

Congratulations Nevill Sutton:

PCA Head Coach Nevill Sutton received the 2013 Coach of the Year award at the Porirua Community Trust Sports Awards held on 4 October 2013.

PCA Hardcore Meet – 2 November 2013:

PCA is hosting our signature meet at the Wellington Regional Aquatic Centre on Saturday 2 November 2013 – 5:00pm warm up for a 5.45pm start.

Entries close on Friday 18 October at 6:00pm.

This meet is part of Swim Wellington Signature Series and is PCA's one opportunity for 2013 to hold a meet at WRAC.

The pool will be set up as the 50m length, with electronic timing, scoreboards etc. This is a great opportunity for club members to swim in a 50m pool and enjoy the facilities WRAC offers.

The meet is a huge fundraising opportunity for the club and hopefully we will also have the biggest team entered.

The flyer is on the noticeboard and the website and you will see the events include a kicking race. To enter the kicking race swimmers must be able to complete the distance within a qualifying time. For those 12 years and under the race is 50m and the time of 2min, for 13yrs and over the distance is 100m and the time 3m. Those who wish to enter these races will need to ask their coach to time them before placing their entry.

Entry fees for the kicking race is \$2 and the fee for all other events is \$8.00 per race – reduced to \$5.00 per event for PCA members.

With the reduced entry fee all club members and their families will be expected to help at the meet. Whether it be officiating, door duties, posting results, helping in the office, or with refreshments for the officials – we will need many helping hands. For the 50m kick races the boards will need to be carried back to the start end. We will also be asking club families to contribute to the officials food. You will be contacted nearer the day with our suggested items.

Watch the notice board and the website for further details.

Porirua Inter-School Swimming Sports:

After a break of several years the Porirua Inter-School Swimming Sports were held at the Cannons Creek Pool on Friday 13 September.

Students from years 5 to 8 from Te Kura Maori O Porirua, Cannons Creek School, Holy Family School, Corinna School and Rngikura School attended the event.

PCA provided a cup for the school with the highest points and provided the officials for the event.

The cup was won by Rangikura School (team picture below with the PCA Cup).



Summer Training Camp January 2014

In January 2014, 30 of our squad members will be heading to Palmerston North for a week long training camp in preparation for the Regional and National Competitions that will be held in the new year.

Squad members have been busy fundraising over the last couple of months with chocolates sales and sausage sizzles at Friday Club Nights and at other venues around Porirua.

We are in the process of creating a Silent Auction, with squad members approaching local businesses for sponsorship.

We expect that on 2 December we will be listing all the items on a silent auction web site, open for bidding to all members, families and friends.

A dining voucher at Tulse Restaurant valued at \$100, 1 month membership voucher at WOF Crossfit valued at \$200 and a Landscaping consultation valued at \$300 from Palmers are some of the items you will be able to bid for.

The auction is expected to close on 9 December and winners notified.

Watch this space and the PCA website for further details.

Your continued support during our fundraising is greatly appreciated.

Julia Kelly
Junior Squad Liaison

Learn to Swim:

Next Learn to Swim block of lessons is Term 4 2013 from Sunday 5 November to Sunday 15 December 2013.

The cost is \$45 per swimmer.

Two sessions are held each Sunday during the term, at 9:30am and 10:00am at the Cannons Creek Pool, Porirua.

Swimmers taking part in the lessons must be able to touch the bottom of the pool unassisted. They should be a minimum of 1.1 metres tall and at least five years old. All participants must wear correct fitting goggles and appropriate swim attire.

Swimmers should arrive at the pool promptly at either 9:15 or 9:45 a.m. so they are ready for the lessons.

Swimmers are assessed at their initial lesson and placed into a group suitable for their ability (Level 1 - Level 5).

5 differing groups are in the pool at the same time and swimmers progress through the groups during their time in our Learn to Swim programme.

At the end of each block of lessons each swimmer receives a certificate noting and congratulating them on their achievements.

All lessons are overseen by experienced and trained adult Learn to Swim Instructors. Some instructors work with the swimmers in the water and are assisted by more experienced club swimmers.

Meet Reports:

Swimming NZ Short Course Opens:

Ben Walsh and Bronagh Ryan competed in the Swimming NZ Short Course Opens at WRAC from 29 September to 3 October 2013.

Results were as follows:

Ben Walsh

- 100m Breaststroke - Open Gold Medal, 16yrs Gold Medal, New SNZ Age Group Record (16yrs) 1:01.05
- 100m Butterfly - 16yrs Bronze Medal
- 50m Freestyle - 16yrs Finalist - 6th
- 50m Butterfly - Open Finalist (withdrew), 16yrs Gold Medal, New SNZ Age Group Record (16yrs) 25.01
- 200m Breaststroke - Open Silver Medal, 16yrs Gold Medal, New SNZ Age Group Record (16yrs) 2:11.39
- 50m Breaststroke - Open Bronze Medal, 16yrs Gold Medal, New SNZ Age Group Record (16yrs) 28.79
- 100m IM - 16yrs Silver Medal
- 200m Butterfly - 16yrs Silver Medal
- Wellington Regional Relay Team (16yrs and over Boys) – Silver Medal

Bronagh Ryan

- 50m Breaststroke - Open Silver Medal
- 200m Breaststroke - Open Finalist - 7th
- 100m Breaststroke - Open Bronze Medal



Ben Walsh receiving Gold Medal 16yrs 200m Breast

Ben and Bronagh were also selected in the Lower North Island All Stars Zonal Team for the new Zonal Meet that was swum at WRAC on 4 October 2013.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$160 for club swimmers

\$110 for squad swimmers

(those swimming with Nevill, or Alex in the Orcas, Swordfish I & II and Penguins).

Subs can be paid directly into the PCA 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 are to be paid by 31 July.

For new members joining during the year the sub is pro-rated based on the month of joining, and if the swimmer is a 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).

A swimmer is deemed to be a financial member if the full sub is paid by 31 July (or within 2 weeks of joining for new members) or an agreed payment plan is in place to pay the outstanding subscription.

Any family wishing to spread their payments should contact our treasurer on 021-184-6134 or e-mail 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 contact Onolata Little on 235-5646 or e-mail o.g.saunders@xtra.co.nz.

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.

Swimmers losing their club cap will need to buy a replacement at \$10 each.

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 on 235-5646 or e-mail o.g.saunders@xtra.co.nz.

Club Uniform:

We have a limited amount of stock of PCA uniform hoodies with zips, T shirts and shorts in various ages.

Please contact Libby Lucas on 021-057-5197 or e-mail libbylucas34@gmail.com, 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:

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 or e-mail o.g.saunders@xtra.co.nz.

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:

- 19 October** – SwimZone Racing Signature Meet (LC) WRAC – Entries Closed 7 October
- 21 October** – PCA In-House League #2 (SC) Cannons Creek
- 2 November** – PCA Signature Meet (LC) WRAC – Entries Close 18 October
- 16 November** – Gold Coast Zone (LC) Naenae – Entries Close 8 November
- 18 November** - PCA In-House League #3 (SC) Cannons Creek

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 Morton)	234-7071
Secretary (Mike Bouchier)	021-0257-8904
Treasurer (Andrew Wills)	021-184-6134
Race Secretary (Andy Wilkinson)	233-6016
Club Captain (Libby Lucas)	021-057-5197
Junior Squad Liasion (Julia Kelly)	027-748-9479
Senior Squad Liasion (Hiria Pointon)	478-9265
Officials Contact (Terry Laws)	233-0360
Uniforms (Libby Lucas)	021-057-5197