

### Wellington Swimming Awards:

It was great to see PCA to the fore at Swim Wellington's recent Awards Ceremony

**Jennifer Greig was named Volunteer Coach of the Year.** Jennifer has been teaching for the last three years in our Sunday morning learn to swim programme, and fills in for other coaches from time to time at the club's Sunday morning sessions. During the year she passed the Swimming NZ Swim Teacher Award.

**Brent Harris was Highly Commended in the Club Contributor of the Year Category.**

As we all know Brent makes a huge contribution to PCA as webmaster and newsletter editor. He also keeps PCA membership lists up to date both for the club and on SNZ database, and follows up membership fees. He has been one of PCA delegates to Swim Wellington for a number of years, and spends many hours officiating at various meets as a referee, starter and IOT.

Earlier this year **Graham Seagull and Matt Meehan** were each awarded a Swimming NZ Service Award for their contribution to the sport as officials. At this awards ceremony they were presented with their Certificates and Blazer pockets.

Congratulations to you all.

### Sad News:

Porirua City Aquatics was sorry to learn of the recent passing of Eileen's husband James.

Eileen is certainly to be admired for continue coaching during this difficult time. Our condolences go to her and her family.

### Club Session Times:

It does help our coaches when swimmers arrive at the pool prior to the start time and are ready to get in as soon as their coach gives the ok'. Swimmers arriving late can be very disruptive to the group and it wastes time when coaches have to repeat instructions several times to bring the late arrivals up to speed.

Please remember our Friday and Monday timetables are different.

Friday groups run for 40 minutes, starting at 6pm, 6.40pm, 7.20pm and 8pm while Monday groups are 45 minutes, starting at 6pm, 6.45pm and 7.30pm.

### Coaching:

A huge thank you goes to the Rebecca Easterbrooke, Todd Morton, Tony Lloyd, Nevill Sutton and Viv Morton who have all stepped up and coached extra sessions while Eileen and Dennis have been away.

### Junior Squad Coaching:

As mentioned in the last newsletter replacing Alex is proving challenging and PCA is very grateful to Dennis Smith who has filled in for the last two months.

Dennis has now stepped down to pursue his own running interests.

PCA owes Dennis a huge debt of gratitude for filling in and sharing his wealth of knowledge with our swimmers.

Dennis' programme included more endurance training which coupled with Alex's emphasis on good technique will put our swimmers in good stead for the summer champs.

Brent Graham is our new (temporary) coach. Brent was a competitive swimmer and also has heaps of knowledge. He has been a regular relief coach for Nevill with the senior squad.

### Gold Coast Meets:

At most Gold Coast meets the Personal Best Trophy is awarded to the club whose swimmers achieve the most Personal Best's over the meet.

This calculation is on a percentage basis of the number of best times against the number of swims excluding new times.

If swimmers enter and don't turn up without formally scratching then their entries are included in the number of swims.

At the Chocolate Carnival on Sunday 15 November Raumati won the Personal Best trophy – their tally was less than one percent ahead of PCA.

It is disappointing that while our swimmers swam really well on the night, a number of others didn't turn up or advise of their scratching.

Had these swimmers notified PCA, PCA would have easily walked away with the trophy.

Given the work that goes in to organising entries and a meet, the responsible and polite thing for swimmers to do if they can't make the meet is to scratch by contacting the team manager

## Family Fun Night:

**Monday 14 December 2015,  
6:00pm warm for a 6.30pm start.**

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one family)
- friends relays
- novelty events
- width kicking races for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part.  
Apart from the 50m sprint, all other events are for non-swimmers.  
If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

## Christmas / January School Holidays:

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv, Tony, and/or Richard family Fun Night (December 14) will be the final club night for 2015,

23 December will be the last training day for the Orcas, Swordfish, Seals and Penguins.

Training for the Orcas and Swordfish will be held at Te Rauparaha Arena from 6 to 29 January. Check out our website for training times.

Normal club nights will resume Monday 1 February and Friday 5 February 2016.

## Glass at the Pool:

Swimmers and Parents/Supporters must not bring glass bottles or containers to swimming.

Recently a glass deodorant bottle was broken in the changing rooms causing a lot of unnecessary extra work for the pool staff.

This is a serious safety issue with a lot of swimmers walking around the pool and changing rooms with bare feet.

## Take Your Marks and the XLR8 programme:

I would like to encourage all swimmers to look at subscribing to this wonderful tool. At a cost of \$30 for a 12 month subscription and up to 3 swimmers per account.

XLR8 is a motivational programme set up by Swimming New Zealand where all competitive swimmers under 14 years, earn points and are ranked nationally across a combination of events. The four event combination is made up from

1. 1 freestyle event – the distance varies with age.
2. 1 Individual Medley (IM) event – the distance varies with age.
3. 1 200m event – either 200m Backstroke, Breaststroke or Butterfly.
4. 1 other event – the next best event, not used in events 1, 2 or 3

You don't need to be swimming all the above to subscribe to TYM as this offers many other features such as graphs, goal setting, conversion times from 25 to 50 metre pools (or vice versa) and letting you know whether you have qualified for major events such as Winter and Summer Champs, Nationals or how close you are to gaining these times.

This takes all the hard work out of tracking your times and is all at your fingertips rather than having to wait on emails for confirmation of your times.

Unsure about this - then you can try before you buy with a 30 free trial period.

All you need to do is search Take Your Marks to get under way.

You are most welcome to see me if you have any queries or would like to take a look at an example.

Adele Lloyd

## Short Course and Long Course:

Why do my times look different at some meets?

What is this long course and short course?

There are two types of Meets: long course (LC) and short course (SC) swim meets.

Swim Meets are held in either 50 metre pools (LC or Olympic size) or 25 metre pools (SC).

Long Course is usually swum during the summer months and Short Course (even in 50m pools) in winter months.

When you swim a PB time in a 50 metre pool and then enter a Meet in a 25 metre pool the entry time will be converted from a long course time to a short course time (and vice versa when entering a LC Meet).

When Keri our race secretary does the RSC results, PBs or time improvements will always be shown comparing SC times with SC times – and LC with LC times.

To convert Short Course to Long Course times you need to add the seconds.

To convert Long Course to Short Course times you subtract the seconds.

It is easy when trying to qualify for meets to forget to convert your times.

See below for the current conversion table.

#### Conversion Table:

<b>Stroke/Distance</b>	<b>Adj.</b>
<b>Freestyle</b>	
50m	0.85
100m	1.70
200m	3.40
400m	6.80
800m	13.60
1500m	25.50
<b>Backstroke</b>	
50m	0.85
100m	1.70
200m	3.40
<b>Breaststroke</b>	
50m	1.00
100m	2.00
200m	4.00
<b>Butterfly</b>	
50m	0.70
100m	1.40
200m	2.80
<b>Individual Medley</b>	
200 IM	3.40
400 IM	6.80

*To convert Short Course to Long Course times you add the seconds.*

*To convert Long Course to Short Course times you subtract the seconds.*

#### Meet Reports:

##### PCA Hardcore Signature Meet:

The 2015 PCA Hardcore meet was held at WRAC Kilbirnie on 7 November with a team of 28 PCA swimmers.

Hardcore is just that - a chance to race some of the more challenging events, leading with the 400

Individual Medley (IM). Out of 73 races our team achieved 43 personal best times - excellent effort by everyone.

Special mention must be made of Bronson Lloyd who claimed a new Wellington record in the 12yrs 400 IM in a time of 5:16:46 - beating the previous record holder Sebastian Young's time of 5:17:87 set in 1995 by the Mana Swim Co member (a forerunner club of PCA). Congratulations Bronson - fantastic to see the record broken AND retained in the club!

As host club it was our responsibility to organise and run the meet. It was great to have a total of 17 clubs represented by 237 swimmers with 625 entries. We had entries from North Canterbury, Ashhurst, Levin and Masterton, as well as all the Wellington clubs. Although Capital Swim Club had a very small team, we welcomed Ben Walsh (former PCA member and a NZ representative) amongst our squad for the evening! A special attraction of the Hardcore Meet is the 4 x \$50 cash prize draw for swimmers who stay for the draw at the end of the meet and who have entered three races. One draw was won by Greer Pugh from PCA - well done Greer - nice to keep a little in the family!!!!

Thank you to Andy and Keri in the office, Rebecca for organising officials and duties, Louise as announcer, Terry, Brent, Phil and our team of IOTs and timekeepers, Yvonne on the door, our refreshments team, all the parents who provided excellent food for officials (PCA are known and very much appreciated for our high standard of catering - this meet being outstanding - thanks Libby for organising), Coach Neville Sutton, and team managers Murray and Hilary - and of course parents and swimmers for supporting this key event for the club. It's a big effort but it ran like clockwork - and we all enjoyed the competition.

Murray Pugh  
Hilary Jones  
Team Managers

#### Gold Coast Chocolate Carnival:

On Sunday 15 November Cannons Creek Pool hosted the Gold Coast Chocolate Carnival. The chocolate comes in for every swimmer setting a personal best time and is a fun incentive for some good swimming.

PCA had a BIG team of 74 swimmers entered, although on the night there were a number of 'no-shows'. More than half our swimmers set new personal best times and earned their achievement ribbon to proudly take home - as well as the all important chocolate bar. PCA also came agonisingly close to claiming the Personal Best Trophy that was also up for grabs, being pipped by a small team of Raumati Raptors by just 0.13%.

It was nice to see many of our club swimmers giving competitive swimming a go for the first time. If your swimmer had fun and is keen for more racing to put what they learn in the pool into practice, remember you

are welcome to talk with your swimmer's coach to help work out which meets and events they could be entering. Details of upcoming competitions are always available on the Club website calendar (<http://swimporirua.co.nz/calendar2015.php>) or on the Cannons Creek notice board.

Special thanks to all our PCA volunteers - meet organisers, administration, refreshments, timekeepers (best seats in the house!) officials, team managers - without your practical on the pool deck support we could not run these meets and our swimmers would not have the fun, excitement and reward of competing. Thanks too to the BBQ crew - remember the club BBQ can be used by club members as a fund raiser to go towards your swimmer's club activities for costs such as subs, uniforms and race entry fees.

Murray Pugh  
Rebecca Ferguson  
Team Managers

### 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 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](mailto:o_g.saunders@xtra.co.nz) or phone 235-5646 for further information.

### 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](mailto:libbylucas34@gmail.com), if you would like to purchase any PCA uniform items - see web site for details, order form and bank details.

### Upcoming Events:

**21 November** – Capital Signature Meet (LC) – WRAC – Entries Closed

**23 November** – PCA In-House League #3

**29 November** – Mitch Tait Memorial Meet (SC) – Masterton – Entries Closed

**5 December** – Swim Wellington Open (LC) – Naenae – Entries Close 29 November (online entries only)

**14 December** – Family Fun Night – Cannons Creek – Final club night for the year

**22 – 25 January 2016** – Swim Wellington Summer Champs – WRAC – Entries Close 17 January 2016 (online entries only)

### 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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>