

Membership Renewal from 1 July 2020:

Emails will be sent to each swimmer this week advising of the subscription amount due from 1 July. A notification will go on our web page and facebook page when this has been done.

For those who swim in the club lanes and/or tadpoles and eels who paid a club (not squad) subscription prior to the lockdown, a \$30 non- refundable credit will be offset against your subscription for the new year.

The email sent to you will specify what is due.

If you are not continuing your membership or have any queries, please email info@swimporirua.co.nz.

July School Holidays:

Please note the specific arrangements replacing the normal club sessions over the holidays and the change of time and venue for Friday sessions.

Monday Sessions:

Monday 6 and 13 July (Cannons Creek Pool) 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 these distances they can 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 these two Mondays. Three lanes will be available from 6:00pm to 6:30pm and then we'll have the whole pool until 8:30pm.

New swimmers and those swimming up to 200m meters should come at 6:00pm.

Those swimming longer distances are to come at 7:00pm.

To help this evening run smoothly the coaches 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, to enable everyone the opportunity to achieve their goals.
- Parents helping are asked not to continuously interrupt swimmers to update them on their progress or the number of lengths they have to go. Just leave them to get 'on with the job.' They are probably counting themselves anyway.

Swimmers in the Tadpoles, Seals, Eels and Penguins are welcome to come along and join in distance badge sessions.

Friday Sessions:

Friday 10 and 17 July club sessions will be held at Te Rauparaha Arena – replacing our Friday club sessions at Cannons Creek.

These sessions are for those who normally swim in the club session on Monday / Friday nights and/or Sunday mornings, and will include swim start dive practice.

Session Times will be:

- 6:00pm swimmers are to come at 7:00pm
- 6:45pm and 7:30pm swimmers are to come at 7:45pm

All swimmers will need to pay the council door entry charges, and will be able to use the other pool facilities after the session.

Please ensure that you arrive in time to pay the entry fee and are ready to start at the set time.

Sunday Sessions:

Sunday 5 and 12 July club sessions will be held in the morning as normal training sessions.

Junior Squad holiday Timetable:

The holiday timetable for Orcas, Sharks, Swordfish, Seals, Penguins, Eels and Tadpoles has been emailed out.

Gold Coast Meets – August 2020:

While the meet flyers have yet to come out, below is advance notice of the two Gold Coast meets to be held in August.

2 August – Matson Trophy at Coastlands

The Matson trophy is swum for 100m freestyle, where heats are handicapped to give everyone an equal chance of winning.

From the heat placings swimmers move into the recharges, semi-finals and then final.

The close racing of handicapped event provide heaps of excitement.

Also on the programme are 50m events (a maximum of 2 events per swimmer) plus the Matson Trophy relay.

Teams will be selected from those entered. Relays are swum twice, so those selected must stay until the end of the meet.

30 August – Gold Coast Meet at Tawa

This meet is open to everyone.

It offers an excellent opportunity for newer swimmers to establish times, and for others to update their times for the Wellington Champs coming up in September.

An update on the Junior coaching position:

During lockdown PCA has have continued to advertise this position, and while we have received a number of applications, interviewed a couple of people, we haven't found anyone suitable.

Most applicants either don't have the skills or haven't been unable to commit for more than a couple of months. Many didn't have a swimming background, some were still at school and others were dictating their work hours before they had the job! All very amazing.

While we continue to advertise we are very fortunate to have Dennis Smith and Todd Morton covering the role. It was mentioned to me that many of you aren't aware of Dennis and Todd's background and swimming experience – following is a summary.

Dennis comes with heaps of knowledge. He has been around the competitive swimming scene for over thirty years, and has coached swimmers up to a top level with some swimmers becoming Junior National title holders.

Todd is the owner of Easyswim Swim School and was a top competitive swimmer in his day.

While he had many successes, probably his most memorable meet was the 1995 National Age Groups where he won eight National titles, as well as a Bronze Medal. Each title swim broke the Wellington record, plus two were NZ records. Three of those Wellington records, plus another record he set in January 1993 still stand today. At 14 he won a Gold and a Silver medal at the Queensland Champs and was a finalist in 400m medley at the Australian Age Groups twice, at 17 and 18.

Over his swimming career he broke five NZ Age Group records, all have since been broken. Todd swum from 7 years old and retired at 23 - quite an innings for a swimmer.

Todd was lucky enough to be in National development squads and represent NZ at a Tri-Series Meet in Australia. In his younger days he was coached by Nevill Sutton and then swum at various clubs, including the Capital Club as well as clubs in Auckland and Christchurch.

By moving around he was able to experience many different coaching styles and programmes, all valuable knowledge he brings to this coaching and business.

Tadpoles – Term 3:

An opportunity for club swimmers to swim with Todd in the Tadpoles

Vacancies exist in the club's Tadpoles group for term three. The Tadpoles is a technique group coached run by our professional coach on Friday nights from 6:15 pm to 7:00pm

Criteria – swimmers must be

- at least 7 and a half 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 \$30.00 for the 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 by invitation into one of PCA's Junior squads or continue to swim in the volunteer coaches lanes.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, by phone 2347071, or email president@swimporirua.co.nz

Housekeeping:

One of the most time consuming jobs in a swimming club is that of race secretary.

PCA is very fortunate to have Keri Martin in this position, working tirelessly in the background keeping our club's times database up to date, producing eligibility reports for meets that swimmers must qualify to swim at, producing reports for coaches, and organising events including the relay champs.

The Wellington Relay Champs were marketed this year as 'Getting Back into Racing after Covid'.

Relays are always such fun and with this in mind PCA selected 57 swimmers to represent PCA in a number of relays.

As it turned out this became quite a frustrating exercise for Keri with families not responding to emails asking swimmers to confirm their availability.

For the future I would urge families to get back to Keri quickly, to avoid the need to follow up two or three times.

Viv Morton
President

Have-a-Go Race Night - Friday 7 August 2020:

Cannons Creek Pool.

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

Note: Maximum of 3 swim per swimmer.

Race night is open to all our club members, including those who swim on Friday and Monday nights, Sunday morning and/or Tadpoles, Eels, Penguins, Seals, Swordfish and Sharks squads.

Entries are taken on the night. This meet is not about winning - it 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 entry times for other meets.

Because of race night Eels and Penguins training will be cancelled.

Sharks training will be held as normal, although these swimmers are welcome to join race night after training – 200m medley is on the programme as event 1, especially for Sharks and who may like gain valuable medley racing experience.

Any queries, please 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.

Learn to Swim – Term 3:

Learn to Swim will start on Sunday 26 July and finish on Sunday 6 September.

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).

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 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 Matthew 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.

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:

4 July – SWN Relays (SC) – WRAC – Entry by Club Selection

18 July – SWN Distance Meet (SC) – Coastlands – Entries Close 12 July

2 August – Matson Trophy (SC) – Coastlands – Entries Close TBA

7 August – Club Race Night (SC) – Cannons Creek – Entries on Night

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)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 (Elouise Thomas)022-140-5068
Uniforms (Becky Campbell)021-044-8794
Newsletter e-mail info@swimporirua.co.nz