

Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

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.

2016 Start Dates:

Normal club sessions will resume on

- Monday, 1 February
- Friday, 5 February
- Sunday, 7 February

There will be no swimming on Monday, 8 February as it is a public holiday.

Learn to Swim will start on Sunday 21 February.

Junior Coach:

The committee is really pleased with the coaching Brent Graham is giving our Juniors Squads. It is great to hear all the really positive feedback from the parents and swimmers.

As you all probably know Brent is a temporary coach, filling in while the committee continues the hunt for a permanent coach.

Recently we have received some interest that we are pursuing. Finding a new coach remains a high priority for the committee.

Congratulations Simone Ryan

Congratulations to Simone Ryan who was recently presented with her Certificate for passing the SNZ Swim Teachers Award.

Simone is one of up to 8 high school age swimmers who assist at PCA's Sunday morning Learn to Swim lessons.

Meet Reports:

In-House League – 23 November:

The third and final In-house meet was an exciting way to finish the series.

The racing was close and the race strategies being played out at the start end to give teams the best advantage was on-going!

Unfortunately some teams were badly let down by swimmers not turning up, leading to gaps in the heats and points going begging. Thanks to those who did formally scratch.

Thanks also to the many parents who helped with judging, officiating and score keeping, and those who provided great support.

With the points see-sawing over the series the winning team was Team 3 lead by DJ with 653 points. Second was Team 2, Bronagh's team on 611, 3rd Team 5, Alex Jones' team with 571 points. 4th was Team 1 510 points, 5th Team 5 503 points, 6th Team 6 463 points.

Special thanks goes to the team leaders and older swimmers who organised their teams. This is a challenging job at the best of times - juggling swimmers so they all get a similar number of swims, working around swimmers preferences about they wanted to swim and dealing with a few parents who thought their children were being over looked is a big ask. The success of these meets is due to their efforts and organisation - Well done to you all, and thank you.

Capital Classic – 21 November:

Capital Swim Club hosted their Signature Capital Classic long course meet at Wellington Regional Aquatic Centre (WRAC) Kilbirnie on Saturday 21 November.

The meet started with the first session at 9am with large teams in the stands and all around the pool - plenty of supporters as well as swimmers! PCA had 25 swimmers entered over the two sessions entered in 87 individual events.

After the morning session wrapped up at lunch time, swimmers officials and families took a break for a couple of hours before heading back to the pool for warm up for the evening session. This can be a bit awkward - what do you do with the time between sessions? - some raced home to Porirua, swapped swimmers, parents or cars and raced back, others went plane spotting at the airport, while one coach admitted to a snooooze in the car! The Basin Reserve Saturday traffic caught out a few but the evening session got underway on time with all our team in tact! Swimmers were marshalled for their races under the main stand and the flow of events was smooth - although the score board took a break in the evening for a while! It was a long day with the last racing being after 8pm.

Our swimmers achieved 54 long course personal best times and set 7 new times. Sometimes those 50 uninterrupted metres of lane can seem a very long way - especially for fly - well done to all our swimmers - we are proud of your achievements. Special

congratulations to Bronson Lloyd for recording 2 new Club and Wellington Records (I love writing WR next to a swimmer's name on the team manager's programme!)

Thanks to all the crew of team managers, officials, coaches and parents for being there for our swimmers - as usual, without all your commitment, it wouldn't happen!

Hillary Jones
Ally Presling
Matt Orsman
Murray Pugh
THE Team Manager Team

Mitch Tait Memorial Meet – 29 November:

The Mitch Tait Memorial meet was held in Masterton on 29 November.

A small delegation of 4 swimmers from 2 PCA families made the short trip over the hill for this meet - making a weekend away out of the event.

Starting with a 12:00pm warm-up, the meet was a nice opportunity to be at a different pool and see some different competition - including master's handicapped racing.

The Karori Pirates took a big team (impressively arriving on a tour coach!) with Carterton and obviously Masterton clubs having large teams too. The meet was primarily 100m races, with some 200IM and 50 Fly for good measure.

Our swimmers entered 10 events between them and recorded 5 short course personal best times - well done to you guys for swimming hard and achieving goals! Our team also provided an IOT (Inspector of Turns) official for the meet - thanks Andrew Wills!

Yvonne Pugh
Louise Wills
Murray Pugh
The Family Managers Team

Wellington Open – 5 December:

The last race meet of the calendar year, the Swim Wellington Open Long Course Meet was held at Naenae Olympic Pool on 5 December.

This was a really early start (well, it felt like it for a Saturday!) with most families out the door by 7am to begin the team land warm up at the pool by 7.45am.

Entries for this meet were using the Swim NZ online entry and payment system. Everyone is now getting used to the system which is easing the organisational burden on Race Secretaries (including our tirelessly hardworking Keri Martin).

However it is proving a bit challenging for our officials co-ordinator Rebecca Ferguson to arrange all the

support needed from parents to fill roles that include timekeepers, refreshments, door duty, and team managers - as well as other officials. With on line entries we have to assume that a parent of each swimmer's family will be available at the meet to be allocated such roles (as they are qualified/experienced for). In the circumstance that this is not the case, please advise Keri Martin at race@swimporirua.co.nz at the time of entering - this will avoid double handling allocations for everyone involved.

With 28 swimmers in our team it was a very busy and long but rewarding day. There was a constant flow of swimmers heading off to marshalling for their 112 individual events over the morning and afternoon sessions. There were 48 new long course personal best times, 11 new times and 2 more Club/Wellington records achieved. Congratulations to Bronson Lloyd for those WRs!

Thank you especially to Louise Wills and Nicola Wilkinson for team managing our swimmers on the day and to our coaching team of Neville Sutton and Brent Graham for their words of encouragement and wisdom before and after every swimmer's race. Thanks too to our volunteer officials - timekeepers, Starter, Referee, and IOTs. You do an awesome job.

Murray Pugh - Spectator!

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 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:

22 – 25 January 2016 - Swim Wellington summer Champs (LC) at WRAC – Online entries close 17 January.

6 February 2016 – Wairarapa Champs (SC) at Masterton – 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