

### Cannons Creek Pool Open from 27 February:

Following the extended maintenance period the Cannons Creek Pool will be open for normal Club and Junior Squad Sessions from Monday 27 February.

The normal timetable is on our website.

The club has not been made aware of any new hazards or issues with regards to the maintenance.

The main changes that we have been advised of are:

- Seating in the terraces has been changed
- New Lighting over the pool
- Spotlight on the pace clock
- Tiles on the bottom of the pool have been replaced
- Upgraded Water Jet Fittings for water entering the pool

### Learn to Swim Term 1:

The next course of children's Learn to Swim lessons will run for six lessons from Sunday 5 March until Sunday 9 April.

The total cost for the seven session is \$35.00 due to the later than usual start date which is payable on the day (cash or cheque, eftpos is not available).

All children are welcome if they are 5 yrs of age or older and can stand alone 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.

Classes are at 9.30am or 10:00am – swimmers should arrive at least 15 minutes prior to the session they want to swim in on the first day to complete the enrolment procedure.

### Congratulations:

Congratulations to Matt Meehan, our Patron, who has been appointed to officiate at the World Junior Swimming Championships to be held in Indianapolis in August 2017.

These Championships are open to female swimmers 14-17yrs and male swimmers 15 to 18yrs.

Congratulations Matt.

### NZ Junior Festival

A huge thank you to all the PCA parents who helped out at SNZ's Junior Festival, especially PCA's team manager Lorraine Jones and coach Ben Walsh who did a great job for our team. It was also good to see other PCA officials in appointed positions – Matt Meehan was Meet Director and Brent Harris multi-tasked between Referee, Control Room Supervisor, Clerk of the Course and Starter.

At National Meets guest presenters are invited to present the medals. These people include coaches from around the region, top officials, and past NZ representatives, and it was great to see Ben Walsh introduced to the crowd and recognised in this way.

#### **A comment from Viv**

As I worked in the presentation area for the meet, after presenting 18 medals one of the presenters did comment that only three of the swimmers said *thank you* and hardly any made eye contact with him. At the Wellington Championships the Masterton Swimming club would come in as top club for good manners in this area. ....something for PCA swimmers to think about and could improve on. Thanking the timekeepers at the end of the race, the coach and team manager is also appreciated.

### Tadpoles:

An opportunity for club swimmers to swim with Ben and the Tadpoles

Vacancies exist in the club's Tadpoles group for term 1. The Tadpoles is a technique group coached by Ben Walsh, on a Friday night from 6:00pm to 6.40pm

Criteria – swimmers must be

- at least 8yrs and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.

General

- The cost of Tadpole's coaching is \$20.00 (usually \$30 but reduced due to the late start) for the term.
- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of Ben's other groups (Swordfish or Penguins) or continue to swim in the volunteer coaches lanes.
- Should the numbers interested in joining the Tadpoles exceed spaces available, swimmers will be selected in consultation with their club coach.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 234-7071, or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz).

### PCA Club Champs – 12 March 2017 Tawa Pool:

Club Championships are the premier meet on any club calendar and this year, because of the diving ban at Cannons Creek, and with the Te Rauparahra Arena pool not measuring a full 25 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 12 March 2017.

The champs will be over two sessions (1:00pm warm up for a 1.30pm start, then 5.30pm warm up for a 6:00pm start).

See the flyer on our website and/or noticeboard for full details.

By hiring the Tawa Pool our swimmers will be able to dive (if they wish) and this will be an 'official' meet where swimmers can achieve 'official times'.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1<sup>st</sup> 8, 2<sup>nd</sup> 5, 3<sup>rd</sup> 3, and one for all others participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving on Sunday 28<sup>th</sup> May. (Further details will follow)

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, like Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. Many swimmers have been entering meets this way for some time now – it is easy to do providing you have a log-in. If you are

unsure about your log-in contact Brent Harris on [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz)

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin

### Novice Carnival – 2 April – Cannons Creek Pool:

**A great opportunity for those who are new to the club and those who have not competed in many carnivals.**

Come along and "have a go" – an introduction to racing.

Porirua City Aquatics will host our Annual Novice carnival on Sunday 2 April 2017 at the Cannons Creek Pool.

Warm up is at 1:30pm for a 2:00pm start.

Races will be held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing and is targeting newer club members and swimmers who have not raced in three or more zone or interclub events.

Swimmers who have qualified to swim at the Wellington Champs or interclub events may not enter.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet.

The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. Swimmers will swim the each event/s they enter once, and the times will be collated to rank the swimmers – in swimming this is known as *timed finals*. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard.

Entries close on 23 March 2017.

It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

### Div III:

The biggest meet on PCA's calendar each year is our Div III Meet.

This will be held over two sessions at Naenae Pool on Saturday 8 April.

This is a club fundraiser as well as being a huge meet usually attracting swimmers from all around the region.

Full details are on the notice board, and in the Calendar on our website - further details will follow in the next newsletter. Mark your diary now.

On-line entries close 1 April.

### Pool Etiquette:

This is just to remind everyone a few important points about pool etiquette, take time to read it – you may learn something, especially if you are new to the sport.

Firstly everyone must to be **Quiet** after the Referee has blown their whistle and the swimmers are on the blocks for the start of a race. Everyone deserves a fair start, especially the swimmer furthest away from the starter who may have difficulty hearing the starters instructions. Timekeepers also need to hear the instructions so they can start their watches.

Secondly, no one is to walk about, especially in the starting area after the Referee has blown the whistle at the start of the race. Any movement and/or noise can be off putting and may cause a false start.

Officials do have the swimmers best interest at heart, please respect their requests.

**Marshalling** is the most important and the most difficult job at a swim meet. Swimmers must learn to listen to the marshal and if they don't they may miss their race. As some meets do not have printed programmes it can be very easy for a chatty swimmer to miss their name and then their race.

Managers, Coaches and Parents are not allowed in the marshalling area, if swimmers are listening to them they are not listening to the Marshal.

Swimmers waiting behind the block for their race should be careful not to get in the way of the officials.

Swimmers should also remember not to leave the pool until the referee has blown the whistle (2 short whistles). If electronic timing is being used swimmers must exit the pool from the side and not climb over the touch pads.

At many meets **Over the Top Starts** are used. At the end of a race swimmer's remain in the water until the

next race has started. Those in the water must not chat to others in the water, move or do anything that may distract the swimmer on the block.

If you have a query or cannot follow a procedure or ruling, then you ask your team manager in the first instant, they in turn can refer the query to the Meet Director or the Referee. No one should leave a meet with an un-answered question.

### 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 Ben 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](mailto: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](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.

### 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 Andrew Wilkinson on 021-986-533 or e-mail [andyandnicola@gmail.com](mailto: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](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**4 March** – SwimZone Signature Meet (LC) WRAC – Entries Close 25 February

**12 March** – PCA Club Champs (SC) Tawa – Entries Close 50 March

**19 March** – Gold Coast Woollahra Trophy (SC) Coastlands – Entries Close 13 March

**1 April** – Upper Hutt Signature Meet (LC) Naenae – Entries Close TBC

**2 April** – PCA Novice Carnival (SC) Cannons Creek – Entries Close 23 March

### Report of Best Times:

If you require a list of your times, please email Keri Martin the Race Secretary at [race@swimporirua.co.nz](mailto: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) .....	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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>