

Porirua Junior Sportsman of the Year 2012



Ben Walsh won the Junior Sportsman of the Year Award 2012, which is a fantastic achievement and a very proud moment for Ben, his parents and the Club – WELL DONE BEN.

PCA Club Trip

**PCA club trip to the
Mitch Tait Memorial Carnival
At the Trust House Pool – Genesis Energy
Recreation Centre, Dixon St, Masterton
Sunday 16th December (12pm warm up
12.45pm start)**

PCA will be taking a team by bus to this meet. The team will travel to Masterton in the morning and return via McDonalds after the meet.

While the Masterton Swimming Club allow 'no-time' entries for this meet, it should be remembered that apart from 50m butterfly most other events are 100m races. Those entering must be capable of 'racing' the distance.

Information regarding departure times, pickup points will be advised once they are confirmed. At this stage the bus is expected to leave from the Paremata Railway Station at 9.30am. The club will appoint a team manager who will liaise with the swimmers regarding these details. The club will cover the cost of the bus.

Swimmers must bring all their racing gear, a cut lunch, pool snacks, drink bottles etc. and money

for tea at McDonalds. By signing up swimmers are agreeing to follow instructions/directions of the team management for the entire trip.

Swimmers – need to list their name and phone number clearly on the bus list at the pool if you intend traveling on the bus with the team. **Note – this is a bus list only and only those 9years and over may travel on the bus.** Younger swimmers wishing to compete at this meet will need to make their own travel arrangements.

Race entries are to be completed as usual. That is, complete a PCA Race Entry form and place in the appropriate entries box, with your entry fees.

MEET ENTRIES CLOSE ON 3rd December.

Depending on numbers of swimmers, there may be room for supporter's/extra parent help or swimmers under 9 with a parent, to travel with the team. The bus company will require the names of all travellers before the team departs, supporters who intend traveling must list their names also. **Note – only those who are listed will be allowed on the bus.** Should the club decide that mini-vans would better suit our needs, two adults will be required to travel in each van and swimmers will have first option to remaining seats.

Family Fun Night

**Monday 17 December 2012,
6pm warm for a 6.30pm start.**

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one family)
- friends relays
- novelty events
- width kicking races for younger family members.
- An adult 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers. If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv and/or Peter this will be our final club night for 2012.

Squad swimmers will be advised of their holiday sessions.

Normal club nights resume on Monday 4th Feb. 2013.

PCA In House League 2012

This is series of 3 meets with 6 teams made up from PCA members and Captained by a Senior Squad swimmer. Swimmers swim a mix of races based on age. The kids love the Club League and it always a noisy and fun time, good for team building. The winning Team this year was Team 4, Captained by Leticia with 632 points, Team 1, Captained by Monica with 589 points came second and Team 6, Captained by Ryan with 568 points came third.



Swimzone Racing Sprint 20th Oct 2012 (LC)

23 athletes entered in 88 events and recorded 45 Personal Bests

Congratulations to Sophie Wilkinson whom set 2 new Wellington Long Course records on the night, 50m Freestyle (Old time 31.40, new record 31.23) & 50 Backstroke (Old time 35.93, new record 34.66).

Well done to all the athletes for the huge effort they put into their events, 18 of the 23 swimmers recorded PB's along with a number of other swimmers swimming in events for the 1st time.

Gold Coast Meet, Naenae 21st Oct 2012 (LC)

This was a relatively short meet, originally with 29 swimmers entered. There were few unavoidable scratching which were well managed, thanks to prompt notification. It was a pretty fast and furious meet with not a lot of breathing space for some in between races (see notes below). Many won personal best ribbons and PCA came 3rd overall in the challenge to win the Personal Best Trophy. Although we had a lot of swimmers there and a lot of PB's, the winner is calculated as a percentage of PB's against the actual number of swimmers. PCA had a total of 30 PB's, which by averages gave at least one per swimmer, so well done! It was a great opportunity for some swimmers to swim distances they hadn't for some time, try new distances and aim for qualifying times for the upcoming Wellington Summer Champs.

Thank you to all the officials and parents who helped out and to Alex for coaching.

Team managers: Matt Orsman and Clare Newton Smith.

PCA Hardcore Meet 3rd Nov 2012 (LC)

This was PCA's organized event and we had a great turn out of about 30 swimmers. There was the opportunity to do the 400m and a variety of shorter swims in a long course event. There was also the addition of some fun races, which were a 50m kick for the 12 and under and a 100m kick for the 13 and overs. It was interesting to see how the swimmers tackled this and had some fun along the way! The team altogether had over 54 PB's, which is a great achievement. Again, a great opportunity to get or get nearer to some qualifying times for the Wellington Champs, which are on the weekend of the 18th – 21st Jan. The event ran very smoothly and thank you to all those supporters and officials who made it so. There was a lot of fabulous food to be seen that had been contributed, so thank you to everyone who helped and contributed food.

Thanks to Alex and Nevill for coaching.

Team Managers – Anna XXX and Clare Newton Smith

Capital City Ford Classis 17th Nov 2012 (LC)

The Capital Ford Classis Meet was held on the 17th Nov, it was a busy meet with a good turnout from PCA with 33 swimmers from the junior and senior squad swimming in both the morning and afternoon sessions. The junior squad did very well with lots of PBs and some qualifying times for the Wellington Summer Long Course Champs in January.

Thank you to Alex for supporting the junior swimmers and all those who officiated.

Notes for Swim Meets

3 Notes to help performance:

1. Warm up – if the meet flyer states a 5pm warm up with a 5pm start, please be there at 4.45pm. All PCA swimmers are, in their best interest required to do a land based warm up prior to getting in the water. This is usually run by one of the senior swimmers so not only does it get you warmed up, it also helps build team morale.
2. Keeping warm – it is recommended that all swimmers have something warm on their feet. This can be slippers, crocs or socks and sneakers. There is a very good reason for this and it is that it helps keep the body warm and also avoids cramps. You need to keep something between your feet and the concrete tiled floor. This is important whilst sitting and also whilst at marshaling.
3. Race order – whether races are selected via a sheet on the club wall, or via email, please think carefully about your selection. Too often, swimmers are climbing out of the pool, having given their best, to be directed back to marshaling and be swimming again 3 heats later. The race orders are carefully designed to avoid this where possible by the organisers. If you are not sure about the selection, please discuss it with your coach.

PAYMENT FOR SWIM MEETS

Over the last year, emailing Race Secretary Andy Wilkinson has become the preferred method for most people entering swim meets. This is a convenient method and one which the club and Andy is happy to promote.

Unfortunately a worrying trend has been developing lately where there has been a growing

number of entries received via email that have not had the entry fee paid into the race meet account by the closing date.

This has culminated in Andy being unable to initially pay our clubs race entries fee on time to the Capital club for this week's meet.

The Race Secretary Job is one of the busiest in the club. Andy puts in 10- 15 hours a week voluntarily to this job (sometimes more). On top of this he has a normal fulltime day job, a wife and 3 children. The race secretary job should not include debt collecting and chasing up payment for unpaid meet entries.

The committee has agreed to the following in relation to meet entries: Andy will check the meet entry account the morning after a meet closes to confirm payments made on the closing night have cleared. If the payment is not there, the swimmer will not be entered into the meet. Andy will no longer be chasing up entry fees.

So, if you are entering via email you must Internet Bank the entry fee into our meet bank account, 03-0547-0205093-01 or place the money into the Race Entry Box at either of the pools and you must state in your email to Andy how you have paid for the meet.

Most of you have been fantastic in paying entry fees on time and we appreciate this. What we need is everyone to pay on time to avoid any possible disappointment in missing out on a meet..

Other News

12/13 January 2013 State Epic Open Water Swim, Lake Taupo. Kids races 100m & 500m, Recreational races from 1km. For more information or to enter, see www.epicswim.co.nz

Duty Roster:

The club is also looking for volunteers to take (man) the desk on Monday and Friday nights at Cannons Creek. The duties include taking the roll, receipting any money, answering questions, taking enquires etc... and if you haven't got all the answers Viv and Eileen are on pool deck for advice.

You would be required to be at the pool by 5.45pm and would finish about 7.30pm on a Monday and 8:00pm on a Friday.

Boys	6 – 14 years	\$50
Women	10 – 18	\$60
Men	14 – 18	\$60

Those interested should ring Onolata Little ph 235-5646.

Please contact Onolata Little for more information and/or to order togs on 235-5646

Cannons Creek Pool Maintenance:

You may have seen the Dash newsletter for September 2012 and the article discussing closure of the pool during the Christmas holidays for maintenance.

We have requested more information on dates etc. and will update members & squads regarding closure times and alternative arrangements in due course.

Bank Account Details:

Subs/Uniforms etc.	03-0547-0205093-00
Meet Entry Fees	03-0547-0205093-01
Squad Fees	03-0547-0205093-02

If you are unsure which account you should be using, please contact our Treasurer Julie Saunders on 389- 5907 or treasurer@swimporirua.co.nz

Swimming Caps:

New members will be given a cap on receipt of their subs and will be replaced if they split. Swimmers losing their club cap will need to buy a replacement.

Caps can be obtained from the sign-in desk at Monday and Friday night club sessions (at Cannons Creek), the Team Manager at swim meets, or Onolata Little phone 235-5646

Upcoming Events:

- 2nd December** - Gold Coast Chocolate Carnival - Raumati - Entries Close 26 November
- 8 December** - Swimming Wellington Open - WRAC - Entries Closed 23 November
- 16 December** - Mitch Tait Memorial Carnival (SC) - Masterton - Entries Close 3 December
- 17 December** - Family Fun Night Cannons Creek (Final Club Night for Year)
- 18-21 Jan 2013** - Swimming Wellington Summer Champs - WRAC - Entries Close 17 December 2012 (see Calendar for Eligibility Report)

Club Uniform:

We have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages. We also have the following new uniform available for purchase;

Ladies Tracksuit top size 18	- \$81
Ladies Tracksuit bottoms size 12	- \$64
Ladies T shirt size 10	- \$35
Ladies size 12 shorts	- \$35

Report of Best Times:

If you require a list of your times, please email the Race Secretary (Andy) at race@swimporirua.co.nz and they will be sent back to you.

We can also order the new padded Swim Parka in any size for \$98 child, \$110 adult, great for keeping warm & dry.



Please contact Lizzie Plummer if you would like to purchase any PCA uniform items - see web site for details, order form and bank details or email mail@cplummer.co.nz

We have recently placed an order for uniform. Delivery due before Christmas (hopefully).

Club Contacts:

President (Viv).....	234-7071
Secretary (Mike).....	021-0257-8904
Treasurer (Julie).....	389-5907
Race Secretary (Andy).....	233-6016
Club Captain / Junior Squad Liaison (Onolata)	235-5646
Senior Squad Liaison (Hiria)	478-9265
Officials Contact (Terry)	233-0360
Uniforms & Newsletter (Lizzie).....	(04) 905-5052

Club togs are also available. 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