

Annual General Meeting and Prizegiving:

This combined event will be held on Sunday 27 May 2018 in the Lecture Theatre (upstairs) at the Te Rauparaha Arena commencing at 3:00pm.

All club members, their families and supporters are welcome.

Three things will be covered off during the afternoon – in no particular order, we will have -

Prizegiving - a time to acknowledge our club champions and reward those who have competed with success at the club champs and during the year. The club has over 50 Cups and Trophies to present, as well as Age Group Medals and Club Champs Certificates.

Afternoon tea. Club Members are asked to bring a plate of finger food.

Annual General Meeting. This usually takes no more than an hour.

This meeting is a time to acknowledge the work of the committee and coaches who have given many hours to the club and your children over the past 12 months, as well as an opportunity for new people to join the committee for the next 12 months.

The committee would appreciate your support at this meeting. (If you are thinking of joining the committee and wish to know more about the commitment required, please give Viv a ring, 2347071)

Note – Only those who have been financial members of Porirua City Aquatics for at least 30 days have voting rights at this meeting. A financial member is entitled to one vote. The voting rights of members under 18yrs may be exercised by that member or the member's parents or guardians. It is expected that the voting rights of members 13yrs and under will be exercised by the members parent or guardian.

Changes to Friday Night Timetable:

A reminder that from the start of term II (Friday 4 May) there will be no 8:00pm group as the numbers attending are too low.

Those who normally swim at 8:00pm are to join the earlier group at 7:20pm, and swim through to 8:15pm

Queens Birthday Weekend 2 to 4 June

There will be no swimming on the Sunday or Monday of Queens Birthday weekend. Swimming will be held on the Friday night as usual.

Health and Safety Update:

At the beginning of April the PCA formally notified the council of our concerns over the breathing issues that members of the senior squad were experiencing at the Arena pool during training sessions.

While each incident has been notified to the lifeguards and medical attention requested as required the increase in incidents and the possible long term effects prompted this notification.

The Council immediately requested an independent organisation to review the environment at the pool (ventilation and water quality) and also review the incidents as reported by PCA swimmers.

Early May the interim report was discussed between council representatives and our Health and Safety committee.

The interim report did not identify a possible cause for our swimmers having breathing issues relating to the pool environment, but did identify issues around the quality of reporting of issues and their recording in the councils incident register.

Senior squad members can expect a more detailed incident report to be made where there are issues going forward (for breathing or any other issue at the pool) and also some base line general medical information being requested.

The health and safety committee has also recommended to the PCA committee that we look at engaging an organisation to take samples to analyse the air quality at water level as this was an area that was missing from the councils report.

Re-Design of Swimming Cap:

The committee have decided to review the design and colours of our current swimming cap to see if there is a better alternative or whether we should just stay with our current design.

We would like to invite all members to feel free to give their input on this, including submitting any ideas on

layout/design and colours that they may like to see on a new cap.

Hopefully this may be a fun exercise for some of our more creative members and a chance to have your say.

Please feel free to submit any of your ideas and designs to Andrew Wills via email agw3967@gmail.com by 15 June.

Ideally if you are able to do a mock-up of a swim cap with your design on it would be great but just sending in your general thoughts and ideas on it is also fine.

At the end of the process we will review what has been submitted and will then consult with everyone as to whether we should look at a new design or just remain with what we currently have.

If you are wondering how to start your creative juices flowing, start looking at the designs of other clubs caps either at a swim meet or by viewing photos of events that have been posted on line either here or overseas or just try googling.

Have-a-Go Race Night:

Friday 15 June, 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, Eels, Penguins, Seals, Swordfish 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. Eels and Penguins training will be cancelled on Friday 7th. Sharks 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

100m Handicap Trophy Meet

Monday 25 June 2018 at Cannons Creek Pool, 6:00pm warm up for a 6.30pm start.

This replaces all Junior Squad training at Cannons Creek.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

Entries close on Monday 18 June 2018

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (*We are awake to those who think they can swim slow in the heats to win the final!*)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To enter write your name on the list on the noticeboard or email the race secretary. **Late entries cannot be accepted.**

Meet Reports:

2018 National Age Group (NAGS) :

PCA had a very small team at this years 2018 NZ National Age Group Swimming Championships, held at the Sir Owen Glenn National Aquatic Centre on Auckland's North Shore, with a manager and Georgia Wills the sole competitor representing the club.

Held over 5 competition days from April 17 through to April 21, with qualifying heats in the morning and finals at night this meet is the pinnacle NZ swim meet held during the year for 12 to 18 year olds that have met the qualifying standards.

Travelling up on the day before the competition start the first task was to get to where we were staying at the Millenium Lodge to settle in. The lodge is part of the Millenium Sports Institute where many of NZ's top athletes go to train when living in or visiting Auckland. The National Aquatics Centre is also part of this. Staying on site was great meaning the pool was only a 200 metre walk away.

After settling in Georgia made her way over to the Aquatic centre for a training session and to meet up with

Steven Kent, the coach of Auckland's "Coast" swim club. As Nevill was unable to attend as coach for this meet he kindly arranged for Steven to be Georgia's coach and mentor for the week with Nevill catching up via phone each day for a chat on the day's swimming. Next it was back to the lodge to rest and prepare for the start of competition the next morning.

Having qualified for nine events and entered eight, Georgia had a good spread of swims across the five days of racing. Georgia's first event of the week on the Tuesday morning was the 200 butterfly.

She was able to get her week off to a great start by qualifying from the heats to the evening final in 7th position and swimming a 3.24 second P.B. In the evening final she went even better again by improving her qualifying position from 7th to finish 5th. A really great swim.

This first day gave Georgia plenty of confidence for her swims for the rest of the week and along with some expert tips and advice from Steven Kent before and after each race she was able to better her national rankings in six out of her eight events over the five days.

Results for the week:

Event.	Seeding.	Final Placing.	PB
200 fly.	11th.	5th.	Yes
100 back.	30th.	16th.	Yes
50 Fly.	14th.	15th.	
200 Free.	39 th	29th.	Yes
400 IM.	16th.	16th.	
100 Fly.	14th.	11th.	Yes
200 IM.	27th.	21st.	
50 back.	25th.	17th.	Yes

Come Sunday morning the meet was all over and it was time to begin the journey home to Porirua. A little tired but also with many great memories of the week's racing and some fun activities just gone.

NAGS was superbly run by Swimming NZ over the week at a great venue which added to the enjoyable stress free week that it was. A bonus was also seeing Lisa Carrington our Olympic and world kayaking champ coming out of the institute and Georgia getting to meet Stanislav Chalaev one of our commonwealth games weight lifters who lives at the lodge and works and trains at the institute.

A big thank you to the PCA club and committee for supporting Georgia's and my trip as manager to NAGS, to Steven Kent for his on-deck coaching and advice, Nevill for his phone debrief's and to the Tawa, Carterton and Pirates swim clubs who made sure we had space and fitted in with the Wellington region and the Coast swim team as well.



Also thank you to our own PCA club secretary Keri Martin, who was her usual very helpful self in trying to track down and advise on how to get spectator tickets for this event among other things.

Louise Wills
PCA 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 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 start of the final session (8:00pm on Monday, and 7:20pm on Friday).

Those interested should contact Matt Hall by e-mail at matthewhall@xtra.co.nz.

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 Becky Campbell on 021-044-8794 or e-mail uniforms@swimporirua.co.nz if you would like to purchase any PCA uniform items - see the 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:

26 May – Capital Medley Meet (SC) WRAC – Entries Close 22 May

9 June – Swim Wellington Meet (LC) Naenae – Entries Close 3 June

17 June – Gold Coast Paekakariki Shield (SC) Tawa – Entries Close 9 June

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 (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz