

No Club or Squad Sessions Labour Weekend:

There will be no club or squad swimming on Sunday 26 and Monday 27 October 2014 – Labour Weekend.

PCA In House League:

The next PCA In House League Night is on 20 October.

This is a team competition (of 6 teams) which is held over three Monday Nights - 22 September, 20 October and 17 November.

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

This event replaces all club and squad training on these dates

New swimmers are welcome, and will be added to a team on the night. Those who have swum on the first night will remain in the same team for the series.

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.

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

PCA Hardcore Meet – 1 November 2014:

PCA is hosting our signature meet at the Wellington Regional Aquatic Centre (WRAC) on Saturday 1 November 2014 – 5:00pm warm up for a 5.45pm start.

This meet is part of Swim Wellington Signature Series and is PCA's one opportunity for 2014 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.

The normal entry fee of \$8.00 per event has been 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. We will also be asking club families to contribute to the officials food. You will be contacted nearer the day with suggested items.

The closing date for entries is 18 October.

Learn to Swim – Term 4:

The next course of children's Learn to Swim lessons will run for seven lessons from Sunday 2 November until Sunday 14 December.

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 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 children must wear correct fitting goggles and appropriate swim attire.

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.

Gold Coast Meet – 30 November:

Those who enjoyed the Club Race Night should enter the next Gold Coast Meet to be held at our pool on 30 November.

Gold Coast Meets run along similar lines to Race night.

Swimmers without a time, race first in each event and those with times are graded slowest to fastest.

The emphasis is on Personal Achievement.

Those achieving a Personal Best (PB) will be rewarded with a ribbon and chocolate!

See the noticeboard to enter.

The only charge is the door entry that is paid on the day.

Pool Closure for Maintenance:

The Cannons Creek Pool will be closed for maintenance from 20 December and through January.

Arrangements are being made for Swordfish I & II and the Orca squads to train at the Te Rauparaha Arena Pool for December 22 and 23, and from 5 January for the remainder of the month, while our Senior Squad will train in the evenings at Wainuiomata.

The timetable will be advised in due course.

Final Club Night for the Year:

PCA's final night 'Family Fun Night' for 2015 will be 15 December.

Mark your dairies now, further details will follow.

Swimming NZ National Meets – 2015:

All swimmers hoping to qualify for these meets should be aware of changes to be introduced for the 2015 Summer Nationals.

Open Nationals (Long Course).

Only long course times may be used for qualifying/entry purposes. Converted times will not be accepted.

Junior Nationals, Div II and National Age Groups (NAG's).

Swimmers using converted times for qualifying/entry purposes will be seeded in the slowest heats. Those entering on long course will be seeded in the fastest heats.

Swimmers should be updating their times, at long course meets, over the next few months to ensure they give themselves the best opportunity when qualifying and entering these National Meets.

For those new to swimming – long course times are those swum in 50m pools. Short course times are swum in pools less than 50m. There is a conversion scale that converts short course time to long course times and vice-a-verse. This takes in account the advantage swimmers gain when turning in a short course pool. See the noticeboard for the conversion chart.

Junior Squad Sessions from 13 October 2014:

Tadpoles

Friday 6:00 – 6:40pm

Penguins

Wednesday 3:45 – 4:30pm

Friday 4:15 – 5:00pm

Seals

Tuesday 3:45 – 4:30pm

Thursday 3:45 – 4:30pm

Swordfish II

Monday 4:00 – 5:00pm

Tuesday 4:30 – 5:30pm

Thursday 4:30 – 5:30pm

Swordfish I

Monday 5:00 – 6:00pm

Wednesday 4:30 – 5:30pm

Friday 5:00 – 6:00pm

Orcas

Monday 6:00 – 7:30pm

Tuesday 5:30 – 7:00pm

Wednesday 5:30 – 7:00pm

Thursday 5:30 – 7:00pm

Please note:

- Two lanes have been booked for all sessions, except the Orcas who have three lanes on Monday evening.
- All swimmers are to pay the council door entry charge when entering the pool. The only exceptions are the Orcas on Monday nights and the Tadpoles.
- Normal training sessions will be cancelled for the following club events
 - Club League, Monday 20 October
 - Club League, Monday 17 November
 - Family fun night Monday 15 December
 - There is no swimming on Monday 27 October – Labour weekend.

This timetable will apply for the Penguins, Seals, both Swordfish groups and the Orcas until Friday 19 December.

The Cannons Creek Pool will be closed for maintenance from 20 December and all of January.

The final Tadpoles session for the year will be Friday 12 December, the Penguins and Seals will finish the week ending 19 December.

Swordfish I and Orcas will train at Te Rauparaha Arena on Monday 22 and Tuesday 23 Dec. Swordfish II will train on Tuesday 23 December.

Training will re-commence for the Swordfish I and II, and the Orcas the week beginning 5 January at Te Rauparaha Arena, (times to be confirmed).

Training for the Penguins, Seals and Tadpoles will recommence for 2015 when school goes back and/or Cannons Creek re-opens.

Meet Reports:

PCA In-House League – 22 September:

A great first night of the in-house club league on Monday 22 September at Cannons Creek pool.

Plenty of noise and some great swimming action.

The results after the first night are:

Team 1	Matisse	181 pts	4th
Team 2	Bronagh	205 pts	2nd
Team 3	Ben	228 pts	1st
Team 4	Jordana	154 pts	6th
Team 5	Monica	189 pts	3rd
Team 6	Hannah & Katie	172 pts	5th

Well done to Ben's team in first place.

Two more nights to go for the other teams to catch up. Monday 20 October and Monday 17 November.

Karori Pirates Signature Meet - 20 September:

The 2014 Karori Pirates Skull and Swords Meet was held on 20 September at WRAC.

A compact team of eight (7 junior squad and one senior squad) did themselves proud at this short course meet with 11 personal bests recorded from a total of 23 events swum.

Thanks to the supporters club with plenty of cheering and clapping to encourage and acknowledge some excellent individual swimming, as well as to Alex for the warm up and pre-race pep talks.

The programme included three 'fun' events - a team 4x25m medley relay, a 25m streamline (underwater), and a 50m kick. While some clubs scratched from the latter fun events, the small PCA team fielded entries in all the races and, up against senior swimmers from

other clubs in the medley relay, our team were right in it. Well done team - a great showing from PCA.

Murray Pugh - (privileged to be Team Manager for the night).

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 in the Senior Squads, or Alex in the Orcas, Swordfish I & II, Penguins and Seals).

Subs can be paid directly into the PCA bank account 030547-0205093-00 – please use the swimmers name as a reference, or 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.

Annual 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 squad or 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 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.

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 sizzle (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 did 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 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:

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, 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:

18 October – SwimZone Racing Signature Meet (LC) at WRAC – Entries Closed 7 October

20 October – PCA In House League at Cannons Creek – Entries Closed 5 September

1 November – PCA Hardcore Signature Meet (LC_) at WRAC – Entries Close 18 October

17 November – PCA In House League at Cannons Creek – Entries Closed 5 September

22 November – Capital Signature Meet (LC) at WRAC – Entries Close TBC

30 November – Gold Coast Chocolate Carnival (SC) at Cannons Creek – Entries Close 24 November

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 (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
Squad Liaison	
Junior Squad (Rebecca Easterbrooke)	235-5678
Senior Squad (Hiria Pointon)	478-9265
Officials Co-ordinator (Terry Laws)	233-0360
Uniforms (Libby Lucas)	021-057-5197
Newsletter	e-mail info@swimporirua.co.nz