

July School Holidays:

There will be no club swimming on Friday 10 and 17 July.

Swimming will be held as normal on Sunday mornings during the school holidays.

Club nights on Monday 6 and 13 July will be devoted to distance badge swimming.

As the Tadpoles, Seals, Penguins and the Thursday groups do not train over the school holidays, swimmers are welcome to come along to swim these distance badges.

For those new to the club, PCA has distance badges swimmers can achieve by completing a distance without stopping. 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 kilometer (40 lengths) for a time. The club has various ribbons to reward swimmers for the times achieved.

PCA has the pool booked until 8.30pm. Those swimming up to 400m meters should come at 6pm, while those swimming longer distances are to come at 7:00pm.

To help this evening run smoothly our coaches 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.
- our Orcas squad will be training with Alex in 3 lanes until 6:30pm, leaving club swimmers 3 lanes from 6:00pm to 6:30pm, and six lanes after 6:30pm.

The School holiday timetable for the Swordfish and Orcas is still being finalised. Watch the website or noticeboard for details

Retirement of Volunteer Coach Peter Gibbs:

This month we sadly farewell Peter Gibbs, one of PCA's volunteer coaches.

Peter started coaching about seven years ago when his three boys swam, and for the last year or two, PCA has been the winner with Peter continuing his interest in the sport even though his boys have retired. During

his time with PCA Peter has passed a number of coaching qualifications and was named Swimming Wellington's Volunteer Coach of the Year for 2014.

Peter will be missed on Monday nights, especially by college age swimmers who swim from 7.30pm and at our Sunday morning Learn to Swim lesson's where he has helped many children improve their skills.

Thank you, Peter for the time you have given PCA and the children in this community.

Membership renewal for 2015/16:

All current members should have received an email recently, advising of the subscription that will be due on their membership renewal on 1 July 2015.

Any member not wishing to continue their membership needs to email info@swimporirua.co.nz to have their membership ceased.

Swimmers in the pool:

All swimmers are reminded that they must **not** enter the water until instructed by their coach and must exit the pool promptly at the end of the lesson.

Cannons Creek is a programme pool and it is the coaches/ instructors who are responsible for the swimmers safety.

Also swimmers playing in the empty lanes can be distracting to those having lessons. PCA would appreciate parents support in monitoring this.

Prize Giving:

As there was a little bit of confusion at the Prize Giving maybe an explanation is in order.

The Orange certificates were presented to swimmers who were placed first, second or third in their Age Group Races at the Club Champs.

Each certificate showed the event and where the swimmer had placed.

Those swimming in the age group races also received points - 8 for first, 5 for second, 3 for third and one for participation.

Swimmers accumulating the top three points scores over the five events (four strokes and a medley) in each age group were presented an age group medal.

If you have query about these results, please give Viv a ring.

Entering Meets

When entering a meet swimmers and parents are asked to read the flyer carefully and to ensure they are eligible to swim.

Many carnivals have time standards that need to be met before entries will be accepted.

This also applies to our Race nights and Gold Coast carnivals that require swimmers to meet a minimum 100m time (for example) before they can enter a 200m race.

If you are unsure about your times contact Keri on race@swimporirua.co.nz

A number of swimmers who entered Race night failed to show up or scratch.

We seem to have a number of repeat offenders which is always disappointing given the amount of work required to organise a meet.

If you enter a meet and find you cannot come please have the curtesy to advise Keri or the team manager.

Meet Reports:

Metro League – PCA Black (Final 31 May):

Coastlands Aquatic Centre - Sunday 31 May

Well it has taken me a week to recover from the Metro League Final. This was a great final filled with action, drama and suspense.

First a quick rundown over the event. This is a Swimming Wellington Junior (12 and under) club competition. The event is made of individual and relay swims with points awarded for places. There were 10 teams competing for the Metro League Trophy.

The first event took place in March at Huia Pool in Lower Hutt where PCA Black was in the morning session, they held off the competition from the other 6 teams. The next event was held at Coastlands at the beginning of May and again were placed in the morning session and held fast with the points. After the first two rounds PCA was sitting only 20 points behind Capital Blue team.

The Final - At this event all the points were reset to zero. 9 teams stepped up to the racing blocks and it was any ones game to win. We found our spot next to our team mates PCA Gold and mentally got ready. Alex had words of encouragement and commitment to the team to swim to their best and remember the team spirit. We warmed up and were ready. There was a little technical delay due to

equipment... all swimmers were poised and ready and then the races were on. Race we did, the event was fast paced and between Andrew and I we threw the swimmers from one end of the pool to the other.

Thank you to the end of pool supporters ensuring the swimmers were in the correct race and remembering their stroke. Andrew and I would not have survived without the poolside assistance. We found PCA Black early leaders with the points and the swimmers were all excited.

Alex coached and kept the swimmers focused. Some of our young male swimmers just had to keep going from one end the pool to another without pause for breath. We swam hard and fast, at times coming from behind to take the poll position great personal triumphs achieved.

The family support crew fantastic- I am sure some of you had no voices at the end of the day.

In the end Capital Blue took the trophy home a mere 26 points in front of PCA Black.

Thank you to all the young swimmers who swam for PCA Black: Daniel Baker, Mikayla Davis, Ella Drummond, Max Drummond, Victoria Ferguson, Katie Jones, Michaela Jones, Bronson Lloyd, Luke Martin, Jamie Mason-Jones, Jed McLachlan, Ben Orsman, Gemma Orsman, Angus Paterson, Sophie Paterson, Jose Pereira, Wynter Tickle, Emilee Wilkinson, Georgia Wills. To Alex for the hard work coaching and being at the meets over the 3 events.

On behalf of Andrew and myself thank you for the families who made the commitment to the event and brought your athletes along. The team was a pleasure to support and we believe in each of them, as a parent you should all be proud.

Thank you to Easy Swim (Todd Morton) for his sponsorship, to Keri for all the hard work behind the scenes running off best times and doing the entries. All made possible with our PCA officials - Starters, JOS, IOT's, timekeepers and other pool side roles.

Rebecca Ferguson

Metro League - PCA Gold (Round 2 17 May):

Coastlands Aquatic Centre - Sunday 17 May

A sunny Sunday morning was great for the outside land warm up of our PCA Gold team. For this second round of the series we had 19 swimmers in the team - just enough to ensure we competed in all 47 events - we had swimmers competing in between 3 and 8 races each. The team worked hard - in some cases running from race finish to their next race start but put all their effort into the pool. Particular congratulations go to our 10 year boys medley relay team producing an outstanding swim to win this event. There was plenty

of cheering going on as well - but I must say that a real highlight was the birthday cake at the end of swimming to celebrate Tyrone Lloyd's 11th birthday - thanks Tyrone for sharing your birthday with the team. (Thanks to Yvonne Pugh for the birthday cake!) The team finished the first two rounds in 9th position out of the 10 competing teams - but for PCA Gold the emphasis has been on development and experience in this competitive form of racing. Judging by the smiles on the swimmers faces at the end, they liked it!

Team Managers - Murray Pugh, Yvonne Pugh, Richard Peterson, Phil Reiher

Metro League - PCA Gold (Final 31 May):

Coastlands Aquatic Centre - Sunday 31 May

The excitement was real for PCA Gold!

For this event our team was expanded to 24 swimmers, some of whom were new to the Metro League format.

Every swimmer involved in the Gold team (a total of 30 swimmers have taken part over the three rounds!) did their part - whether it was 1 round and two races or 3 rounds with up to 8 races each round!

Our team was in the series for a great experience and to build our swimmer's confidence for the future. We went into the final with everything to swim for - and set a goal of lifting our final round entry ranking of 9th out of the original 10 teams by a place.

The land warm up was a whole of PCA affair with our two competing teams braving the cool temperature and drizzle to be taken through the drill by Coach Alex Bennett.

The pool warm up had everyone getting used to the criss-crossed roof of the Coastlands Aquatic Centre - a real challenge for back-strokers!

On the day, the racing and competition proved a little too strong and we didn't quite reach our target, finishing 9th out of the 9 swimming teams - just 15 points behind the 8th placed team (the 10th placed team after the first two rounds withdrew for the finals).

Our swimmers swam hard and secured some impressive individual and relay results, with personal best times being regularly recorded.

We cheered with commitment too for both our PCA teams.

Thank you to all the parents who committed to support their swimmers at Coastlands in the middle of a long weekend and over the whole series.

Without this commitment, our PCA Gold team would not have been possible. Thanks too to the team

manager team of Yvonne Pugh, Phil Reiher, Richard Peterson and Murray Pugh for making the event run so smoothly - and to Yvonne for supplying the now obligatory chocolate celebration at the end of swimming!

Finally, thanks also to easyswim for sponsoring our PCA Metro League swimming caps - this made us a team in the pool (even though for some of our swimmers it was a first time experience to race with a cap - but wow, did they swim fast!!)

Team Managers - Murray Pugh, Yvonne Pugh, Richard Peterson, Phil Reiher

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 can be paid at the duty desk 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 should be paid as soon as possible.

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) and to attend and vote at the AGM or other club meetings.

Some leeway will be provided for the attendance at training as long as the annual sub is paid by 31 July, within four weeks of joining if a new member, or are on an agreed payment plan and no payments have been missed.

There is no leeway for entering swim meets or being able to vote at club meetings. You must be a paid up member to participate in swim meets and club meetings.

Any family wishing to spread their payments should contact our treasurer by e-mail at 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, Murray Pugh, at treasurer@swimporirua.co.nz

Upcoming Events:

21 June – Gold Coast Ribbon Carnival (SC) – Cannons Creek – Entries Close 17 June.

22 June – PCA 100m Handicap (SC) – Cannons Creek – Entries Close 15 June.

27 June – Tawa Signature Meet (SC) – Coastlands Aquatic Centre – Entries Close 15 June.

18 – 19, 25 – 26 July – Swim Wellington Champs (SC) - WRAC – Online Entries Open 1 July and Close midnight on 12 July.

Club Contacts:

President (Viv Morton)	234-7071
Secretary (Libby Lucas)	021-057-5197
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Club Captain (Terry Laws)	233-0360
Squad Liaison	
Junior Squad (Richard Peterson)	236-5406
Senior Squad (Hiria Pointon)	478-9265
Officials Co-ordinator (Rebecca Ferguson)	
Uniforms (Libby Lucas)	021-057-5197
Newsletter	e-mail info@swimporirua.co.nz