

Prizegiving and Annual General Meeting:

This combined event will be held on Sunday 22 May 2016 in the Lecture Theatre, upstairs at the Te Rauparaha Arena, commencing at 3:00pm.

All club members, their families and supporters are welcome.

Please bring a plate of finger food for afternoon tea.

PCA has over fifty Cups and Trophies to present to our Club Champions and others who have achieved during the year, as well as Age Group Medals and Club Champs Certificates.

Traditionally our AGM usually takes less than an hour.

PCA is always on the hunt for new committee members – if you would like to join the committee or find out a little more about what is required, give Viv a ring 2347071.

It is important that the PCA committee is a truly representative of the many levels the club caters for.

PCA's Annual 100M Handicap Trophy:

The club's annual 100m Handicap Trophy meet will be held on Monday 20 June 2016. Warm up is 6:00pm for a 6:30pm start.

To enter swimmers need to have a current 50m or preferably 100m freestyle time. There are plenty of carnivals coming up for swimmers to up-date their times.

Swimmers who can swim 100m freestyle without stopping should enter – this is a really fun event. Note: Entries close Monday 13 June.

The first round sees everyone competing in the handicapped heats swum over 100m freestyle. Thirty six swimmers will then move into the second round – the semi finals. These thirty six swimmers will be the first three or four place getters from each of the heats, depending on the number of entrants/heats there are. The winner from each of six semi-finals will then compete in the grand final.

As swimmers “drop out” they will be put into one of the six relay teams. All teams will compete in relay heats to establish a time and then later in the relay final which will be handicapped. Teams improving their time by more than 4 seconds will be disqualified.

An explanation about handicapped swimming

Swimmers will be given a handicap based on their best time. For example - take two swimmers – one who is 10 seconds faster than the other. When they start the race the starter will say “GO” and the slower swimmer will dive in – the starter will then count the seconds out loudly – the second swimmer will then start when the starter calls “10” – if both these swimmers are competing up to their best, they should finish at the same time.

Imagine having six swimmers in one race, all starting at different times and finishing within splits of each other – very exciting!!

To enter swimmers should list their names on the flyer on the noticeboard. Entries close on Monday 13 June. Late entries will not be accepted.

To enter list your names on the noticeboard, or email the Race Secretary.

Term Squad Coaching Fees:

Coaching fees for term two for the following squads are now due:

- Tadpoles \$30.00
- Seals and Penguins \$90.00

It would be appreciated if payments could be made immediately to avoid volunteers needing the chase them up.

Payments should be made into the PCA Westpac account no 030547 0205093 02. Please use the child name as a reference.

Officials and Helpers for National Swim Meets:

National Age Groups was a huge meet held over ten sessions with heats in the mornings and finals at night, at the Kilbirnie pool during the first week of the school holidays.

The biggest challenge for Swimming NZ and Swim Wellington at this type of meet is provide a full complement of officials.

The Senior Technical Officials (Meet Director, Referees, Starters and some IOTs) apply and are appointed, with many coming from outside the region at their own cost.

PCA was represented with Graham Seagull, Matt Meehan and Brent Harris filling some of these positions. Thank you for giving up your week to swimming!

All clubs were to supply one timekeeper for each session. Unfortunately PCA didn't fill this quota, but our thanks goes to Andy Wilkinson, Selma Ripley, Matt Orsman, Onolata Little, Letitia Saunders and Murray Pugh for either timekeeping or doing one of the many tasks required to run a meet.

Thanks also to Adele Lloyd for managing the team for the week, Keegan Lloyd who picked up many jobs as office assistant, and Ruby Ripley and Greer Pugh who helped Viv Morton for an evening in the medal presentation area.

When our swimmers go away to National Meets we expect the organisers to have a full complement of officials, so I guess officiating at National Meets held in Wellington, even when your own children aren't competing could be considered pay-back.

Viv Morton - President

Choosing Events to Enter at Swim Meets:

Swim Wellington's Short Course Champs will be held over two weekends at the beginning of August.

Now is the time to up-date your times and hopefully qualify in a number of events in preparation for the Wellington Champs.

All too often we see swimmers racing in the same limited range of races rather than extending themselves and tackling new events.

Robin Cowan would like all Junior Squad swimmers to discuss their race choice before entering competitions.

Disqualifications:

Below is a very brief summary of the most common reasons why swimmers may be disqualified at an official swimming meet (eg Club Race Nights, Club Champs, Gold Coast Meets, Signature Meets, National Meets).

Starting / Turning

- False Start – diving in or moving on the starting block before the starter's signal, after the starter has said "Take your Marks" and swimmers have set for the start.

Freestyle

- Failed to touch at the end of the race or at the turn. At the turn swimmers are required to touch the end with at least one part of their body.
- Walked – a swimmer may stop in a freestyle race, but must not take a step.

Backstroke

- Swimmers must have two hands on the block at the start.
- Did not surface prior to or at the 15m mark.
- Left the wall at the turn on their front.
- For a tumble turn the swimmer must not glide into the wall. They must judge the distance very carefully (know the stroke count from the flags) and be sure to initiate the tumble turn as soon as they are on their front.
- Off their back at the finish (over 90 degrees). This also applied if the swimmer is doing a touch turn.
- Submerged at the finish. Some part of the Swimmer must be above the surface of the water at the finish.

Breaststroke

- More than one stroke (pull out) under water at the start or turn.
- More than one butterfly kick at the start or turn.
- Alternating arm and feet movements.
- Wrong kick – feet not turned out.
- Failure to break the surface with the head during each stroke.
- One handed touch – at the finish and for all turns swimmers must touch with two hands at the same time, hands may not over-lap.

Butterfly

- Arms not synchronised or brought over the water.
- Under water recovery. This applies at the turn and finish – if the swimmer has started their arm pull then they need to complete it.
- Did not surface prior to or at the 15m mark.
- Incorrect kick – feet not staying together.
- One handed touch – at the finish and for all turns swimmers must touch with two hands at the same time, hands may not over-lap.

Medley

- Incorrect order (Fly, Back, Breast and Free, for Individual Medley).
- Incorrect turn or finish – for all strokes the turn and finish rules for that stroke apply.
- Incorrect stroke and/or kick – for all strokes the stroke rules for that stroke apply.
- Leaving the wall on the back for the freestyle leg – swimmer must leave the wall on their front for the freestyle leg.

Relay

- Incorrect order in medley relay (Back, Breast, Fly and Free).
- Incorrect turn or finish.
- Incorrect stroke or kick.
- Starting early – before the previous swimmer has touched the wall.
- Staying in the pool. All swimmers (except the last swimmer) must exit the pool immediately after they have swum their leg.

What to do if you are disqualified.

If your swimmer has been disqualified they should discuss the DQ with their coach to ensure the learnings

are understood and the situation worked on with a view to correcting it during training and at the next meet.

Swimmers and/or their parents are not permitted to approach an official to query the disqualification, this must be done by the Team Manager.

If a disqualification seems unfair or incorrect then a protest can be made. This needs to be done through the Team Manager (who will consult with the club coach) and may incur a fee (\$100 for National Meets) which is refundable if the protest is upheld. The protest needs to be lodged within 30 minutes from the time that the disqualification is announced.

Meet Reports:

Division III – 16 April:

Division III is an annual meet hosted by PCA and is an important fund raiser for the club.

With Junior National and above swimmers ineligible for this meet it is a great chance for up and coming stars to shine in the long course format! It was a BIG day, with two swimming sessions, 86 events and competitors from 11 clubs from as far away as Dannevirke and Levin.

Our team of 27 swimmers competed in 138 races and shine they did! Between them they set 37 new long course times and achieved 66 long course personal best times. They claimed 53 top 7 finishes including 18 medals.

Outstanding performance for PCA at the meet was Sophie Wills who was presented with 1 Gold, 2 Silver and 4 Bronze medals - medal placings for every event she competed in - well done Sophie! Grace Reiher claimed 2 Golds, and Oliver Daly won Gold, and Millie Daly won Silver. Seth Wilson swam his way to two Bronze medals, Liana Reiher claimed a silver, Sophie Jones and Caroline Kaulave each were presented with a Bronze and first time competitor Dillon Raimona-Pahetogia walked away with 3 Bronze medals. Many of our medalists received their Golds Silvers and Bronzes from two time National Champion Bronagh Ryan (PCA!) who presented medals between races.

In return for the support (time and \$) the club provides to our Junior National and above swimmers these swimmers are able to show their appreciation by being part of the helper team that runs this meet. Special thanks goes to Georgia Wills, Bronson Lloyd, Luke Martin, and Katie Jones who helped with refreshments, medal presentations and being important 'runners'.

Thanks to our Team Managers Murray Pugh and Lorraine Jones, marshalls Line Kaulave and Andrew Wills, office team Viv Morton and Keri Martin, announcer extraordinaire Louise Wills, medal and ribbon manager Yvonne Pugh, lead officials Terry Laws and Brent Harris, coaches Robin Cowan and Bronagh Ryan, chief timekeeper Eileen Adams,

training IOTs Deborah Schofield-Matthews and Phil Reiher, our parent timekeepers, refreshments crew, door team and of course swimmers's parents. It takes everyone's effort to make this meet a success - the reward is seeing the miles of smiles as swimmers from all over proudly clutch their ribbons and medals.

Team Manager
Murray Pugh



National Age Group Championship (NAG's):

NAG's 2016 was held over 5 days during the first week of the school holidays at Kilbirnie Aquatic Centre.

This event is for swimmers aged 13-18 years, with heats being held in the morning and finals in the evening. This is the biggest Long Course meet for this age for the year.

Congratulations to our NAGs team on their week of swimming! Wow - great stuff. I was lucky to be the PCA Team Manager for our small team of 4 swimmers being Gemma Orsman (13yrs), Sophie Wilkinson (14yrs), Max Drummond (13yrs) and Bronson Lloyd (13yrs).

Even though there was only a couple of days where we had all 4 swimmers in at one time it was great to see them supporting each other and checking on how our swimmers were going.

The first half of the meet was very testing for us as we were poolside and sitting in a cold draft resulting in Nevill getting a bit of a chill but by the Wednesday evening we were up in the gallery area in much more pleasant temperatures.

All 4 of our swimmers did PCA proud by all making a final meaning they were in the top 10 swimmers for their age group.

We ended up with 5 medals (2 Gold, 1 Silver and 2 Bronze) and PCA finished 32nd out of 75 Clubs throughout New Zealand (the females 51st and the males 19th).

A big thank you to all the club members (Swimmers, Parents etc) who helped out during the week with Coaching, Officiating and other duties.

Adele Lloyd – Team Manager



Congratulations to Bronson Lloyd shown above receiving the Gold Medal for 1500m Freestyle. In fact Bronson won all the medals mentioned above, a second Gold in 400m free, Silver 200m medley, and Bronze medals in 400m medley and 200m backstroke. Bronson also was a finalist in seven other events, and broke 5 club records, 3 of which have stood for more than 16 years. For me it was great to be able to present a National Gold Medal to a PCA swimmer, Viv

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.

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:

15 May – Gold Coast Paekakariki Relay and Chocolate Carnival (SC) – Entries Closed 2 May

20 May – PCA Race Night (SC) – Cannons Creek – Entries Close 16 May

12 June – Gold Coast Matson Trophy (SC) – Coastlands Aquatic Centre – Entries Close TBA

18 June – Tawa Signature Meet (SC) – WRAC – Entries Close 16 TBA

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)	021-192-2214
Squad Liaison		
Junior Squad (Richard Peterson)	236-5406
Senior Squad (Adele Lloyd)	027-244-3035
Officials Co-ordinator (Rebecca Ferguson)	
Uniforms (Libby Lucas)	021-057-5197
Newsletter e-mail	info@swimporirua.co.nz