



PCA News

April 2014

School Holidays (18 April to 2 May):

There will be no club or squad swimming on Good Friday (18 April), Easter Sunday (20 April), Easter Monday (21 April) and ANZAC day (25 April).

Club swimming will be held as normal on Sunday 27 April and Distance Badge Swimming on Monday 28 April and Sunday 2 May.

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, 400m, 800m, 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.

PCA has the pool booked until 8:00pm. 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/or 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.
- On Monday 28 April the Orcas will be training in 3 lanes until 6:30pm, leaving club swimmers 3 lanes from 6:00pm to 6:30pm, and six lanes after 6:30pm. All six lanes will be available from 6:00pm on Friday 2 May.

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

The Swordfish and Orca Squad session times are on the notice board at Cannons Creek Pool and on the website.

Annual General Meeting and Prize Giving:

This combined event will be held on Sunday 11 May 2014 in the upstairs meeting room at the Te Rauparaha Arena commencing at 2:00pm.

The AGM involves the presentation and approval of the Presidents Report, Coaches Report and Financial Accounts, and the election of Officers (Patron, President, Vice President, Secretary, Treasurer, Race Secretary, Club Captain) and the new Committee for 2014/15.

All club members, their families and supporters are welcome.

PCA has over fifty Cups and Trophies to present to our Club Champions and others who have achieved during the year. As well, the Age Group Medals and Club Champs Certificates will be presented.

Trusting all our swimmers and their families will join us on the 11th, to acknowledge our winners and support the club – please bring a plate for afternoon tea.

If you have any queries, please ring Viv, 2347071

Meet Entry Fees:

A reminder that Meet Entry Fees need to be paid into the Race Entry Bank Account if you are paying on-line.

Account No. 03-0547-0205093-01

If you pay the fees into the wrong account your entry may not be accepted.

Swimming Wellington Metro League:

Swimming Wellington have revamped the 2014 Interclub league competition.

The format is very similar to previous years, with individual sprint races over all four strokes in age groups (12 & under, 11 & under, 10 & under and 9 & under) and numerous relays. Age is as at 21 June.

All meets will be held on Saturday's (10 May, 24 May, 7 June, and the grand final on 21 June at the Coastland pool).

Each team will swim one meet in Wanganui (3:00pm warm up) and two meets in the Wellington region with a 4:30pm warm up.

Swimming Wellington will provide a bus for teams travelling to Wanganui.

PCA is committed to entering one competitive team of between 14 and 20 swimmers. All swimmers 12 and under (on 21 June) will be considered.

Under the rules the team members may change during the competition. Note - Junior National qualified swimmers are eligible. Those selected for the first meet will be notified by Thursday 1 May. The club will meet the cost of the team's entry fee and swimmers will be entered in events to give the team the best advantage on the points table.

Remember this is a team competition.

If you have a queries see Andy Wilkinson or Viv Morton.

New Zealand Opens – 8 to 11 April:

The club has 3 swimmers competing at the New Zealand Opens in Auckland from 8 to 11 April.

Ben Walsh (8 Events), Bronagh Ryan (7 Events) and Monica Saili (1 Event).

Keep an eye on the Swimming NZ website for results and also Sky Sport for live coverage of the meet.

Olympic Swimming Gold Medallist visits Senior Squad Training:

PCA Senior squad swimmers who attended training on Friday night (14 March 2014) were given a brilliant surprise when Olympic Gold winning medallist swimmer Claire Donohue came along to training.

This twenty five year old young woman was an absolute pleasure to have visit us. Not only did Claire talk to the swimmers but she also hopped in and had a swim with them as well, then gave each of the swimmers a very quick critique of each swimmers 25 metre butterfly.

Claire won her Gold medal in the 4 x 100 IM medley relay at the 2012 London Olympics. Of course we had where is your gold medal? She also placed 7th in the Women's 100m Butterfly final. The most enduring comment was that she like everyone found it hard to get out of bed but realised to be the best she could be she needed to manage herself.

Thank you Nevill for organising this visit

Meet Reports:

Swimming Wellington Long Course Relay:

Saturday the 22 March saw the above meet held at Naenae Pool. This is one of the few meets where the swimming is not about swimming as an individual but swimming as a team, where each team swims a medley relay and a freestyle relay.

The meet saw a greatly improved turnout of swimmers/teams for PCA of 7 teams (2013 2 teams) so a big thank you to all those that entered for taking time out to swim for the Club rather than just themselves. The Naenae pool was filled to the brim with swimmers and supporters alike and all PCA teams acquitted themselves well and put in a fantastic 100% effort to show that PCA can mix it with the best of them.

Out of the seven teams we managed to get one up onto the podium with the Under 11 A team collecting the silver medal in the freestyle relay. This particular race showed how each leg in a relay is just as

important as any other and the importance of everyone giving their all as PCA claimed the silver by a mere .05 of a second over Swim Zone. The spirit of the PCA supporters also showed through with a huge cheer when this result came up on the board.

The swimmers in each team and their placings were as follows (in brackets is the number of teams entered):

Mixed 9 and Under (Grace Reiher, Daneka Sheppard, Ella Drummond, Angus Paterson)
Freestyle Relay 7th (12)

Mixed 11 and Under (A) (Max Drummond, Bronson Lloyd, Jonty Bamber, Victoria Ferguson)
Freestyle Relay 2nd (22), Medley Relay 4th (22)

Mixed 11 and Under (B) (Emilee Wilkinson, Brianna Fisk, Georgia Wills, Ocean Teare)
Freestyle Relay 12th (22), Medley Relay 10th (22)

Mixed 11 and Under (C) (Greer Pugh, Sophie Paterson, Jamie Mason-Jones, Liana Reiher)
Freestyle Relay 13th (22), Medley Relay 14th (22)

Mixed Under 13 (A) (Sophie Wilkinson, Brooklyn Saunders, Anais Lucas, Bernice Holford)
Freestyle Relay 5th (16), Medley Relay 4th (16)

Mixed Under 13 (B) (Jordan Harris, Sophie Wills, Jacob Reiher, Jake McAllister)
Freestyle Relay 14th (16), Medley Relay 11th (16)

Open Women (Lucy Newton-Smith, Katie Cameron, Sophie Wilkinson, Jessica Seow)
Freestyle Relay 7th (7), Medley Relay 7th (7)

Once again thanks to all those swimmers who gave up their time to enter and to all the parents, supporters and officials without whom there would be no competitions to go into.

Andrew Wills – Team Manager

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 (for 6:00pm session start) – 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.

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:

12 April – PCA Div III (LC) Naenae – Entries Closed 2 April

29 April – 3 May – Swimming NZ Age Groups (LC) at WRAC – Entries Closed 1 April.

10 May – Swimming Wellington Metro League (SC) – Team Members will be selected by 1 May.

Report of Best Times:

If you require a list of your times, please email Keri Martin 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 (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