

Nevill Sutton – PCA Head Coach

Sadly Nevill will start cancer treatment for a neck issue at the end of the month. The good news is that his condition is treatable and he has been 'selected' to be part of a trial that will ensure many people will be monitoring his treatment.

As many will know ones resistance is lowered during this type of treatment. Nevill won't be at the pool unless he is really well - he won't be at the Wellington Champs or attend the NZ Short Course Champs. Visiting Nevill will not be an option but texting will be welcome. Nevill will also keep us updated with his progress.

As for our Senior Squad's swimming - it will be business as usual - Nevill will be coaching until his treatment starts. Our plan is that Ben will step in for the morning sessions and we will organise cover for the afternoon sessions with Nevill writing the programmes.

Unfortunately 'it is what it is' - I know all PCA will be wishing Nevill and his wife Jo all the best.

I have appreciated Nevill keeping me informed from day one - as always Nevill has had the swimmer's best interests at heart - but now it is time for him to focus on himself for a while.

Viv Morton
President

Bronagh Ryan:

Bronagh and her partner Jordan are shortly heading overseas.

She intends training in England and we should see her back to competing in NZ down the track.

Bronagh will be missed pool side and especially at events like In-House League where she has been our longest serving and ever encouraging team leader.

PCA wishes Bronagh and Jordan all the best for their travels

Volunteers:

It may come as a surprise to many that most of PCA coaches are volunteers. PCA employs two Professional coaches (Nevill Sutton and Ben Walsh) and pays for their relief coaches when required, and apart from them all our coaches, learn to swim instructors, committee members and officials are volunteers.

PCA is so lucky to have some many passionate people who give their time so freely to the club and our community.

I often wonder how many hours Eileen Adams has given to the club over her 50 years of coaching, as a committee member and in the past club secretary.

Eileen's 50 years makes my 30 years look like a drop in the ocean, then we have a number of people who have been coaching or involved with the club for more than 10 years.

As coaches our reward is seeing children swim well and enjoy our sport.

For me a word of *Thanks* at the end of a session is appreciated, as I am sure it is by timekeepers and officials who do the hard yards at meets.

Viv Morton
President

PCA In-House League

Monday Nights of 24 September, 29 October & 19 November at Canons Creek Pool. 6:00pm Warmup, 6:30pm Start

Entries close Friday 12 September

Three fun nights – open to all club members. This event replaces all club and squad training on those dates

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 24th September – swimmers having a birthday during the series, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a *'have a go attitude'* thinking *'I'll give it a go for the good of the team'*. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who forget or just don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Keri Martin at race@swimporirua.co.nz please include your age as at 24 September in your email.

Wellington Short Course Champs

**Pre-champs team training and meeting.
Wednesday 29 August Te Rauparaha Arena.**

Pre-champs team training will be held, starting at 5.30pm – swimmers are asked to be changed and ready to go at 5:30pm, with a meeting for swimmers and parents at 6:30pm.

All those entering in these Champs are expected to attend.

This meeting will replace the Orcas session at Cannons Creek. All Swimmers are reminded that door charges to the Arena are to be paid.

Protests at Swim Meets:

From time to time Coaches or Parents may feel that one of their swimmers has been disqualified in error. The process to formally question a decision of the referee is to lodge a protest with the referee regarding the disqualification.

The Swimming New Zealand Technical Advisory Committee (TAC) has recently produced a guide to the process for protests at Swim Meets.

The guide is attached to this newsletter and will be available from the SNZ and SWN websites.

The Swim Wellington Regional Technical Officials Panel (RTOP) will use this process at all Swim Wellington Meets.

Parents or Swimmers considering a protest should note the following:

- The protest is to be made directly to the referee who signed the disqualification by the Team Manager or Coach using the Protest Form, with the appropriate protest fee.
- The recorders desk will have a supply of the Protest forms and the form will need to be completed prior to lodging the protest with the Referee.

- Only the referee is to be approached by the relevant Team Manager or Coach about the DQ, it is not appropriate (or allowed) to approach the official who reported the infringement or any other official on Pool Deck. If in doubt talk to the Referee or the Meet Technical Director.
- The \$100 protest fee (or other amount set by the Organising Committee) is to be in cash. The Referee is not able to accept any other method of payment.
- The Referee is not allowed by FINA rules to view any video relating to the protest.
- If you are not happy with the result of the protest you can request the matter be referred to the Jury of Appeal. The Jury of Appeal can request any evidence (including video) relevant to the protest for their deliberations. The decision of the Jury of Appeal is final.

Behaviour at Swim Meets:

While decisions of Referees during a swim meet are usually related to swimmers in events, other attendees at swim meets (Parents, Spectators, Officials etc) are also bound by the rules and Code of Conduct of the Organising Committee, Regional Swimming Association, Swimming NZ and FINA.

The Organising Committee, Meet Technical Director or Referee may issue directions and/or impose immediate sanctions on a person who is considered to be in breach of the local rules and/or Code of Conduct.

The Code of Conduct is available on the Swimming Wellington and Swimming New Zealand Web Sites.

Meet Reports:

PCA team trip to Taupo XLR8 meet:

What an amazing weekend of swimming for our PCA team who travelled to Taupo!

On Friday 8 June and returning Sunday 10 June 2018, a team of 25 Swimmers, travelled with Team Managers and Coach Ben Walsh to Taupo to compete in the XLR8 swim being held at AC Baths. Most of the team travelled together with the Team Managers in minivans with some of our younger swimmers travelling up separately with their parents.

The team included: Ted Callaghan, Lucy Campbell, Anabell Giebel, Leonie Giebel, Jarrod McKee, Carter McKee, Dannielle Rule, Jessica Rule, Faith Siamani, Ariana Tierney, Cody Bennett, Riley Bennett, James Van Der Voort, Anna Wilkinson, Ella Drummond, Lucy Abbott, Millie Abbott, Andre Gaulofoa, Olivia Allen, Sophia Ognjeva, Milla Sutherland, Caleb Sutherland, Jed McLachlan, Campbell Gollan.

Once most of the Team arrived and settled in to their base on Friday afternoon, they then went to AC Baths where they met the rest of those who were travelling separately with parents and completed a light training

session with Ben before dinner which was then followed by an early night.

The next day Saturday was an early start getting up at 6.15am to have breakfast before arriving at the pool about 7.30am. Ben took charge of the Team for a land based warm up then pool warm up. This was a big meet with 350 swimmers attending from all over the North Island.

The morning session finished about 12:30ish and it was back to base for lunch and then some down time to recover, ready for the evening session which started with warm up at 3pm and finished around 8pm, followed by pizza and a special presentation of medals by Ben to all those who had earned them that day. It was a long day for our swimmers, who were extremely supportive of each other all day and a credit to the club.

There was another early start the next day Sunday, as our Team packed up all their belongings after breakfast ready to leave for home after the morning session. The journey home was a little quieter with a stop at McDonalds in Taihape for tea.

Overall it was a fantastic weekend, and great opportunity for our junior swimmers to experience travelling away together and competing as part of a team.

Great results were achieved over the weekend with 25 swimmers entered over 172 individual events; there were 32 new PBs.

Medals and top 10 placings are as follows:

	<i>Bronze</i>	<i>Silver</i>	<i>Gold</i>	<i>Top 10</i>
Lucy Abbott 11yrs	-	3	5	-
Millie Abbott 9yrs	-	2	-	2
Olivia Allen 10yrs	-	-	-	1
Cody Bennett 12yrs	-	-	-	9
Riley Bennett 9yrs	2	1	2	3
Ted Callaghan 12yrs	-	-	-	2
Lucy Campbell 12yrs	-	-	-	8
Ella Drummond 12yrs	2	1	5	-
Andre Gaulofoa 12yrs	-	1	1	3
Anabell Giebel 13yrs	-	-	-	3
Leonie Giebel 11yrs	-	-	-	1
Campbell Gollan 11yrs	2	1	-	6
Carter McKee 9yrs	-	1	-	2
Jarrold McKee 13yrs	2	-	1	3
Jed McLachlan 12yrs	1	-	3	4
Sophia Ornyeva 10yrs	-	-	-	3
Danielle Rule 12yrs	-	-	-	1
Faith Siamani 12yrs	-	-	-	3
Milla Sutherland 11yrs	-	-	-	3
Ariana Tierney 12yrs	-	-	-	3
James Van der Voort 13yrs	-	-	-	7
Jessica Rule 9 yrs	-	-	-	3

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

There are many big thank you's.

To all swimmers for being well behaved, supportive and giving it their all in there races.

Ben "Super" coach who got our kids well prepared heading into this trip and was totally amazing with the children all weekend and kept them motivated.

Team Managers during some of the sessions– Janet and Matt.

Parents for allowing your kids to be part of this trip and for sending lots of delicious baking, for time keeping, for being an IOT and for all your support and cheering over the weekend.

Andy Wilkinson and Watties for donating yummy food, the favourites for breakfast were definately hash browns and tinned spaghetti.

Beckie Duffy for your Facebook posts and photos.

Finally, Janet for putting the wheels in motion and helping plan this trip.

Becky Campbell, Katrina Day, Kirsten Giebel & Sam Bennett
Team Managers

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.

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.

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:

1, 2 and 8, 9 August – Swim Wellington Winter Champs (SC) WRAC – Entries Closed 26 August.

24 September – PCA In-House League (SC) Cannons Creek – Entries Close 12 September

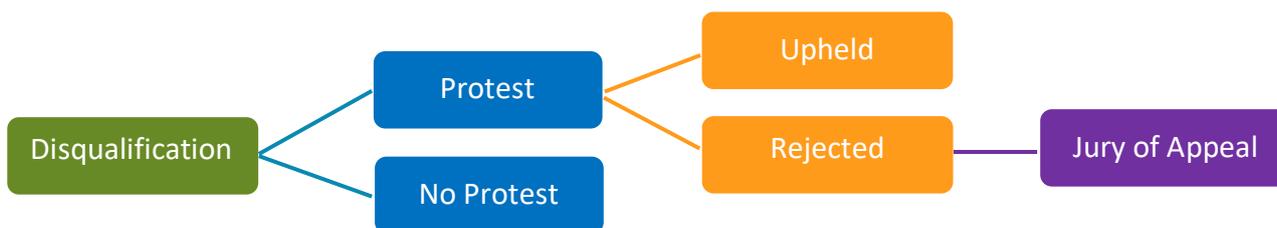
Report of Best Times:

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
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 (Natasha Abbott)	021-154-1378
Senior Squad (Andrew Wills)	021 238 8417
Officials Co-ordinator (Beckie Duffy)	027-282-6383
Uniforms (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz

SNZ PROTEST PROCEDURE



PROTESTS

Protests are possible

- a. if the rules and regulations for the conduct of the competition are not observed,
- b. if other conditions endanger the competition and/or the competitors, or
- c. against decisions of the Referee; however, no protest shall be allowed against decisions of fact.

Protests must be submitted

- a. to the Referee,
- b. in writing on the SNZ Protest Form,
- c. by the responsible team leader,
- d. together with a deposit of NZD \$100.00, and
- e. within 30 minutes of the conclusion of the event in question (at NZ Championship meets this is 30 minutes from the announcement of the disqualification).

* If conditions causing a potential protest are noted prior to an event, a protest must be lodged on those conditions before the signal to start is given.

If the protest is rejected, the deposit will be forfeited to the management body of the competition.
If the protest is upheld the deposit will be returned.

WHAT DO YOU DO IF YOU RECEIVE A PROTEST?

If, as the Referee of a session you receive a protest, the following actions shall be taken:

1. Advise the Control Room of the protest.
2. * Arrange for an announcement that the race/event will be swum under protest, if the protest relates to conditions noted prior to the event.
3. Hand control of the meet over to the other Referee.
4. Review the details of the protest and the disqualification, where applicable, including consulting with the relevant official/s if necessary.
5. Having fully considered the protest, advise your decision in writing to the protestor, being explicit about the reason for your decision.
 - a. If the protest is upheld, refund the deposit.

- b. If the protest is rejected, advise the protestor of their right to have your decision considered by a Jury of Appeal.
6. If the protestor elects to take the matter to the Jury of Appeal, advise the Control Room accordingly, including any requirement to make an announcement that the result is under protest, or to hold publication of results pending resolution the matter.

JURY OF APPEAL

The Jury of Appeal is appointed by the Technical Director of the Meet who will also chair the Jury. It shall consist of 2 other people with in depth knowledge of the rules, preferably nationally qualified Referees not involved in the matter at hand.

JURY OF APPEAL PROCESS

1. The Chairman of the Jury is advised by the Referee of the protest, and is provided with all the relevant paperwork, including a copy of each of the DQ form, the Protest document and the Referee's response.
2. The Jury assembles in private to consider the documents to determine whether there are any grounds for the protest.
3. If there are no grounds, the Jury will dismiss the protest and advise the protestor accordingly, giving a written explanation.
4. If there are grounds, and the Jury requires more information, they may call the competitor, the team manager and/or the relevant officials who were involved in the Referee's decision.
 - a. The official who reported the infraction may be asked to explain the infringement as they observed it.
 - b. If required the Referee can explain the reasons for the dismissal of the protest in the first instance.
5. The Jury will then make their decision, and the Chairman will notify the protestor of the outcome, giving a written explanation.
6. The Referee will also be advised of the decision and notify the Control Room so that any necessary action can be taken on the results.
7. **The decision of the Jury of Appeal is final.**

Note: The Jury cannot reset the incident and charge another competitor with a breach of the rules and thereby disqualify them.