

### AGM and Prize Giving

PCA's AGM and Prize Giving was held at Te Rauparaha Arena on 27 May.

Thank you to all those who came along to show their support to the club.

### Our committee for 2018/19 is:

Patron:	Matt Meehan
President:	Viv Morton
Vice President:	Brent Harris
Secretary:	Janet Thomson
Treasurer:	Murray Pugh
Club Captain:	Becky Campbell
Vice Club Captain:	Beckie Duffy
Race Secretary:	Keri Martin
Committee:	Tash Abbott, Eileen Adams, Jeremy Drummond, Kirsten Giebel, Hamish Gollan, Matthew Hall, Jack Lei and Andrew Wills.

A vote of thanks and presentation was made to Andy Wilkinson who retired after 10 years on the committee. Andy's knowledge will not be lost to PCA as he is stepping into a coaching role on Friday nights. *Thank you Andy.*

Presentations were also made our volunteer coaches – Eileen Adams, Richard Petersen, Elouise Thomas, Viv Morton and Angela Whitehead.

Mayor Mike Tana presented many of the cups and trophies and Bronagh gave an interesting impromptu speech on her experiences at the Commonwealth Games.

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 – Mia Booth

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

Personal Best Trophy for making the most improvement over the year in all strokes/distances - Seth Wilson

The Record Trophy for breaking the most club records – Bronagh Ryan

TASS long distance trophy for Seniors 1500m – Seth Wilson.

Seniors 800m long distance trophy for girls – Georgia Wills.

Georgia also 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.

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

### Have-a-Go Race Night:

This will now be held on Friday 6 July at Cannons Creek Pool.

6:00pm warm up, 6:30pm start

As expected many swimmers were disappointed with the recent cancellation of Race Night. At times things happen that are beyond our control and this is a timely reminder that eating just before swimming is not a good idea.

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 7 July.

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](mailto:president@swimporirua.co.nz)

### Club Coaching:

Sadly we farewell Angela Whitehead who has been coaching on Monday nights, at the end of the term.

Angela, husband Chris and children Nathan (one of Ben's Seals) and Amber (a club swimmer) are moving back to New Plymouth.

We wish them well and hope to see them pool side at a meet in the future.

PCA thanks Angela for her contribution to the club over the last two years.

### Swimming NZ National Events 2019:

The dates and venues for the SNZ National Events for 2019 are due to be announced on Friday 22 June.

### Swimming Wellington Commonwealth Games Swimmers and Coaches Presentation:

Swimming Wellington celebrated the achievements of Bronagh Ryan and Nevill Sutton of PCA, and Lewis Clareburt and Gary Hollywood of Capital Swimming Club, at the "Swimming Wellington Tier One Meet Two" Naenae meet on 9 June.



The citation for Bronagh and Nevill read as part of the presentation was:

#### Bronagh Ryan - Road to the games:

- June 2016 - Oceania Swimming Championships New Zealand Team Fiji
- August 2017 - McDonalds Queensland State Short Course Champs – 3 Gold Medals and a NZ Short Course Record in 100m Breaststroke 1.07.79
- October 2017 - NZ Short Course Championships - NZ Short Course Record in 100m Breaststroke 1.07.35
- November 2017 - Swimming Wellington Best Individual Performance
- December 2017 - New Zealand 2018 Commonwealth Games Team Announced including 4 x 100 Medley Relay Team
- April 2018 - Commonwealth Games - 4 x 100 Medley Relay Finalist, 50 Breaststroke semi finalist

- June 2018 - Oceania Swimming Championships New Zealand Team Papua New Guinea

#### Nevill Sutton - Road to the games:

- Head Coach Porirua City Aquatics with over 40 years coaching experience
- Coaching Bronagh Ryan for 10 years Current NZSCTA Chairman
- Twice Porirua Sports Awards Coach of the Year



Congratulations to both Nevill and Bronagh. All of PCA is very proud of your achievements.

### Oceania Swimming Championships:

Congratulations to Bronagh Ryan who has been selected in the NZ team to compete at the Oceania Championships in Papua New Guinea from 25 to 30 June.

On her return she will go straight into competing at the NZ Open Championship in Auckland from 2 to 6 July.

PCA wishes Bronagh the best for these meets.

### July School Holidays:

Swimming will be held as normal on Sunday 8, 15 and 22 July.

**There will be no club swimming on Friday 13 and 20 July.**

Club nights on Monday 9 and 16 July will be devoted to distance badge swimming. All Tadpoles, Eels Penguins, Seals and club swimmers are welcome to attend.

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 kilometre (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 6:00pm to 6:30pm, and six lanes after 6.: 0pm.

### Tadpoles, Eels, Seals and Penguins

As these groups do not train over the school holidays, swimmers are welcome to come along to swim for these distance badges.

Normal club nights resume on Monday 23 July

### Orcas, Sharks and Swordfish timetable - July school holidays:

During the July school holidays the timetable below will apply. Some sessions have been booked at the Arena and training days have changed so every group gets at least one session a week there.

	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.

Swimmers are required to pay the standard door entry charges for their session/s at the Arena. Cannons Creek cards cannot be used at the Arena. **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.**

### Meet Reports:

#### North Island Secondary School Champs:

It was a pleasure to watch our small PCA team who travelled to Palmerston North on Saturday 19th May to represent their schools in the NISS champs. It was lovely to see, and hear, the PCA support even though our swimmers were competing for different teams. A big

thanks to Nevill who kept in touch with our swimmers on the day.

Competing on the day were:

Aotea College: Sophie Wills, Greer Pugh, Georgia Wills  
Hutt International Boys School: Seth Wilson  
Wellington College: Dillon Raimona-Pahetogia

Results:

Dillon (Under 15)	50 Fly	15th
	50 Back	13th
	50 Free	18th
	100 Free	22nd
Georgia (Under 15)	50 Fly	6th
	200 Back	5th
	200 IM	4th
Seth (15 & over)	100 Fly	3rd
	200 Free	17th
	400 Free	12th
Greer (15 & over)	50 Breast	19th
	100 Breast	12th
	50 Back	16th
	200 Breast	4th
Sophie (15&Over)	50 Breast	6th
	100 Back	20th
	200 Breast	3rd
	50 Fly	18th
	50 Breast	3rd
	100 Breast	4th

Well done to all our swimmers – Yvonne Pugh

### Gold Coast – Woollahra Trophy:

This meet on 20 May saw a team of 24 PCA swimmers at Coastlands Aquatic Centre and included two under 12 relay teams.

It was a great effort by all our 24 swimmers swimming 67 individual events and coming out with a total of 44 personal best times.

Well done to James Hughson-Young, Tiora Incze, Isaac Noon, Zaria Phelps, Angelique Powell and Riley Pratt who all completed their first official swim meet, great swimming.

Our two relay teams also swam hard and were Daniel Turetsky, Scarlett Hancock-Lamb, Sophia Ognjeva, James van der Voort, and Alex Campbell Angelique Powell, Felix Thomas, Lucy Campbell.

Thanks to timekeepers stepping up at the last minute.

Janet Thomson – 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.

## 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](mailto: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](mailto:treasurer@swimporirua.co.nz)

## Upcoming Events:

**25 June** – PCA 100m Handicap (SC) – Cannons Creek

**30 June** – Pirates T2 (SC) – WRAC – Entries Close 23 June.

**2 – 5 July** – SNZ Opens – Auckland – Entries Closed 15 July

**4 August** – Raumati T2 (SC) – Coastlands – Entries Close (TBC)

**12 August** – Gold Coast Matson Trophy (SC) – Coastlands – Entries Close (TBC)

## 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
Vice-President (Brent Harris) .....	027-489-1120
Secretary (Janet Thomson) .....	027-442-0961
Treasurer (Murray Pugh) .....	021-247-7730
Race Secretary (Keri Martin) .....	021-150-0063
Squad Liaison	
Junior Squad (Janet Thomson) .....	027-442-0961
Senior Squad (Andrew Wills) .....	021-283-8417
Officials Co-ordinator (Beckie Duffy) .....	027-282-6383
Uniforms (Becky Campbell) .....	021-044-8794
Newsletter .....	e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>