

AGM and Prizegiving:

PCA's AGM and Prize Giving was held at Te Rauparaha Arena on 28 May. Thank you to all those who came along to show their support to the club.

Our committee for 2017/18 is

Patron: Matt Meehan
President: Viv Morton
Vice President: Andy Wilkinson
Secretary: Janet Thomson
Treasurer: Murray Pugh
Race Secretary: Keri Martin
Committee: Eileen Adams, Jeremy Drummond, Matthew Hall, Brent Harris, Adele Lloyd, Tony Lloyd and Andrew Wills. Beckie Duffy has joined the committee since the AGM.

A vote of thanks and presentations were made to three committee members who stepped down:

Onolata Little who has been doing heaps for the club since 2007, Libby Lucas, PCA's secretary for the past 5 years and Terry Laws who has trained most of our officials as well as doing heaps of officiating himself and making a huge contribution to the committee. Terry intends to continue to officiate and help PCA in the future. Thank you all very much.

PCA would welcome three more people to give PCA a full committee – if you wish to volunteer please ring Viv 2347071

While most of the cups, trophies and medals presented were based on performances at the club champs, the following were awarded based on performances during the year.

Leaders Real Estate Cup – Swimmer of the Year – Bronagh Ryan.

Southern Cross Cable Network Cup – Junior Swimmer of the Year – Katie Jones

Pru Young Memorial Cup – Top performance of the year – Bronagh Ryan.

Bronson Lloyd collected the Personal Best Trophy for making the most improvement over the year in all strokes/distance. The Record Trophy for breaking the most club records, the TASS long distance trophy for Seniors 1500m and the National Age Groups Cup – PCA's top points scorer at NAGs.

Georgia Wills received the Seniors 800m long distance trophy for girls.

Sophie Wills was awarded the Div II trophy for being PCA's top performer at Div II.

Faith Siamani won the 200m Time Trial trophy for making the biggest improvement in the distance over the year (based on a graduated scale)

Nicols Trophies – for sportsmanship, helpfulness, being a good role model, attendance, attitude – the Boys Cup went to Troy Hunter-Day and the Girls to Greer Pugh.

Keegan Lloyd received a certificate in recognition of the valuable contribution he makes helping at Regional and National Meets in Wellington.

The names of the winners of the club champs cups and trophies and medal winners can be found on our website.

July School Holidays:

Club Sessions will be held as normal on Sunday mornings 9, 16 and 23 July.

There will be no Club Session on Friday 14 and 21 July.

Club sessions on Monday nights of 10 and 17 July will be devoted to distance badge swimming.

For those new to the club, PCA has distance badges swimmers can achieve by completing a distance without stopping. The distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed all these distances they move on to swimming 1 kilometer (40 lengths) for a time. PCA has various ribbons to reward swimmers for times achieved.

PCA has the pool booked until 8:30pm. Those swimming up to 400m meters should come at 6:00pm, while those swimming longer distances are to come at 6:45pm to 7:00pm. To help this evening run smoothly our coaches need help from parents counting laps and/or timing the 1k swimmers.

Please note,

- swimmers may need to wait their turn if the lanes are full, so everyone has the opportunity to achieve their goals.
- PCA's Orcas will be training with Ben in 3 lanes until 6.30pm, leaving club swimmers 3 lanes from 6pm to 6.30pm, and six lanes after 6.30pm.

Tadpoles, Seals, Penguins and the Thursday group
As these groups do not train over the school holidays, swimmers are welcome to come along to swim for these distance badges.

Orcas and Swordfish Timetable for July School Holidays:

The timetable below will apply. As you can see some sessions have been booked at the Arena and training days have changed so every group gets some time there.

Swimmers are required to pay the standard door entry charges of \$3.50 for their session/s at the Arena, although by purchasing an Elite child 20 trip pass for \$40 or an Elite child 10 trip is \$20 the cost of a swim is reduced. Purchasing a pass may be worthwhile - I am sure we will use the Arena at another time.

Note – Please don't ask the pool staff about the reduced pool entry of \$1.00 for these two weeks. This concession is only offered during the first three weeks of the school term.

	No. of Lanes	Swordfish II	Swordfish I	Orcas
Monday	3	4:00 - 5:00pm		5:00 - 6:30pm
Tuesday	2		4:00 - 5:00pm	5:00 - 6:30pm
Wednesday	3		4:00 - 5:00pm	5:00 - 6:30pm
Thursday	2	4:00 - 5:00pm		5:00 - 6:30pm
Friday	3	4:00 - 5:00pm	5:00 - 6:00pm	

Note: Monday, Wednesday and Friday Sessions are at Cannons Creek Pool, and Tuesday and Thursday Sessions are at the Arena.

Have-a-Go Race Night:

Friday 7 July, Cannons Creek Pool.
6:00pm warm up, 6:30pm start

This race night is open to all our club members, especially those new to the club and those in Tadpoles, Penguins, Seals, Swordfish II and in the volunteer coaches lanes.

Entries will be taken on the night. This meet is not about winning, but is about

“Having a Go”, learning to race, learning race rules and establishing a club time.

Times recorded at this race night will not be official and therefore can't be used as qualifying times for other meet entries.

Penguins training will be cancelled on Friday 7 July.

Swordfish I training will be held as normal, although these swimmers are welcome to join race night after training if they wish.

Any queries, speak to your child's coach or email president@swimporirua.co.nz.

New Membership Year 1 July:

The new membership year commences on 1 July and the sub payable for the year will be:

\$175 for club swimmers

\$120 for squad swimmers
(those swimming with Nevill in the Senior Squads, or Ben in the Orcas, Swordfish I & II, Penguins and Seals).

The increase in club subs is a direct result of increases in affiliation fees charged by Swimming NZ. Club member and relate mainly to the cost of administering the membership database and moving to on-line entries for meets (which does save some time at the club level).

The committee has been absorbing the increases in affiliation fees and other costs since June 2010, but is unable to absorb the increased costs going forward.

Please note that the club pays all affiliation fees to SNZ so any membership subscription should be paid into the club bank account.

You will receive an email prior to 30 June advising of the amount payable.

The sub should be paid as soon as possible and no later than 31 July or 5 days before the closing date of the first meet that you are entering to swim at after 1 July, whichever is the earliest date.

Any queries regarding your sub should be directed to Brent Harris (Membership Registrar) at info@swimporirua.co.nz.

Child Protection Advocate:

As required under SNZ's Members Protection Policy, PCA recently appointed Terry Laws as our Child Protection Advocate.

Terry is available to deal with any complaints under this policy which can be found on SNZ website, under the community, legal and governance policies.

Terry works for the NZ Police, is a qualified swimming referee, who has just stepped down from our committee after 8 years.

He has a wealth of swimming knowledge, and with all these skills is ideally suited for this role. Terry can be contacted at terrylaws41@gmail.com or 021 192 2214

Parumoana and Porirua Primary Interschool Swimming Sports – Cannons Creek Pool:

Planning is underway for the 2017 Interschool Sports. Over the last few years this has been a wonderful event, a combined event organised by Dash Swim School,

Swimming NZ, Swim Wellington and Porirua City Aquatics.

It is a change and an honour for swimmers to represent their schools and it is great to see PCA swimmers go head to head with their training mates to earn points for their school team.

All our swimmers should be encouraging their school to enter – please speak to your school. I know many PCA parents have assisted their schools in organising their teams - hopefully this will happen again this year.

The success of these sports been largely due to the help and support provided by PCA parents. You are the ones with the experience, you know what is required to run a good meet – hopefully PCA parents will be out in force again this year.

The Dates for this years competitions are:

- Wednesday August 23rd Parumoana Schools 9am to noon– years 5 and 6
- Wednesday August 30th Parumoana Schools 9am to noon 7 and 8
- Thursday August 31st Porirua Schools, 9am to noon years 5 to 8

If you can help, please give me a ring 2347071, or email president@swimporirua.co.nz

Thanks

Viv

Meet Reports:

Tawa Signature Meet – 6 May:

We had a small team of eight PCA swimmers. Bronson Lloyd, Ethan Kehoe, Hunter Lloyd, Lucy Peterson, Greer Pugh, Ryan Pugh, Georgia Wills and Seth Wilson.

It turned out to be a successful night for every swimmer with each of them getting at least one PB.

Two PCA club records were broken on the night.

Bronson Lloyd with a time of 4:46.40 and Georgia Wills with a time of 5:25.00 both in the 400 Individual Medley.

A big congratulations to you both.

I would like to acknowledge thanks to Ben Walsh for being the team coach for the night and Murray Pugh for helping me out with self marshalling, making sure all our swimmers were in the correct lane on time.

A big thank you to all our other PCA officials that helped with the meet.

Louise Wills (team manager)

Swim Wellington Relay Champs 20 May:

The Swim Wellington (SWN) Relay Championships is the biggest and most prestigious “relay” meet of the SWN calendar and this year attracted 443 swimmers with 209 entries in 31 events.

PCA entered teams in 9 of the 31 events and medalled in 7 of the 9 events (5 GOLD, 1 SILVER, 1 BRONZE and 4th & 7th placings).

Congratulations to our PCA representatives' on their results,

9 years and under

Gold Medallist in both the mixed Freestyle and Medley Relays

Holly McManaway, Hunter Lloyd, Miya Jiang and Riley Bennett

11yrs and Under

Gold Medallists in both the mixed Freestyle and Medley Relays

Grace Reiher, Ella Drummond, Jed McLachlan and David Zhu

15yrs and Under

Gold Medallists in the Freestyle Relay

Silver in the Medley

Max Drummond, Bronson Lloyd, Jacob Reiher and Troy Hunter-Day

5 x 100m (one from each age) Freestyle Relay

Bronze Medal

Hunter Lloyd, David Zhu, Georgia Wills, Bronson Lloyd and Seth Wilson

Girls 13yrs and under

4th in the Medley relay

5th in the Freestyle Relay

Katie Jones (medley), Emilee Wilkinson, Georgia Wills, Liana Reiher and Grace Reiher (freestyle)

Well done swimmers on the fantastic results and a big thank you to our Race Secretary Keri Martin and President Viv Morton for the great job you did in selecting the teams.

A big thank you to Adele and all the parents that organised and assisted with the PCA officials requirements.

Andrew Wilkinson

Taupo XLR8 Meet 10 – 11 June:

Wow, Wow, Wow, what a fantastic team we had.

Travelling Team was – Caroline and Kiah Kaulave, Bronson and Hunter Lloyd, Luke Martin, Ethan and Troy Hunter-Day, Ted Callaghan, Lucy Campbell, Anabell Giebel, Jarrod McKee, Jed McLachlan, Greer and Ryan Pugh, Dillion Raimona-Pahetogia, Dannielle Rule, Anna Schofield Matthews, Faith Siamani, Ariana Tierney,

Cody Bennett, James Van Der Voort and Anna Wilkinson. Please note we also had swimmers attend who weren't part of the travelling team and these were Max and Ella Drummond, Jessica Rule and Riley Bennett.



Team Management was – Tony and Adele Lloyd, Janet Thomson (James Mum), Katrina Day (Faiths Mum), Debra Schofield- Matthews (Anna Mum). Along with the fantastic coach, Ben Walsh.

On Friday 9 June a Team of 22 PCA Swimmers, 5 Managers and Super Coach Ben Walsh headed off to Taupo to compete in the Taupo XLR8 Swim Meet.

We drove up to Taupo in convoy of 2 Minivans and a People Mover, arriving in Taupo about 2:30ish.

After everyone was settled in at base it was off to the AC Baths Complex for a light training session and our team to see the complex they would be swimming in. Training over it was back to "Base" for tea and downtime before bed (7:30 for lights out at 8pm) ready for our first day of swimming.

It was an early start getting up at 6.00am to have breakfast before arriving at the pool about 7am. Ben took charge of the kids for a land based warm up then pool warm up. There were maximum numbers of entries (the biggest this meet has ever had) meaning there was 396 bodies hoping in the pool for warm up.



The morning session finished about 12:30ish and it was back to base for lunch which was all laid out for us and then a lay down to recover, ready for the evening session which started with warm up at 3pm. This session finished around 8pm so was a very long day. I must say all the kids were extremely well behaved and handled the long day very well. It was then back to base for a BBQ, salad, rolls and Choc Brownie and Ice-cream then bed. Everyone was in bed by 9:30pm.



The next day again was up at 6:00am and with an earlier start today to racing along with packing up all belongings it was all action. The team were really good, taking responsibility for all their gear and I must say only a couple of items were left – so this was fantastic. Today was an extremely long day given racing started at 8:15am, there was only 45mins break between sessions (which was the warm up for the last session) then racing for the team finishing about 4:45pm. It was then back on the road home – leaving at 5pm. We stopped at McDonalds in Taihape for tea before arriving home around 10:00pm.

Medal Results:

Ethan Hunter-Day (100 Breast 2nd)
 Kiah Kaulave (50 Back 2nd)
 Hunter Lloyd (50 Breast 1st, 100 IM 3rd, 100 Breast 1st, 50 Fly 2nd, 100 Free 3rd, 50 Back 3rd)
 Luke Martin (50 Breast 3rd)
 Jarrod McKee (50 Breast 3rd, 50 Back 3rd, 50 Fly 3rd)
 Jed McLachlan (50 Free 1st, 100 Back 1st, 100 Fly 2nd, 50 Back 3rd, 50 Fly 2nd)
 Greer Pugh (50 Breast 3rd, 100 Breast 3rd)
 Dillion Raimona-Pahetogia (50 Free 3rd, 100 Back 2nd, 50 Back 1st, 100 Free 2nd)
 Dannielle Rule (100 Fly 3rd)
 Anna Schofield Matthews (100 Fly 3rd)
 Bronson Lloyd (400 IM 1st, 200 Free 1st, 800 Free 1st, 50 Fly 1st, 200 IM 1st, 400 Free 1st, 200 Breast 2nd, 50 Back 2nd) Was also 1st equal in the XLR8 Points for 14 year olds winning \$45.00

Place Getters:

Cody Bennett (200 Back 7th, 100 Back 6th, 400 Free 7th, 50 Back 6th, 100 Free 11th, 100 IM 11th)

Ted Callaghan (50 Free 16th, 50 Breast 8th, 100 IM 13th, 50 Back 15th, 100 Breast 10th, 100 Free 20th)

Lucy Campbell (50 Free 13th, 200 Back 5th, 100 IM 5th, 100 Back 11th, 200 Free 13th, 50 Back 6th, 50 Fly 8th, 100 Free 11th, 200 IM 10th)

Anabell Geibel (50 Breast 8th, 100 IM 17th, 100 Back 11th, 50 Back 19th, 100 Breast 9th)

Ethan Hunter-Day (50 Free 10th, 200 Back 4th, 100 IM 11th, 100 Back 4th, 50 Back 5th, 50 Fly 9th, 100 Free 12th)

Troy Hunter-Day (50 Free 8th, 50 Breast 5th, 100 IM 12th, 200 Free 10th, 100 Fly 6th, 50 Back 5th, 100 Breast 5th, 50 Fly 10th, 100 Free 7th)

Caroline Kaulave (50 Free 17th, 200 Back 9th, 50 Breast 14th, 100 IM 12th, 100 Back 19th, 50 Back 6th, 100 Breast 13th, 50 Fly 9th, 200 IM 20th)

Kiah Kaulave (50 Free 8th, 50 Breast 9th, 100 IM 4th, 100 Back 4th, 200 Free 5th, 50 Fly 5th)

Hunter Lloyd (50 Free 4th)

Luke Martin (50 Free 14th, 100 IM 8th, 200 Breast 6th, 50 Back 7th, 100 Breast 6th, 100 Free 14th)

Jarrold McKee (100 Back 6th, 100 Free 6th)

Jed McLachlan (200 Free 4th, 100 Free 5th, 200 IM 4th)

Greer Pugh (200 Back 10th, 100 Back 8th, 800 Free 7th, 100 Fly 4th, 50 Back 9th, 200 IM 12th)

Ryan Pugh (200 Breast 4th, 200 Free 16th, 50 Back 12th, 50 Fly 13th, 100 Free 17th, 200 IM 12th)

Dillion Raimona-Pahetogia (100 Breast 4th, 200 Back 4th)

Dannielle Rule (50 Free 15th, 50 Breast 8th, 100 Back 12th, 200 Free 11th, 50 Back 11th, 50 Fly 7th, 200 IM 13th)

Anna Schofield Matthews (50 Free 10th, 50 Breast 5th, 200 Breast 4th, 200 Free 6th, 100 Breast 4th, 200 IM 7th)

Faith Siamani (50 Free 7th, 200 Back 4th, 100 IM 11th, 100 Back 10th, 200 Free 10th, 50 Back 4th, 100 Breast 8th, 200 IM 15th)

Ariana Tierney (50 Free 10th, 50 Breast 11th, 100 IM 10th, 50 Back 5th, 100 Free 7th)

James Van der Voort (50 Free 18th, 50 Breast 6th, 100 IM 10th, 100 Back 8th, 200 Free 10th, 50 Back 9th, 100 Breast 7th, 100 Free 11th)

Anna Wilkinson (50 Free 20th, 50 Breast 15th, 100 IM 18th, 50 Back 20th, 50 Fly 15th, 100 Free 19th)

Congratulations to every PCA swimmer who all gained personal best times !!

And finally big thank yous – the Kids for being well behaved, supportive and giving it their all in there races.

Ben “Superman” coach who got our kids well prepared heading into this trip and was totally amazing with the kids at the meet – those prep talks sure worked well.

On to our fellow Team Managers – Katrina, Janet and Debra what can I say – we worked so well together to get the job done. You guys made this trip run smoothly and efficiently.

The Parents – allowing your kids to be part of this trip – the baking and goodies and the ones that attended, the support and cheering.

Andrew and Louise Wills for the use of their Trailer – was perfect.

Andy Wilkinson for the Spaghetti and Baked Beans – they went down well at Brekkie.

Murray Pugh for taking the group photos and Jeff Kaulave for giving up family time to assist with the BBQ on Saturday night.

Adelle Lloyd – Team Manager

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

\$175 for club swimmers

\$120 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 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 Beckie Duffy on 027-282-6383 or e-mail beckie.duffy@ihug.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 Viv Morton e-mail president@swimporirua.co.nz or phone 234-7071 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 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
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:

1 July – SWN Long Distance Meet – Coastlands – Entries Close 25 June.

22 – 23 July – Wairarapa Champs (Signature Meet) – Masterton – Entries Close 14 July

30 July – Gold Coast Matson Trophy – Coastlands – Entries Close 21 July

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 (Janet Thomson)	027-442-0961
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Keri Martin)	021-150-0063
Squad Liaison	
Junior Squad (Andy Wilkinson).....	021-986-533
Senior Squad (Adele Lloyd).....	027-244-3035
Officials Co-ordinator (Adele Lloyd).....	027-244-3035
Uniforms (Andy Wilkinson).....	021-986-533
Newsletter	e-mail info@swimporirua.co.nz