

## **PORIRUA CITY AQUATICS – BRIEF NEWSLETTER**

### **OCTOBER SCHOOL HOLIDAYS**

During the school holidays Monday and Friday club nights will be devoted to distance badge swimming.

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, 400, 800, and 1500m. Once a swimmer has completed all these distances they can move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

Those swimming up to 400m metres should come at 6pm, while those swimming longer distances are to come at 7pm. To help these evenings run smoothly Eileen and Viv need help from parents counting laps and timing the 1k swimmers. Please note, swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals

### **Penguins**

As the Penguins do not train over the school holidays, they are welcome to join in these club sessions and swim distance badges.

### **Swordfish and Orcas**

The Swordfish and Orcas will swim together during the school holidays. Session times are as follows;

Monday & Friday 4.30pm to 6pm,

Tuesday, Wednesday & Thursday 4.15pm to 5.45pm

## **PCA IN HOUSE LEAGUE**

*3<sup>rd</sup> October, 7<sup>th</sup> November & 28<sup>th</sup> November*

*All Monday nights*

*Replacing squad training and our normal club night.*

*Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start*

*Entries close 26<sup>th</sup> September*

### **THREE FUN NIGHTS – OPEN TO ALL CLUB MEMBERS**

This is a team competition, run over three Monday nights (replacing normal club night and squad training). Everyone entering is put into one of six teams. Each team is managed by one or two of our older swimmers who organise their swimmers into their events, and then try to ensure all swimmers have a similar number of swims.

Everyone swimming earns points for their team – first 6 points, 2<sup>nd</sup> 5 points, etc, down to 6<sup>th</sup> place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a 'have a go attitude' and/or 'I'll give it a go for the good of the team'. Teams do much better when they have a swimmer in each race, rather than someone being fussy about what they swim.

Team selections are based on the expectation that swimmers are making a commitment and will be at each meet. Every effort is made to ensure teams have a similar spread of age groups that will give a balanced competition. We appreciate that at times things do crop up and missing a league night is unavoidable, but swimmers who forget and/or just don't turn up are letting their team down.

We need help on the night with judging the finishes. Timekeepers are not needed.

To enter, please enter your name on the entry sheet on the noticeboards at either each pool.

## TADPOLES

Tadpoles is a technique group coaches by Alex Bennett on Friday nights, during term time.

We are now calling for expressions of interest from swimmers currently training in Viv and/or Eileen's lanes who would like to be considered to join the Tadpoles for term four. Spaces are limited.

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.

The Tadpoles would

- swim on a Friday night from 6pm to 6.40pm
- be allocated lanes 3 and 4.
- be required to pay \$25.00 additional to their \$160 sub by 1 November for the term's coaching. (Note term is a short term hence the price has been reduced to \$25.00 – term III was \$30.00)
- be limited to a maximum of twelve swimmers.
- run by the term.

General

- Expressions of interest would be called during the previous term.
- Expressing interest would not guarantee entry to the group. The coaches (Eileen, Viv, Alex and Nevill) will select the swimmers for the term.
- Swimmers in the group can express interest (again this is not automatic) in remaining in the Tadpoles for the following term. However a swimmer's time as a Tadpole is limited to two terms.
- It is envisaged that swimmers will continue to swim on Mondays and/or Sunday's with their normal club coach while they are in the Tadpoles.
- After 'graduating' from the Tadpoles swimmers may choose to move into one of Alex's other groups – the Swordfish or the Penguins, or continue to swim in the volunteer coaches lanes.

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I am keen to be considered for the Tadpoles

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_

Phone Number \_\_\_\_\_ Current Coach \_\_\_\_\_

Circle Session/s currently attending

Sunday 8.30 to 9.30am Monday 6pm 6.45pm 7.30pm Friday 6pm 6.40pm 7.20pm 8pm

Completed forms are to be posted in the black box on the right hand side of the storeroom no later than 7<sup>th</sup> Oct 2011 . Swimmers will be notified by phone during the holidays if they have been successful or not.