



PCA News

February 2014

Novice Carnival 16 March

Porirua City Aquatics is hosting our Annual Novice carnival on Sunday 16 March 2014 at the Cannons Creek Pool.

Warm up is 1:30pm for a 2:00pm start.

Races at this meet are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

Entry criteria: All swimmers under 8 years old (age as at 16th March) as classed as Novices, while those 8 yrs and over can only swim if they have not competed in more than three inter-club carnivals (Gold Coast meets etc) and/or have not qualified for the Wellington Championships.

As this meet is an introduction to competitive swimming for those new to our sport, the officials will make every effort to put swimmers at ease to ensure they enjoy their experience.

PCA will appoint a team manager to look after and guide our team. The team will be expected sit together with the team manager.

All those competing will receive a 'participant' ribbon. Those winning their heat will receive a 'heat winner' ribbon. After each event has been completed (there may be two or three heats) the times will be collated to give overall placings – in swimming this is known as timed finals. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard.

Entries must be made in advance and close on 5 March.

Hopefully PCA will have the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234-7071.

Wellington Relay Championships – 22 March

This is a long course event that will be held at Naenae pool on 22 March with warm up commencing at 4:30pm for a 5:00pm start..

Relays are always a lot of fun and bring the best out in all swimmers. Porirua City Aquatics is a big club and it would be great if the club turned up in force at these Championships.

The programme includes medley and freestyle relays, mainly of four swimmers of mixed gender, in various age groups from 9yrs and under up to 16 years and over.

While we may not be able to enter teams in some of the older age group we do need some older swimmers to make up the age groups in the flying squadron (the swimmers, a boy and girl from each age group) and in the Karori Shield event (one swimmer from each age group). Also there is a Golden Oldies Relay (two men and two women) for those 30 plus.

There is no limit to how many teams a club may enter – it would be great to have many teams and even more supporters.

Cups and Trophies are up for grabs for the winning team in each event, and medals will be presented to the team members in teams placing first, second or third.

If you would like to be considered for a team list your name on the board at Cannons Creek or email Andrew Wills at treasurer@swimporirua.co.nz.

PCA will endeavour to include everyone in at least one team, but a lot will depend on the numbers expressing interest and getting a good mix of those to cover the strokes in the medley relays.

No one will be asked to swim a stroke they aren't capable of.

Club Champs – 24 and 28 March

Over the years the club has had over fifty cups and trophies donated and these are swum for at our Annual Championships.

The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups from 6yrs and under up to 17yrs and over, and the points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all others participating) contribute to the Age Group medals.

Both the Age Group medals and Cups and Trophies will be presented at our Prize Giving. (Further details will follow, re the date, format etc.)

To give our swimmers a chance to record official times these Championships we intend to run these championships as an official meet.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest (like Gold Coast Meets) with boys and girls swimming separately.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme, I am sure everyone will find something they are comfortable to swim.

Full details are on the noticeboard.

Obviously we will need help to run these Championships – officials will be called for on the night.

As this is an 'official' meet we must have three timekeepers per lane (one of whom must be qualified), at least three IOT's at each end of the pool, as well as a qualified referee, Judge of Stroke, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin

Learn to Swim – Term 1:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 23 February until Sunday 6 April.

The total cost for the seven session is \$45.00 which is payable on the day (cash or cheque, eftpos is not available).

All Children are welcome if they can stand in the pool. The Canons Creek Pool is 1 metre deep.

Enrolments are taken on the day, an enrolment form can be downloaded from the Learn to Swim page on our website.

Classes are at 9.30am or 10:00am – swimmers should arrive at least 15 minutes prior to the session they want to swim in on the first day to complete the enrolment procedure.

January Summer Training Camp 2014

While most children were relaxing during the summer school holidays, 17 Senior and 16 Junior squad swimmers headed to Palmerston North for up to a week-long of intense, swimming training camp.

This was in preparation for the Regional and National swimming competitions that took place in Wellington over the last month and half.

All swimmers, swam 3 ½ hours a day. That's a lot of swimming!!

As the camp progressed a massive amount of food was consumed and by the end of their designated time there were quite a few tired bodies.

Although the focus was on swimming, fun day activities like Laser Strike, were indulged in and around Palmerston North. While the evenings were spent at base playing Fear Factor and PCA's got Talent to name a couple of the games. These planned activities gave the group an opportunity to develop team spirit but most importantly to make friendships. Summer Camp 2014 was definitely a lot of fun.

Camp 2014 by Ocean Teare

I thought camp was awesome!!!!!! Before I went, I was dreading the thought of going to camp and doing lots of hard training in the morning and afternoon, but I went and found out that camp activities were fun too. As the camp went on I got used to the routine of training. I got to know more of the squad members and made new friends. The highlight of my holidays was the camp and I would definitely go again!!

Club Calendar (February to June):

These dates are in addition to the Competition Calendar that is on the website.

Sunday 23 February – Learn to Swim Term 1 Starts

Saturday 1 March – All club trophies and cups to be returned

Sunday 16 March – Novice Carnival

Friday 24 March – Club Champs Session 1

Monday 28 March – Club Champs Session 2

Sunday 6 April – Learn to Swim Term 1 Finishes

Friday 18 April (Good Friday) – No Club or Squad Sessions

Sunday 20 April (Easter Sunday) – No Club Sessions

Monday 21 April (Easter Monday) – No Club or Squad Sessions

Friday 25 April (ANZAC Day) – No Club or Squad Sessions

Monday 28 April – Club Holiday Sessions

Friday 2 May – Club Holiday Sessions

Monday 5 May – Normal Club Sessions Resume (School Term 2 Commences)

Sunday 11 May – Learn to Swim Term 2 Starts
Sunday 11 May – Prizegiving and AGM (TBC)

Sunday 1 June (Queens Birthday Weekend) – No Learn to Swim or Club Sessions

Monday 2 June (Queens Birthday) – No Club or Squad Sessions

Sunday 29 June – Learn to Swim Term 2 Finishes

Monday 30 June – Subscription year ends, 2014/15 subscriptions to be paid by 31 July

Meet Reports:

Manawatu Age Groups 1 – 2 February:

The Manawatu Age Group (LC) was held on the 1st and 2nd Feb at the Lido in Palmerston North. These were held over 2 days with 5 swimmers attending.

The competition was of a high quality with a lot of competitors trying to obtain last minute times for Div II and Juniors.

Our swimmers picked up a good number of medals. A special mention goes out to Ella Drummond (age 8) who swam in 3 events and gained 2 PB's a gold and a silver. WELL DONE.

Although the meet was long it went smoothly and the weather wasn't too bad for us either.

Adele Lloyd

Gold Coast Woollahra Trophy – 9 February

The club had 44 swimmers enter this 127 events for this meet.

There were 51 PB's swum on the night.

Kapiti won the Woollahra Trophy.

Thanks to the Parents and Officials from the club for assisting on the night.

Swimming NZ Juniors - 14 – 16 February

"This was the first time in many years that the Junior Champs have been held at a single venue and it made for some great racing and excellent personal bests", said Kent Stead, Swimming New Zealand Events and Membership Manager.

98 clubs attended which saw the Kilbirnie Aquatic Centre packed to full capacity which resulted in a fantastic atmosphere with spectators and swimmers cheering on fellow competitors.

Special Congratulations to our PCA Swimmers and Coaches (Alex & Nevill) who formed our biggest team

to attend the NZ Junior Championships in some years - a great all-round team effort. You did the club proud.

11 PCA Swimmers qualified in 52 events for the 2014 NZ Junior Championships representing PCA proudly with their performances. Well done Coaches on developing so many of our Junior Competitive swimmers to this standard.

2014 PCA NZ LC Junior Champs team – Max Drummond, Jonty Bamber, Bronson Lloyd, Luke Martin, Victoria Ferguson, Lucy Singer, Georgia Wills, Anais Lucas, Gemma Orsman, Sophie Wilkinson and Emilee Wilkinson.

Max Drummond led the way this year for PCA winning 3 Gold and a Silver and finishing in the top 10 in all his events, a fantastic achievement. As a result of Max's top 3 finishes he and Alex have been awarded entry to the NZ Junior development training seminars to be held in Rotorua in the middle of the year, congratulations and good luck to both of you.

Sophie Wilkinson won Gold (200 Free) & Silver (200 IM) as part of the Wellington Relay teams, what exciting races the relays were and the cheering that took place was deafening.

Overall there were 17 top 10 finishes and 25 PB's which saw Porirua City Aquatics finishing 15th out of 98 teams and 3rd in Wellington ahead of the traditionally strong Capital and Karori clubs, an awesome result the club is very proud of.

A personal thank you to all 11 swimmers for representing PCA in such high standard both in and out of the pool you certainly made managing a pleasure.

To all our parents, families and supporters, thank you for getting our athletes to the pool at all sorts of wonderful hours and for all the cheering and support you gave all members of our team.

Last but not least, a very big thank you to all that assisted with the PCA officials duty requirements with special thanks to those who didn't have family member's swimming but whom are dedicated officials, you are such an asset to our club, we are lucky to have you.

Regards - Andrew Wilkinson

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.

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), the Team Manager at swim meets, or Onolata Little on 235-5646 or e-mail o.g.saunders@xtra.co.nz.

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 of 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 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.

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:

22 - 23 February - Wanganui Signature Meet - Entries Closed 7 February

8 March - Swimming Wellington (LC) Naenae (12yrs and Over) - Entries Close 28 February

16 March - Novice Carnival (SC) Cannons Creek - Entries Close 5 March

22 March - Swimming Wellington Relays (LC) Naenae - Entries Close 1 March

24 and 28 March - PCA Club Champs (SC) Cannons Creek - Entries Close 17 March

Club Contacts:

President (Viv Morton)	234-7071
Secretary (Mike Bouchier)	021-0257-8904
Treasurer (Andrew Wills)	021-184-6134
Race Secretary (Keri Martin)	021-150-0063
Club Captain (Libby Lucas).....	021-057-5197
Junior Squad Liaison (Julia Kelly).....	027-748-9479
Senior Squad Liaison (Hiria Pointon).....	478-9265
Officials Contact (Terry Laws)	233-0360
Uniforms (Libby Lucas).....	021-057-5197
Newsletter	e-mail info@swimporirua.co.nz