

### SNZ Junior Development Camp:

Eighty six swimmer medalists from Junior Nationals (held in February 2014) recently attended one of three camps run by SNZ for developing swimmers and their coaches.

While the swimmers attended classroom sessions covering 'skills in the pool' and 'what it takes to be an Aquablack' as well as pool sessions, SNZ took the coaches through some development session both in the classroom and on pool deck.

With Max Drummond's success at Junior Nationals, Max, along with coach Alex Bennett attended the camp in Rotorua.

Their feedback has been great and Alex is already putting new drills into practice.

PCA was pleased to be able to support Alex to attend the camp

### Junior Pan Pacs – Maui, Hawaii:

Ben Walsh leaves on Thursday 21 August to represent New Zealand at the Junior Pan Pacs Meet to be held in Maui, Hawaii from 25 to 31 August.

Ben is fortunate that Nevill is also going as one of the NZ team coaches.

While Ben has represented New Zealand at meets in New Zealand and Australia before, this meet is another step up.

We wish Ben and Nevill all the best for the trip.

### PCA on Facebook:

PCA is now on Facebook.

Search for "Porirua City Aquatics Swim Club" or follow the link from our web home page.

### Annual Subscriptions:

The Annual Subscription was due for payment by 31 July.

If you have not paid, then please pay this as soon as possible.

Payment by internet banking direct to our bank account (030547-0205093-00) quoting the members name is the preferred option, otherwise cheque or cash to the

person on duty at the desk on club nights (Monday and Friday).

See the usual note about subscriptions later in this newsletter for further information.

Your assistance in paying the subscription as soon as possible would be appreciated to lessen the work load of our volunteer treasurer.

### Levin Trip – Sunday 12 October:

Porirua City Aquatic's club trip to the Paul Kent Memorial Spring Meet Levin Aquatic Center, Queen Street, Levin will be on Sunday 12th October (12.30pm warm up 1pm start)

PCA will be taking a team by bus to this meet. The team will travel to Levin in the morning and return via McDonalds after the meet.

Note – only those 9yrs and over may travel on the bus. Younger swimmers wishing to compete at the meet will need to make their own travel arrangements. If there is room on the bus, younger swimmers may be invited to travel with the team providing an adult travels with them.

The club will assume all swimmers 9yrs and over will be traveling on the bus. Swimmers who intend making their own travel arrangements should advise with their entries.

If numbers are lower than expected the club may decide mini-vans will more cost effective. If that is the case two adults will to travel in each van, and swimmers will have first option to remaining seats.

Extra parents may be required to travel with the team to help supervise and/or officiate at the meet. Volunteers should indicate their availability with their swimmers entries.

The bus will leave the Paremata Railway Station at 9.30 am. Swimmers must be at the railway station to check in with the team managers by 9.15 am.

Andy Wilkinson and Rebecca Ferguson are the team managers and organisers for this trip.

The club will cover the cost of the bus and swimmers are to pay their entry fees. Race entries are to be completed as usual i.e. complete a PCA Race Entry form and place in the entries box, with your entry fees, or email your entries to [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) and

pay the entry fees on-line. Swimmers may only events they have times for – No times are not accepted.

Swimmers must bring all their racing gear, a cut lunch (to have at the park on the way), pool snacks, drink bottles etc. and money for tea at McDonalds. Swimmers will not be allowed to leave the team to buy lunch or pool snacks.

The team will return to McDonalds at Paremata.

Parents should ring (or txt) Andy (021-986-533) or Rebecca (021-029-20219) after 5pm for a collection time.

Entries close on Wednesday 23 September.

### PCA In House League:

#### Three Fun Nights Open to All Club Members

This is a team competition which will be held over three Monday Nights - 22 September, 20 October and 17 November.

The competition will be at Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start.

#### Entries close Friday 5 September.

This event replaces all club and squad training on these dates

Everyone entering is put into one of six teams.

Each team is managed by one of our older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims.

For the series, it is age as at 22 September – swimmers having a birthday over this time, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th 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' thinking 'I'll give it a go for the good of the team'.

Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing

a league night may be unavoidable, but swimmers who forget or just don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or email to Keri Martin at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) please include your age as at 22 September in your email.

### PCA Race Night – Friday 12 September:

This meet will give new swimmers an opportunity to learn about racing at our home pool, and give the more experienced an opportunity to up-date their times.

Every effort will be made to ensure that the correct number of suitability qualified officials are in place to ensure that times recorded can be 'official', except for event 7 (75m Medley).

Club Swimmers will be disqualified if stroke rules are breached except for events 2, 3, 7, 8 and 9 where guidance on the rules will be provided for swimmers.

To enter swimmers can either list their names and events on the entry sheet on the Cannons Creek Pool noticeboard or email PCA's race secretary at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz).

Closing date for this meet is Friday 5 September.

This meet will replace the normal club and squad training on Friday.

### National Competitions at WRAC - September

On 30 August to 1 September Swimming New Zealand will be running the National Secondary School Championships at the Wellington Regional Aquatics Centre.

Details of the meet (session times etc) will be on the Swimming NZ website.

The Swimming New Zealand Short Course Meet is on at WRAC from 2 to 6 September. Details are also on the Swimming NZ website.

This is a good opportunity to see up and coming junior swimmers as well as senior swimmers in action.

Terry Laws (our Officials Co-ordinator) will also be looking for parents who are qualified Timekeepers or IOT's to help with our officials requirements for these meets, and there will also be some club duty requirements that anybody can help with.

This is a good chance to get up close to the action at these National Events, so please volunteer your time if you are able.

## Meet Reports:

### Raumati Signature Meet:

This meet was held at the Coastlands Aquatic Centre in Paraparaumu on 26 July.

25 club members took part with 36 personal best times being recorded, which was a 48% result of events swum.

### Swimming Wellington – Winter Champs:

The Swimming Wellington Winter Champs were held over two weekends at the beginning of August.

37 club members entered 235 events and swam 145 personal best times, which was a 63% result of events swum.

PCA was place 5<sup>th</sup> on the team points table, and came 4<sup>th</sup> in the 12 & under team category.

Ben Walsh won his age group, with 7 PCA swimmers finishing in the top 3 of their age group.

Full results are available to view in our calendar.

Medals received as below:

Swimmer	Age Group	Gold	Silver	Bronze
Ella Drummond	9 & Under	-	1	3
Benjamin Orsman	9 & Under	-	2	1
Luke Martin	10 Yrs	4	4	1
Max Drummond	11 Yrs	-	-	7
Bronson Lloyd	11 Yrs	2	13	-
Gemma Orsman	11 Yrs	-	-	1
Jacob Reiher	12 Yrs	-	-	1
Sophie Wilkinson	12 Yrs	-	6	3
Mia Uluilalata	13 Yrs	-	-	1
LucyNewton-Smith	15 Yrs	-	1	-
Ben Walsh	16-17 Yrs	14	1	-
Bronagh Ryan	18 & Over	6	1	2

Thanks to the members who officiated, Team Managed and covered other duties at the meet.

### 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](mailto:treasurer@swimporirua.co.nz) to make an arrangement.

### Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek. Times: 5:45pm (for 6:00pm session start) ending 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](mailto:o_g.saunders@xtra.co.nz).

### BBQ Roster:

On Club Nights, and Sunday Mornings during Club and Lean to Swim Sessions at Cannons Creek Pool there is an opportunity for parents to raise money to help with their club expenses.

The money raised from each sausage sizzles (or whatever else you would like to cook on the BBQ) less any direct expenses is kept by the club and allocated to the family who manned the BBQ.

The purchase of some items (sausages, bread etc) is required at the time.

The money raised can be used for entry fees, subs, squad fees, to purchase uniforms etc.

Anyone interested in cooking for a night should contact Onolata Little e-mail [o\\_g.saunders@xtra.co.nz](mailto:o_g.saunders@xtra.co.nz) or phone 235-5646 for further information.

### 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) or the Team Manager at swim meets.

### 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 in 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:

<b>Style</b>	<b>Size</b>	<b>Price</b>
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](mailto:libbylucas34@gmail.com), if you would like to purchase any PCA uniform items.

There is also information on our web site with uniform 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](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**23 August** – Gold Coast (LC) at Naenae – Entries Close 18 August.

**12 September** – PCA Race Night at Cannons Creek – Entries Close 5 September

**20 September** – Karori Signature Meet (LC) at WRAC – Entries Close TBC

**22 September** – PCA In House League at Cannons Creek – Entries Close 5 September

**12 October** – Paul Kent Memorial Meet (SC) at Levin – Club Bus Trip – Entries Close 23 September

### Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz) and they will be sent back to you.

### Club Contacts:

President (Viv Morton) .....	234-7071
Secretary (Libby Lucas) .....	021-057-5197
Treasurer (Andrew Wills) .....	021-184-6134
Race Secretary (Keri Martin) .....	021-150-0063
Club Captain (Andy Wilkinson) .....	021-986-533
Junior Squad Liaison (Julia Kelly).....	027-748-9479
Senior Squad Liaison (Hiria Pointon).....	478-9265
Officials Co-ordinator (Terry Laws).....	233-0360
Uniforms (Libby Lucas).....	021-057-5197
Newsletter .....	e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>