

Congratulations Viv:

PCA nominated Viv for the Service to Sport Award at the 2017 Porirua Sports Awards.

The awards evening was held on Thursday 26 October and Viv won the award against competition from several long serving Rugby administrators.



Congratulations Viv, a deserved award to recognise your past and present commitment to swimming in Porirua, Greater Wellington and Nationally.

Aotea College Prize Giving 2017:

Congratulations to Georgia Wills joint winner of the Teresa Orr Junior Sportswoman of the Year Cup.

Well done also to Leo Singh, one of PCA's learn to swim instructors. Leo was Year 13 joint runner up to Top scholar and joint winner of the Senior Science Cup.

It was also great to see a number of swimmers names appear as finalist.

Swimming Wellington Awards:

It was great to see our members amongst the winners at Swim Wellington's Awards evening on 18 November.

Congratulations to:

- **Bronagh Ryan** winner of SWs trophy for Best Individual Performance of the Year.
- **Andy Wilkinson** was one of two people to receive a SW Service Award for his contribution to our sport. Service Awards are not given lightly and are presented to those who have gone the extra mile and given a huge amount of time and effort for our sport over a period of at least 10 years.

- **Rhonda Graham.** Most of you will know Rhonda as she often referees or is a starter on club nights or Gold Coast Meets. Rhonda was the only person to receive 'Honours for Service' for 2017. This award is presented to those who have continued to give freely of their time to our sport for at least 15 years after receiving a Service Award.

All three awards are truly deserved.

Entering Meets On-line – Membership Type etc:

When club members are registered with Swimming NZ there are two types of membership that can be used.

The Club Swimmer type is for those swimmers who have not yet swum at a Regional Meet, and the Competitive Swimmer type is for those that have swum at a Regional event or higher.

When entering a meet if you are not of the correct membership type for the meet (or have any other issue) please contact Keri Martin our race secretary at race@swimporirua.co.nz and copy Brent Harris our membership administrator at info@swimporirua.co.nz to have the issue fixed.

Please do not contact Swimming NZ directly as that will only delay the communication to our administrators who can fix the issue for you.

Have-a-Go Race Night:

Friday 1 December, Cannons Creek Pool.
6:00pm warm up, 6:30pm start

Race night is open to all club members, especially those new to the club and swim on Friday or Monday nights or Sunday morning or are in Tadpoles, Penguins, Seals or Swordfish.

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 meets. Penguins training will be cancelled on Friday 1 December.

Sharks are welcome to join race night after their normal training session.

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

Remember this is Have-a-Go night and parents will be required to Have-a-go at time keeping! Your help will be appreciated.

Family Fun Night:

Monday 18 December 2017,
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.

Christmas / January School Holidays:

For those who swim on Monday and Friday nights and Sunday mornings with Eileen, Viv and/or Richard, and the Tadpoles, Family Fun Night (December 18) will be the final club night for 2017.

For the Orcas, Sharks, Swordfish, Seals and Penguins training will be held as normal at Cannons Creek up to Friday 15 December.

Training for the Orcas, Sharks and Swordfish recommences in January from 15 January with some sessions at the Arena. Any squad member who hasn't received a copy of the timetable should contact Viv at president@swimporirua.co.nz

Club or Junior Squad Swimmers 12 years and over who intend entering the Wellington Champs held over Anniversary Weekend should contact Viv about training leading up to the meet.

Normal club nights will resume Monday 29 January

Health and Safety Corner:

This month's Health and Safety reminder is all about recording incidents and near misses. Good practice tells us that the act of recording H&S near misses and incidents helps to manage risks and reduce the likelihood of repetition.

At each of our pools, there is a Health and Safety Register (a labelled exercise book!). At Cannons Creek it can be found in the Club Box you will often see on the registration desk at club nights - which is stored in the PCA 'Shed'. At the Arena Aquatic Centre the register is located in the store room.

If you notice or are involved in a H&S near miss or incident, please help to ensure it is recorded. Normally one of our professional or volunteer coaches will take the lead in this but may need your assistance to write up what, why, when, who, how etc - particularly if you observed or were involved in the near miss or incident. The pool staff will also likely complete the Porirua City Council's incident register - it is important both registers are filled in, not just one or the other. An incident could be a bleeding nose, bruised hand, scrap or bump. If in doubt, please write it up - it really helps.

Each month, the Club Committee reviews entries in the PCA registers to identify any common risk trends or new hazards that need to be addressed and follows up to ensure any required actions are completed. Regular meetings with the Council and the PCA H&S Committee also review the registers.

Meet Reports:

In House League 30 October:

The second meet in the series of three was as exciting as ever...deafening noise and swimmers giving their best for their team. As one boy admitted 'I hate butterfly but I'll do this for points for the team'- a perfect attitude for a league swimmer!

Points to date are Team 1 370, Team 4 362, Team 3 350, Team 6 327, Team 5 287 and Team 2 246.

It was great to see more swimmers turn up and join in. Sadly, some teams were let down by those who didn't come along. Thank you to those who did advise they were unavailable or sick.

Thanks also to all the team leaders, the officials, the recorders and especially the judges who had a tough job deciding the finish order with many races almost requiring a photo finish!

Gold Coast – Naenae 11 November:

WE WON!!!!

Congratulations to all of our PCA swimmers who rocked the Gold Coast Combined Long Course on Saturday 11 November.

Thanks to your effort, Ben's guidance and the young'uns embracing Andy's 'just swim fast' motto, PCA took home the Personal Best Trophy for the most PB's on a percentage basis. We are very proud of you all.

PCA had 35 swimmers swimming on the night, entered into 96 individual events. And by the end of the night we had 29 new Long Course PB's and 46 new Long Course times.

I'm sure everyone slept well after the event, especially all those that blasted through back to back events.

We did have one no show and one did not swim. This highlights that it is best to ensure your child is confident to swim a particular event before entering them in it - if you are not sure check with their coach.

A huge thanks to Ben, all the officials, timekeepers, runners, helpers and refreshments people who assisted on the night. Without people like you there would have been no event and no official times recorded. Your help is very much appreciated!

Team Managers, Andy Wilkinson and Sam Bennett

In-House League – Final Night:

The lead see-sawed between Teams one and three in an exciting final night of PCA In-House League Series On 20 November.

The effort in the pool was amazing with every place/point counting, while the atmosphere around the pool was electrifying.

A huge thank you goes to the team leaders for their patience, leadership and guidance shown sorting their swimmers into their events.

Thanks, also to the officials and recorders etc – Where would we be without organised, passionate people? You are truly appreciated.

Team 3, well lead by Bronagh Ryan where the eventual winners with 572 points. Congratulations to Logan RP, Angell Powell, Maddie St Just, Luke McKee, Alicia Judd, Riley Bennett, Scarlet H-L, Kiah Kaulave, Trani Sciascia, Leilah Beckman, Ryan Pugh, Carter M-J, Sami Widloff, Jessica, Lucy Campbell, Ben Reiher, Mia Booth. Luke Martin, Anthony Findlater and Kahana Whitewood.

Team 1 was second – 555 points. Team leaders Sophie Wilkinson and Ruby Ripley.

Well done, Chloey Trist, Justin Xu, Mikayala Sheffield-Cronstoun, Daniel Tukeski, Amokura Royal, Xane Adip, Henry Lock, Alexia Booth, Cameron Wilkinson, Tommy Wesley-Smith, Georgia Webb, William Sheffield-Cronstoun, Dannielle Rule, Lavina M-T, Anna S-M, Aidan Harrison, Jed McLachlan. Andre Gaulofa, Lucy Petersen and Ethan Jones

Team 6 was third – Team Leader Sophie Willis. The team – Charlotte W-S, Lexi Knox, Zaria Phelps, Alan Wong, Jessica Rule, Nathan Whitehead, Jack Lock, Mia Harding, Hana Widloff, Jordan Spark, Joe Reiher, Holly McManaway, Grace Reiher, Amy Baddington, Cameron Judd, Cody Bennett, Jarrod McKee, Iris Campbell, Jamie M-J and Henry Wong.

Team 4 were 4TH 491 points, Team 5, 5TH 454 points and Team 2 6TH with 443 points.

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, Sharks, 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 Becky Campbell on 021-044-8794 or e-mail beckygrnz@hotmail.com.

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:

24 – 26 November – Auckland Junior Champs (LC) – Entries Closed 12 November

25 November – Capital Classic (LC) WRAC – Entries Closed 19 November

1 December – PCA Race Night (SC) Cannons Creek – Entries on Night

7 – 10 December – Auckland Age Groups (LC) – Entries Close 26 November

9 – 10 December – Swim Wellington 12 and Under Champs (SC) WRAC – Entries Close 3 December

18 December – Family Fun Night

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 (TBA).....	
Officials Co-ordinator (Beckie Duffy)	027-282-6383
Uniforms (Andy Wilkinson).....	021-986-533
Newsletter	e-mail info@swimporirua.co.nz