

Resignation of Junior Squad Coach:

With sadness PCA has accepted Alex Bennett's resignation.

Alex has coached our Juniors for 6 years, and as we all know they have benefitted from his passionate and focus on good swimming technique. Under his guidance our Junior Squads have grown and he will certainly be missed.

Alex has accepted the position of Head Coach at the Bay of Islands Swimming club where he will be responsible for coaching their Juniors and Seniors - something he needs to do to advance as a coach.

In resigning Alex said it was an honour to be part of PCA and to coach our Junior Swimmers. He thanked Nevill for supporting him with his coaching and mentoring him through his coaching qualifications, and the committee for all of their support. He also wished the PCA Juniors well for the future.

We will start looking for another coach immediately.

Viv Morton
President

Wellington Airport Regional Community Awards:

PCA's Learn to Swim programme which is run for 10 weekends each school term on Sunday mornings is a finalist in the Porirua Section of the Sport and Leisure Section of the Wellington Airport Regional Community Awards for 2015.

The awards ceremony and announcement of winners will be on Friday 28 August.

For more information on the community awards, visit <http://www.wellingtonairport.co.nz/community-awards>



Interschool Swimming Sports:

PCA, together with Dash Swim School Swimming NZ and Swim Wellington will be hosting these sports at the Cannons Creek Pool.

Sessions (9am to noon) are as follows.

- Tuesday 8 Sept – Porirua cluster Years 5 & 6
- Thursday 10 Sept – Parumoana cluster Years 5 & 6
- Tuesday 15 Sept – Porirua, Years 7 & 8
- Thursday 17 Sept – Parumoana, Years 7 & 8

If you are coming along to support your school team, we would appreciate your assistance.

We will need time keepers, a marshal, runners, someone to post results, a starter, an announcer. Volunteers will be called for on the day.

2016 Junior National – Advance Notice:

This meet will be held in Auckland from 19 to 21 February 2016.

To date we have nine swimmers qualified and with the qualifying period not finishing until 31 January 2016 this number will grow.

PCA is currently investigating travel and accommodation for our team.

In line with our travel policy, swimmers travelling with the team will be required to pay \$300 towards their travel and accommodation, plus their entry fees, some conditions apply so please read the full travel policy document available in the squad area of the website.

The club will cover the balance, plus the cost of the management team (to be named nearer the date).

Be assured, PCA will send enough managers to provide a safe environment for our swimmers to compete to their potential.

In the next few months some of those who are keen to go, may like to run the BBQ on a Friday night to help offset their costs.

Technical Official Qualifications:

Congratulations to the following parents who gained qualifications over the 2 weekends of Winter Champs.

Brent Harris – National Starter
Andrew Wills – National IOT
Adele Lloyd – Regional IOT

Congratulations:

Congratulations to the following

- Bronagh Ryan, Sophie Wilkinson and Jacob Reiher who qualified for the NZ Short Course Champs in Auckland from 11 to 15 August. Thanks to Nevill Sutton and Andy Wilkinson who have taken time off their day jobs to coach and manage the PCA team.
- Matt Meehan, our Patron who was appointed to officiate at the 2015 Pacific Games in Papa New Guinea held in July
- Graham Seagull who has been appointed to officiate at the 2015 Commonwealth Youth Games in Samoa in September.

PCA provided financial assistance to these members to attend these events.

PCA Race Night – 4 September:

The next PCA Race Night will be held on Friday 4 September at Cannons Creek Pool, 6:00pm warm up for a 6:15pm start.

Race Night is open to all members and will replace the normal Friday club and squad training at Cannons Creek.

Race Night gives those new to the club a chance to *have-a-go* in a low key meet held in familiar surroundings.

It is hoped everyone will enter.

For those who have raced before this is a chance to update their times and try new events.

Entries close on 31 August – see the noticeboard to enter.

Gold Coast Long Course Meet:

There will be a Gold Coast Meet (Long Course) on Saturday 12 September at Naenae Pool, 5:00pm warm up for a 5:30pm start.

This 'long course' meet is open to all members.

For those new to swimming long course meets are held in 50m pools while short course meets are swum in 25m and/or 33 1/3m pools.

The Gold Coast hosts a long course meet annually to give local swimmers an opportunity to gain long course racing experience.

This will be invaluable for those intending to enter the Wellington Summer Champs and 2016 Summer Nationals.

See the noticeboard for further details.

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 - 21 September, 19 October and 23 November.

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

Entries close Friday 11 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 21 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 please include your age as at 22 September in your email.

Meet Reports:

Swim Wellington Winter Champs:

This competition was held over two weekends 18 – 19 July and 25 – 26 July 2015, with 3 sessions each weekend.

PCA had a team of 41 swimmers entered in 248 events.

178 new PB's were swum a creditable 74% result.

PCA Swimmers set 14 new club records Gemma Orsman (1), Bronson Lloyd (11) and Bronagh Ryan (2).

Bronson Lloyd also set 3 new Swim Wellington Records 12 year 50 Free, 12 year 100 IM and 12 and under 400IM. **The 400IM record was also a new Swimming NZ record – Well done Bronson.**

Medallists during the meet were:

Ella Drummond	4 Silver, 3 Bronze
Katie Jones	4 Silver, 1 Bronze
Georgia Wills	2 Bronze
Emilee Wilkinson	1 Bronze
Luke Martin	2 Gold, 1 Bronze
Gemma Orsman	2 Gold, 2 Silver
Max Drummond	2 Silver, 7 Bronze
Bronson Lloyd	14 Gold, 2 Silver
Sophie Wilkinson	1 Silver, 1 Bronze
Jacob Reiher	1 Silver, 1 Bronze
Monica Saili	1 Gold, 1 Silver
Bronagh Ryan	5 Gold, 1 Silver, 4 Bronze

PCA finished 5th club overall, and 4th for the 12 and unders.

Thanks to the parents who assisted with duties, Team Managing and Officiating during the meet, especially those parents who did not have their children swimming in 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 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 prorated 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 on 021-247-7730 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, Murray Pugh, at treasurer@swimporirua.co.nz

Upcoming Events:

4 September – PCA Race Night (SC) Cannons Creek – Entries Close 31 August

12 September – Gold Coast (LC) Naenae – Entries Close 2 September

19 September – Raumati Signature Meet (SC) Coastlands Aquatic Centre – Entries Close TBA

21 September – PCA In-House League (SC) Cannons Creek – Entries Close 11 September

10 October – Swim Wellington Relays (SC) Naenae – Entries Close (TBA)

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 (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