

Well Done Bronagh Ryan:

Bronagh broke the Swim NZ Open Short Course Record for the 100m Breaststroke at the Short Course Champs held 2 – 6 October in a time of 1:07:91 (old time 1:08:11), and also took out the 50m Breaststroke, and a Bronze in the 200 Breaststroke.

Bronagh is also a finalist in the 2016 Porirua Sports Awards - Sports Woman of the Year category.

It is fantastic to have a swimmer recognised as a star along all the top sports people we have in Porirua.

The Porirua Sports Awards winners will be announced at a dinner to be held early in November.

Health and Safety:

Please note that there are Incident registers at Cannons Creek and Arena pools where any member of PCA who suffers an injury or needs to report a near miss or hazard can record the details.

It is important that all incidents however minor they may appear are recorded.

Any hazards that may be noticed need to be fixed as soon as possible and should be brought to the attention of pool staff or the PCA person in charge at the time.

It is also important that each PCA member and any visitor takes responsibility for their own safety while at the pool.

Reminder on the use of fins.

Please note that one of the hazards that has been identified is swimmers walking to the pool from the store room with fins on their feet.

This is a trip hazard and swimmers are to carry the fins to the pool and put them on once they are seated on the side of the pool.

Some swimmers have been seen to not be following this procedure and the coaches have been reminded to ensure that their swimmers abide by this safety procedure.

Diving Ban at Cannons Creek:

There is still a ban on all Diving at Cannons Creek Pool.

Some sessions have been booked for the Junior Squad at the Arena pool for the beginning of this term, but this is not a permanent arrangement due to lane space being at a premium.

As diving is a skill that requires continuous practice and instruction (as any skill in any sport requires continuous practice) we are still trying to educate the council on the needs specific to competitive swimming.

PCA has been fortunate to retain the services of Mai Chen of ChenPalmer to provide legal advice regarding the diving ban.

A comprehensive letter was delivered to the CEO of the council on Monday 10 October setting out our position regarding the ban, with a view to negotiating the reinstatement of competitive shallow dives during training and competitions.

Strategic Framework Workshop

On Sunday 9 October for three solid hours, 24 of the club's swimmers, officials, administrators, parents and coaches gathered to have a good hard think about what PCA is and how it goes about being an awesome swimming club.

The workshop was facilitated by Murray Pugh who took the team through a number of group activities to focus in on exactly what the purpose of PCA is, what our values are and what we want our vision of the future of PCA to be.

All the material created on the day will now be considered carefully and summarised into some clear statements that capture the essence of our club.

Once considered and adopted by our Committee Team we will be 'launching' the new Strategic Framework at the 12 December family fun night. As Murray said at the workshop, it is by no means rocket science, in fact, the simpler the better - and that is what we will be aiming at!

Thank you so much to Viv, Brent, Murray, Libby, Andrew, Eileen, Keri, Tony, Hilary, Yvonne, Ben, Nevill, Greer, Ryan, Jamie, Carter, Sophie Wills, Luke, Georgia, Richard, Lucy, Bronson, Maria, and Declan for your contributions and for giving up your Sunday afternoon to do this for the Club.

Labour Weekend – 22 to 24 October:

There will be no club or squad swimming on the Sunday and Monday of Labour weekend.

Porirua City Aquatics is hosting two meets in November:

5 November - Hardcore Meet, at the Wellington Regional Aquatic Centre (WRAC) Kilbirnie.

This is a Signature meet, and a club fundraiser, targeting competitive swimmers and PCA would be expecting all those in Swordfish I, Orcas and our Senior Squad, and maybe some from Swordfish II to enter.

As this is a club fundraiser PCA will be covering all the duties, so we will need everyone's help to ensure the meet is successful. Families will also be called upon to provide a plate of food for the official refreshments. Details will follow.

13 November - Gold Coast Chocolate Carnival at Tawa Pool.

This is an entry level carnival open to all swimmers from the newest in the club who may not have competed before, to those more experienced who are keen to update their times.

Those establishing a time or recording a Personal Best will receive a ribbon and a chocolate bar. Limited two races per swimmer.

PCA will appoint a team manager for each meet and swimmers are expected to sit with the team.

Entries for both meets are to be made on-line via the MyPage section of the Swimming NZ website.

See PCA website for full instructions – under 'Meets – how to enter' on the left hand side on our website.

Personalised PCA Swim Caps:

Swimmers in Swordfish II, Swordfish I, Orcas and Seniors Squad may like to order Personalised PCA swim caps.

For full details, including costs, Juniors can contact Jeremy Drummond and Seniors Adele Lloyd.

Learn to Swim:

Our next course of seven lessons will start on 30 October 2016 and finish on 11 December 2016.

Classes will be held at 9.30am and 10am.

All children are welcome if they can stand in the pool, the Cannons Creek Pool is 1 metre deep.

Enrolments are taken on the day, an enrolment form can be downloaded from the Learn to Swim page on our website.

The cost will be \$45.00 (Cash or Cheque, No Eftpos).

Coaching Fees:

Just a reminder that term coaching fees are due for this new term for swimmers in the Penguins, Seals and Tadpoles groups.

Those in the Swordfish, Orcas and Senior Squad should be paying their coaching fees monthly.

If you have a query about fees email president@swimporirua.co.nz or ring Viv 2347071.

Gold Coast Zone Meets:

The Gold Coast Zone is made up of representatives from PCA, Tawa, Raumati and Kapiti Swimming Clubs whose sole objective is to run affordable meets, close to home particularly targeting new and developing local swimmers.

The following changes will apply to the Gold Meets for 2017.

- Entries will be on-line through the Swimming NZ database (this change took effect in Sept 16).
- Swimmers door entry will increase to \$8.00 per meet, with spectators and officials free.
- While diving is banned at Cannons Creek, meets will be held at Tawa and Coastlands with the September meet, long course at Naenae.
- PCA will continue to host their share of meets but at the Tawa pool.
- The blue Gold Coast Cards will be replaced by computer generated time slips. Races will continue to be swum slowest to fastest.

Meet Reports:

Gold Coast – Naenae Pool 24 September:

Our PCA team of 22 competitors swam their hearts out at the Naenae Olympic Pool for the Gold Coast Long Course Carnival on Saturday 24 September. After a stretching land warm up (ably led by senior squad member Seth Wilson) the team was in the pool for warm up and racing - commencing at 5.30pm with the 400m free and medley events.

From the 61 events that our swimmers raced, there were 30 personal best times and 24 new times. It was great to see so many swimmers trying out new distances and stroke combinations and having the opportunity to swim the 50 meter pool. The long course can certainly be a little daunting - especially when we are all used to the 25 meter pool. But every swimmer - from age 8 to 15 did themselves proud.

Special congratulations to Max Drummond on breaking a longstanding club record in the 13yr male 50m Free. Max's new time of 27.14 bettered Jason Eason's 2002 record of 27.16. Well done Max!

In the Gold Coast trophy competition for highest % of personal best times, PCA came in second behind Tawa Club, ahead of Raumati and Kapiti Clubs.

Thank you to all our PCA team for being helpers and officials on the night. Special thanks to Terry Laws, Brent Harris, Andrew Wills, Jeremy Drummond, Debra Schofield-Matthews, Adele Lloyd, Viv Morton, Keri Martin, Katrina Day, Ariana Wilson, Loraine Jones, Michelle McKee, Sue Sheppard, Janet Thomson, Yvonne Pugh, Bronson Lloyd, Murray Pugh, Josie Raimona, Robin Cowan and Ben Walsh.

The commitment from everyone involved is the only way we get to see our swimmers race - and come back with the exhausted smile of achievement beaming from their faces! With so many PCA helpers, it's not too surprising that two of our officials won the two officials raffle prizes - nice one Terry and Debra!

This meet was Robin's last as Junior Squad coach - thanks Robin for all the guidance, coaching and inspiration you have given our swimmers. You should be very proud of how all your swimmers have really achieved.

Murray Pugh
Josie Raimona
Team Managers

SNZ Short Course Champs – Auckland, 2 to 6 October:

A small team of Five swimmers (Bronagh Ryan, Jacob Reiher, Gemma Orsman, Max Drummond and Bronson Lloyd) along with Neville headed up to Auckland to attend the Short Course Champs at the AUT Millennium Centre last weekend.

The Championships were swum over 5 days resulting in 10 sessions.

Age Group Finals were in the morning and then the Top Forty over all Age Groups swam in the evening along with the medal presentations for all Age Groups. This was a fantastic opportunity to watch some of the best swimmers in New Zealand and made for some fantastic swimming.

With 79 Clubs in attendance from as far away as Australia it was also a chance to come up against some different swimmers.

Our swimmers had an awesome time with a total of 27 Top 10 finishes in their Age Group with a Total of 17 medal winning Top Three finishes from 39 events entered. PCA finished in 27th place with a total of 1055

points which was a fantastic result given we only had 5 swimmers.

The highlight of the week goes to Bronagh Ryan NZ Open Short Course Record in 100 breast with a time of 1:07.91.



Also special mention must be made to Tony Lloyd who drove us to and from the venue, picking us up from the door when it was raining (which was virtually every day), did the coffee runs and helped with preparing meals etc. You did a fantastic job. It was a fun weekend and well worth the trip, congratulations to all swimmers, the PCA flag was done proud.

Team Manager
Adele Lloyd

Congratulations to our medalists

Bronagh Ryan, Open Age, two Golds and a Bronze.
Gemma Orsman, 13yrs a Bronze medal
Bronson Lloyd, 13yrs five Golds and two Silvers
Max Drummond, 13yrs a Silver and two Bronze medals.

Viv Morton – President

In House League:

The second meet in PCA three series In House league was exciting as ever and it was great to see a number of new swimmers join the teams. Equally as disappointing was the number of swimmers who didn't turn up, leaving lanes empty and points going begging.

Points after the second meet were; in 1st place team 2 with 418 points, 2nd is team 3 376 points, 3rd team 6 373 pts, 4th team 1 361 pts, 5th team 4 350 pts and 6th team 5 with 334.

The final league meet will be held on November 14th – Mark your diaries now. Hopefully all the lanes will be full and given how close the points there should be some exciting racing.

Thanks to everyone who helped at 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 Robin 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.

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 Andrew Wilkinson on 021-986-533 or e-mail andyandnicola@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:

30 October – Swim Wellington Metro League Final (SC)
Coastlands Aquatic Centre.

5 November – PCA Hardcore Signature Meet (LC)
WRAC – Entries Close 28 October

13 November – Gold Coast Chocolate Carnival (SC)
Tawa – Entries Close 4 November

14 November – PCA In-House League (SC) Cannons Creek

26 November – Capital Classic Signature Meet (LC)
WRAC – Entries Close 20 November

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 (Jeremy Drummond)	021-729-228
Senior Squad (Adele Lloyd)	027-244-3035
Officials Co-ordinator (Adele Lloyd)	027-244-3035
Uniforms (Andrew Wilkinson)	021-986-533
Newsletter	e-mail info@swimporirua.co.nz