

Happy New Year:

The PCA Committee would like to welcome all members back for 2018 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 will resume on

- Monday, 29 January
- Friday, 2 February
- Sunday, 4 February

Learn to Swim – Term 1:

Learn to Swim will start on Sunday 11 February and finish on Sunday 25 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).

Taupo Meet 9 – 10 June 2018:

After a very successful club trip to the Taupo Meet last year, swimmers are asking if there will be a similar trip this year.

The answer is YES providing we can get a sub-committee of three or four people together to do the planning.

This group will be required to report their progress to committee each month. If you are interested please email Viv , president@swimporirua.co.nz

Club Champs – 25 March:

The Club Champs will be held at Tawa Pool on Sunday 25 March.

Mark your diaries now. Further details will be in the next newsletter.

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.

Commonwealth Games 2018:

In the December newsletter we congratulated Bronagh Ryan on her selection in the Swimming NZ Team to the Commonwealth Games on the Gold Coast in April 2018.

Bronagh will swim the breaststroke leg in the Womens 4 x 100m Medley relay and will also compete in the 50 and 100m breaststroke events.

As you will all appreciate, swimmers don't get to this level without a huge input from their coach – Congratulations Nevill, a great reward to your coaching and commitment.

The last time the club had a swimmer compete at this level was 21yrs ago when Oliver Young went to the World Champs.

2018 National Meets:

PCA is calling for expressions of interest from those who would like to be considered to either team manage or be an assistant manager for the following meets.

The number of assistants appointed will depend on the team size.

It is the club's expectation that PCA's team will stay together with the appointed management.

Those appointed will be required to care for the entire team as they would for their own children, manage the swimmers pool side, and most importantly work together to create a positive team environment that will allow the PCA team to swim to their potential.

- NZ Division II Competition, Rotorua 18-21 March.
- NZ Age Group Championships, Auckland 17-21 April

The dates quoted are those of the meet. The team will travel one or two days ahead and return the day after the end of the meet.

Those interested or requiring a 'job description' please email president@swimporirua.co.nz

Porirua City Aquatics Div III Meet:

This meet is scheduled for 10 March at Naenae pool and will be run in two sessions. The meet will be Long Course (50m pool).

All clubs are allocated two meets a year on the Wellington Swimming Calendar and Div III is the first one for PCA this year.

This is a club fundraiser and it is hoped we will have the biggest team at the meet.

The meet is open to all developing swimmers who have not qualified for the 2018 National Div II meet, National Age Groups and/or Opens. This means swimmers who you often read about medalling at National and Wellington meets cannot enter.

Swimmers 12yrs and under who have qualified to swim at the NZ Junior Festival 17th to 19th Feb may enter, the exception being 12 yr olds who have qualified for Div II in the medleys

The purpose of this meet is to give developing swimmers a chance to shine, medal and gain finalist ribbons.

It is the PCA's expectation that our National swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website. On-line entries close on 3 March.

Tadpoles:

An opportunity for club swimmers to swim with Ben and the Tadpoles

Vacancies exist in the club's Tadpoles group for term I. The Tadpoles is a technique group coached by Ben Walsh, on a Friday night from 6:00pm to 6.40pm

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 Ben's 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.

Meet Reports:

Wellington Junior Championships 9 and 10 December 2017:

Congratulations to all those who qualified and swum at these Championship.

Qualifying is an achievement on its own, to finish in the top 10 – fantastic and then to medal very special.

Individual Results:

	Medals	Gold	Silver	Bronze	Top 10 finishes
Cody Bennett 11yrs				1	6
Riley Bennett 9yrs			1	4	2
Alexia Booth 9yrs	1	1			4
Mia Booth 12yrs				1	3
Lucy Campbell					1
Charlie Dickison 7yrs				1	3
Jayden Dickison 9yrs					4
Ella Drummond 12yrs			1		7
Andre Gaulofa 12yrs					3
Kayne Howat 9yrs	1				6
Miya Jiang 9yrs	4				
Kiah Kaulave 10yrs					4
Ethan Kehoe 9yrs					1
Oliver Lei 9yrs	3				1
Sandy Li 9yrs					3
Jarrold McKee 12yrs			2	1	4
Jed McLachlan 12yrs	2	1	2		3
Holly McManaway 10					1
Liam Phelps 9yrs					1
Dannielle Rule 11yrs				1	5
Faith Siamani 12yrs					1
Suri Sun 8yrs			1		2
Felix Thomas 8yrs					3
Ariana Teirney 11yrs					2
James van der Voort 12					2
Carlos Zhang 8yrs					2
David Zhu 11yrs			2	2	

The results, along with the number of Personal Best swims (too many to list!) is full credit to all the work Ben and Steven have done with our swimmers in recent months. PCA finished 5th on the club points table with the gap between 4th and 5th narrowing showing we are on the way up!

A huge Thank You goes to all those who team managed, officiated and did one of the many duties required for a meet like this to be successful.

Those achieving PBs were Owen Fan, Gaoyuan Fu, Tiora Incze, Sam Jiang, Carter McKee, Luke McKee, Li Ning, Ryan Pugh, Logan Raimona-Pahetogia, Ben Reiher, Joseph Reiher, Anna Schofield-Matthews, Alex Stowell, Vinnie Tat and Sunny Zheng.

Swim Welling Summer Champs (Anniversary Weekend):

Meet highlights for PCA (full results will be in a later newsletter)

- Bronagh Ryan and Max Drummond dominated their age groups and were both named Swimmer of their respective Age Groups. Each received a \$50 voucher from Swim Wellington's sponsor Swim T3
- Newcomer to PCA Lucy Abbott broke the Wellington Record for Girls 11 years 50m freestyle with a time of 29.30. The previous record was 29.46. The circumstances around this swim were very unusual. With three swimmers tying for 12th after the heats, a swim off was required to decide who would be the second reserve for the final. The pressure was certainly on all three swimmers. Lucy swam a great race, winning and breaking the record!

A huge thank you goes to all those who officiated and helped at the meet covering our allocated duties. Thanks especially to those who assisted even though they didn't have swimmers competing. Swim Wellington and PCA appreciates the time you give to swimming.



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 8:00pm starts.

Those interested should contact Becky Campbell on 021-044-8794 or e-mail 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 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 Andrew Wilkinson on 021-986-533 or e-mail 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

Upcoming Events:

16 – 18 February – SNZ Junior Regions (SC) – WRAC – Entries Close 30 January.

24 February – Karori Pirates T2 Meet (SC) – Karori – Entries Close (TBC).

25 February – Gold Coast Ribbon Carnival (SC) – Tawa – Entries Close 17 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 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