



PCA News

JULY 2013

July 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 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 6:00pm, while those swimming longer distances are to come at 7:00pm.

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

Tadpoles and Penguins

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

Swordfish and Orca Timetable

Pool bookings have now been confirmed for the school holidays - Session times as follows

	Swordfish II	Swordfish I	Orcas
Monday		4 - 5:00pm	5 - 6:30pm
Tuesday	4 - 5:00pm		5 - 6:30pm
Wednesday		4 - 5:00pm	5 - 6:30pm
Thursday	4 - 5:00pm		5 - 6:30pm
Friday	4 - 5:00pm	5 - 6:00pm	

Three lanes have been booked for the Orca sessions, and two lanes for each of the Swordfish squads.

Junior Squad Get Together – 28 July

A Junior Squad (Orcas, Swordfish I & II) get together has been organised for Sunday 28 July at 2:00pm.

The activity will be Bowling at Strike, Porirua, costing \$20 per child. This includes 2 games, hotdog, chips and a drink which needs to be paid for on arrival.

This is a great opportunity for the children to build

friendships and club spirit outside of the pool.

If you wish your child to attend please email me by Friday 19 July at the latest at juepoo@hotmail.com.

Hope to see you there - Julia Kelly

Swimming NZ Camp:

Congratulations to Ben Walsh who was selected to attend a SNZ Training Camp that was held in Auckland.

Unfortunately for Ben and the other Wellington swimmers, the cancellation of flights on 'storm weekend' meant they didn't get there.

Club Swim Sessions:

Monday Night Club Sessions from Term 3.

Session times for term 3 will revert to 6:00pm, 6:45pm and 7:30pm. Swimmers currently swimming at 8:00pm are to come at 7:30pm. Others who have concerns about which session to attend should speak to their coach.

Reminder

Swimmers who train in any of our squads (except Tadpoles) may not attend club sessions unless PCA is holding a meet or joint club activity.

Club swimmers training on Sunday, and/or Monday and Friday nights may only swim in one group per session. Recently it has been noted some swimmers have been taking part in consecutive sessions in different lanes.

Wellington Winter Champs:

The Swim Wellington Winter Championships will be held on the weekends of 24 and 25 August and 31 August and 1 September 2013.

Qualifying times are now on the notice board and in the Squad area of the website.

Swimmers should take advantage of up-coming meets to ensure they are qualified in plenty of time.

PCA Race Night:

On Friday 9 August - 6:00pm warm up for a 6:15pm start, PCA will be holding our second Race Night for the year.

This is an opportunity for our newer swimmers to 'have-a-go', as well as giving others a chance to update their times before the Wellington Winter Champs.

To enter, swimmers should list their names and the events they wish to enter on the entry sheet on the noticeboard.

Entries close on Monday 5th – late entries will not be accepted.

All club and squad swimmers should enter. Best times ribbons will be given to those recording a new or personal best time. There is a range of events on the programme from 25m (1 Length) to 200m in all strokes. Something for everyone – do come along!

All training sessions on Friday 9 April will be cancelled

Meet Reports:

100m Handicap Trophy – 24 June:

Once again this event proved to be a night of fun and success.

Congratulations to all the finalists and especially the winner, Brodie Teirney who won in a very close race, with D'Anjalo Leavai 2nd, Jeremiah Mapusua 3rd, Thomas Tauvae 4th, Brooklyn Saunders 5th and Ben Orsman 6th.

Well done to the other semi-finalists, Campbell Pearson, Billy Gibbs, Ava Jones, Claire Ryan, Jake Butchard, Katie Jones, Hayley Taylor, Caelan MacIntyre, Jorja McGlinchey, Tom Gibbs, Michaela Jones, Jamie Mason-Jones, Greer Pugh, Kaitlin McGlinchey, Sophie Paterson, Jose Pereira, Emilee Wilkinson, Ocean Teare, Luke Martin, Ben Callear, Lucy Singer, Simone Ryan, Sophie Wills, Josh Gibbs, Georgia Wills, Victoria Ferguson, Alexandra Jones, Anais Lucas, Abby Laws and Chloe Boucher.

Congratulations to Team one who won the relay with team two second and team five third.

Thanks to all those who helped out with the many jobs that need to be done to make a swim meet happen. Thanks especially to our Senior swimmers who also assisted.

6 Centre Meet – 23 June:

Congratulations to Jack Plummer and Sophie Wilkinson who were selected to represent Wellington at the 6 Centre Meet held in Palmerston North on 23 June.

This is an annual competition between Hawkes Bay-Poverty Bay, Manawatu, Wairarapa, Wellington, Wanganui and Taranaki.

Sophie and Jack both swam very well, contributing to Wellington winning the cup for the 11yrs and under age group.

Tawa – Dash for Cash – 29 June:

This meet was well supported by 20 swimmers. We realised when we got the run sheets that we were in for a long evening but the organisers did try and bring the times back by starting earlier than arranged.

The pool has new timing equipment, which on the whole worked well, but did delay a few races. The pool was colder than normal, both in and out of the water due to a boiler issue – but all swimmers did well to keep warm and prepared for their races. Even our coaches had extra layers on!

Swimmers ranged in age from 9 – 16 and all raced well achieving some good personal bests. Some achieved times that they were aiming for to qualify for the upcoming Wellington Winter Champs at the end of August. Well done to our young swimmers who lasted the evening and swam some great times despite the lateness of the races. Unfortunately no cash prizes came PCA's way.

Many thanks to coaches Alex and Nevill for supporting our swimmers at this meet and to all the parents who kindly volunteered for official duties.

Clare Newton-Smith – Team manager

Subscriptions 2013/14:

Our new membership year begins on 1st July 2013, and subs for the year remain at:

\$160 for club swimmers

\$110 for squad swimmers (that is those swimming with Nevill, or Alex in the Orcas, Swordfish I & II and Penguins.

Subs can be paid directly into our bank account 030547 0205093 00 – please use the swimmers name as a reference, to the committee member on duty on a Monday or Friday night, or left in a named envelope in the black letterbox on our storeroom door.

Subs are due on 1 July and should be paid by 31 July.

Any family wishing to spread their payments should contact our treasurer at treasurer@swimporirua.co.nz to make an arrangement.

Duty Roster:

The club is also looking for volunteers to take (man) the desk on Monday and Friday nights at Cannons Creek. Times: 5:45pm – 7:30pm on a Monday and until 8:00pm on a Friday.

Those interested should ring Onolata Little ph 235-5646.

PCA 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

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 bottoms size 12	- \$64
Ladies T shirt size 10	- \$35
Ladies size 12 shorts	- \$35

Please contact Libby Lucas on 021-057-5197 or e-mail zstardust@xtra.co.nz, or any member of the PCA committee if you would like to purchase any PCA uniform items - see web site for details, order form and bank details.

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

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

Pre Loved Club Uniform:

There are a few pre loved items of PCA Uniform for sale;

Size 11-12 Tracksuit top \$45 and size 11-12 T shirt \$10. Please contact Clare for more information on 029-920-3324

Size 11-12 Tracksuit top & bottoms \$80 ,Size 11-12 vest top \$15 (as new), Size 11-12 Bench Coat \$70, Adult PCA Polo Shirt size 18 \$30, Adult PCA Polo Shirt 5XL \$40 all in used but very good condition. Smoke free home.

Please contact Libby Lucas by e-mail at zstardust@xtra.co.nz more information.

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 Andrew Wills at treasurer@swimporirua.co.nz

Upcoming Events:

28 July - Swim Wellington Long Distance (SC) Coastlands Aquatic Centre (moved from 16 June) - Entries Close 12 July at 7:00pm

3 August - Gold Coast Zone (SC) Matson Trophy Kapiti - Closing date 26 July at 7:00pm

9 August - PCA Race night Cannons Creek Pool – Closing Date 2 August at 7:00pm

10 August - Karori Signature Meet (SC), WRAC. Closing date TBA

25/26 August and 31 August/1 September – Swim Wellington Winter Champs (SC), WRAC. Entries Close, 12 August at 7:00pm.

See website for more information.

Report of Best Times:

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

Club Contacts:

President (Viv)234-7071
Secretary (Mike) 021-0257-8904
Treasurer (Andrew) 021-184-6134
Race Secretary (Andy)233-6016
Club Captain (Libby Lucas) 021-057-5197
Junior Squad Liasion (Julia Kelly) 027-789-479
Senior Squad Liasion (Hiria)478-9265
Officials Contact (Terry)233-0360
Uniforms (Libby Lucas) 021-057-5197