

### Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

### 2018 Start Dates:

Normal club sessions will resume on

- Monday, 29 January
- Friday, 2 February
- Sunday, 4 February

Learn to Swim will start on Sunday 11 February.

### Technical Officials:

Congratulations to Beckie Duffy and Debra Schofield-Matthews who were assessed at the Wellington Junior Championships and gained their National Inspector of Turns (IOT) qualification.

Another string to their bows and great for PCA!

### Congratulations Bronagh:



Congratulations to Bronagh Ryan on her selection in the Swimming NZ team to the Gold Coast 2018 Commonwealth Games.

### Strapping:

The use of strapping for injuries when competing at a swim meet now requires the written confirmation from a medical professional (eg. Doctor, Physio, Chiropractor) advising that the strapping is necessary and that the swimmer is fit to compete.

Strapping means any tape used for support of muscles/joints related to an injury but does not relate to wound coverings as long as the wound covering does not perform the same support as strapping tape.

The Technical Director (or Lead Referee) of a meet needs to approve the strapping prior to the start of the meet.

Any swimmer with strapping needs to inform the Team Manager so that the strapping can be approved or removed as appropriate.

### Parent help at Meets:

Parents are reminded that as a condition of entering their child into swim meets that they are required to assist with duties at the swim meet.

Swim meets require the active assistance of parents to be able to be run appropriately and to meet the requirements of Swimming NZ for times swum to be official.

These duties will generally involve one parent in a family in a non technical Official role such as timekeeping, Team Managing, Refreshments etc

Parents with Technical Official qualifications will generally be rostered on in those positions as required.

The Officials Co-ordinator will advise parents who have been chosen to assist at a meet.

Parents who continually decline to assist at swim meets may find that their child is refused entry to swim meets.

## Meet Reports:

### Capital Classic WRAC – 25 November:

Who ate all the chocolate?

PCA put together a strong team to hold the fort in Wellington at the Capital Classic whilst some of our swimmers were away at the Auckland Junior Champs.

We can't have done too badly at the Wheel of Pain sweepstake as I saw some young swimmers demolishing their way through chocolate blocks that were almost as big as them!!!

35 PCA swimmers competed across the two sessions, entered into 62 individual events. At the end of the day we had 36 new Long Course PB's and 29 new Long Course times.

A big thanks to Nevill, the IOTs and timekeepers who assisted throughout the day (one who filled in at short notice at timekeeping due to no shows). As always your assistance is greatly appreciated.

And a special thanks to the junior PCA swimmers who helped out showing some young swimmers down to marshalling, what great role models = )

Team Managers Sam Bennett, Matt Hall, Richard Peterson and Jo McManaway

### Auckland 12 and Under Champs 24 to 26 November:

The objective of attending this away meet was to firstly expose our junior swimmers to the greater challenge of traveling and competing at an away meet as a learning opportunity on how to manage travel, being away from home, eating differently and the added challenges of staying in a group environment. Secondly, exposure to a large meet where a lot of the best junior swimmers in NZ were in attendance.

I'm very happy to report I believe 100% of our objectives were achieved, plus the trip had the bonus of galvanising this group which will benefit their squad trainings and help inspire other squad members to push each other in training sessions.

9 Swimmers attended and 8 stayed in group accommodation (Felix was U9).

A total of 52 races were entered with 29 PB's achieved, great achievement.

4 swimmers achieved 10 top ten places, congratulations.

Dillon

- 1st 50 Back (Gold Medal)
- 4th 50 Fly
- 7th 50 Free
- 9th 100 Free
- 10 100 Back

Ella

- 4th 200 Breast
- 8th 100 Breast
- 9th 100 Back

Cameron

- 5th 50 Fly

Grace

- 8th 100 Fly

Accommodation at Redwood apartments was an outstanding choice, loads of room, cooking facilities great for a large party and large and many rooms were perfect for a big group, so many media options had the athletes and Ben well sorted. Travelling to the Westwave Aquatic Centre only took 5 minutes (if you didn't go around the roundabout multiple times in the wrong lane "ANDY")

The Management team did a great job with Josie, Janet and Andy getting up early and preparing and serving a cooked and continental breakfast. One on the management team stayed behind in the morning cleaning up and setting up "make your own rolls" selection, fruit, cereal bars and a bakery selection for lunch which went down well after the hard fought morning sessions. Dinners were prepared in the lunch break and the athletes enjoyed a variety of their favourite dishes - Lasagna, Butter Chicken, Spaghetti Bolognese and Pizza on the final night. They were also treated to a birthday style lunch on the Sunday to help celebrate Dillon's birthday.

Josie, with support from Janet for a day, were camp mothers and were outstanding, making things easy and fun back in the unit while also managing to get the athletes to rest ready for the afternoon or following morning sessions.

Ben managed to get the best out of all the swimmers during sessions, educate them on skill sets and was such an amazing role model creating all inclusive activities back at our accommodation that helped the athletes relax and have fun while allowing Andy and the Camp Mothers to do their chores.

Thank you to the committee and parents for their support of what proved to be a great opportunity for our Junior Competitive Swimmers.

Parents, your children were amazing both in and out of competition (Ella and Grace should never sit together though 😊).

Thank you for the opportunity to Team Manage this event, I thoroughly enjoyed the experience.

Andy Wilkinson – 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, 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](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.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the 8:00pm starts.

Those interested should contact Becky Campbell on 021-044-8794 or e-mail [beckygrnz@hotmail.com](mailto: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](mailto: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:

<b>Style</b>	<b>Size</b>	<b>Price</b>
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
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:**

**20 – 22 January 2018** – Swim Wellington Summer Champs (13yrs and over) – WRAC (LC) – Entries Close 14 January

#### **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 (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](mailto:info@swimporirua.co.nz)