

Changes to Club Timetable:

As from Monday 25 February there will be a new club timetable on Monday and Friday nights.

Sessions will now be at:

- 6:00 pm - no change for these swimmers!
- 6:45 pm - for those who normally come at 6:40 pm.
- 7:30 pm - for those who normally come at either 7:20 or 8:00pm. This session will be one hour.

Our coaches ask that all swimmers arrive on time for their session. Latecomers can be disruptive to a group.

The beginning of this year has seen our numbers explode. Obviously this is great for the club and it is fantastic to see people realise the importance of swimming well.

This new timetable is designed to spread swimmers out, to ensure everyone has their fair share of lane space.

All college age swimmers are to swim in the 7:30pm group.

While it may be convenient for families to keep their children swimming at the same time PCA just doesn't have the room nor is it fair on younger swimmers to share a lane with those at College.

Swimming NZ Div II Competition:

Congratulations to the following swimmers who have qualified and will be representing PCA at this meet to be held in Dunedin from 13 to 17 March.

Lucy Abbott, Lucy Campbell, Jarrod McKee, Ella Drummond, Mia Booth, Greer Pugh, Sophie Wills, Cody Bennett, Andre Gaualofo, Dillon Raimona-Pahetogia, James van der Voort, Jessica McManaway and Seth Wilson.

This is the biggest team PCA has sent to Div II for decades.

We wish our swimmers well.

Also travelling will be Nevill Sutton (coach) with managers Tania Donaldson, Ariella Wilson and Andrew Wills.

You can follow our swimmers as the meet will be live streamed, starting 13 March.

Swim Wellington Talent Identification Squad:



Congratulations to 12 year old Lucy Abbott who has been selected in the Swim Wellington's Talent Identification Squad which is part of SW's 2019 Athlete Development Programme.

The programme offers athletes a chance to attend various seminars on sport related topics that will assist in their development.

Also planned is a trip to an away meet later in the year.

Full credit to Ben for coaching Lucy to this level. Lucy is one of nine 12 and 13 year olds named in the squad.

Cups and Trophies:

Swimmers who won Cups and Trophies last year are asked to return them to Eileen Adams, or bring them along to the club champs.

Those who train at Cannons Creek can leave them on the shelf in the storeroom at Cannons Creek.

Please remember to give them a good clean first !!

Medical Forms:

Squad swimmers were recently sent a medical form to be completed and returned.

To date less than half have been returned. This is very disappointing as PCA feels it is really important for the coach to know of any ailments a swimmers may have.

Please contact Viv if you don't have a form, on president@swimporirua.co.nz

Porirua City Aquatics Div III Meet :

This is a Long course meet – the pool will be set up at the 50m length.

9 March – Naenae Pool – two sessions.

(Usually those swimming in both sessions picnic in the park between sessions)

All clubs are allocated two meets a year on Wellington Swimming's Calendar. Div III is the first one for PCA this year. This is a club fundraiser and it is hoped we will have the biggest team at the meet.

The meet is open to all developing swimmers. Meaning those who have **not** qualified for the 2019 National Div II meet, National Age Groups and/or Opens. Swimmers finishing in top three in any event at SNZ Junior Festival are not eligible either. This means swimmers who you often read about medalling at National and Wellington meets cannot enter. The purpose of this meet is to give developing swimmers a chance to shine, medal and gain finalist ribbons.

It is the PCA's expectation that our National swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website. On-line entries, through SNZ database close on 2nd March.

Porirua City Aquatics Novice Carnival:

24 March 2019 Cannons Creek Pool 1:30pm, warm up for 2:00pm start

Come along and "HAVE A GO" – an introduction to racing

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting newer club members and swimmers who have not raced in three or more zone or interclub events. Swimmers who have qualified to swim at the Wellington Champs may not enter. Events run with in our club for club members

only (race nights, In House league etc) are not counted as meets for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. This is a *timed final* meet, meaning swimmers swim each event/s they enter once, and the times will be collated to rank the swimmers. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard. Entries close on 14th March 2019. It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

Porirua City Aquatics Club Championships:

Sunday 31 March 2019 – Tawa Pool

Club Championships are the premier meet on any club calendar and with the diving ban in place at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metres, Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 31 March 2019.

The club champs will be held over two sessions (1:00pm warm up for a 1:30pm start, then 4:30pm warm up for a 5:00pm start).

Note – this is a shorter break than last year – maybe an opportunity to picnic in the park next door – we are also planning to have a sausage sizzle running.

See the flyer on our website and/or noticeboard for full details.

By hiring the Tawa Pool our swimmers will be able to dive (if they wish) and these championship will be run as an official meet with swimmers achieving 'official times'.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all others participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and

Trophies will be presented at our Prize Giving on Sunday 19th May. (Further details will follow)

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points.

All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, like Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. Many swimmers have been entering meets this way for some time now – it is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on info@swimporirua.co.nz

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified Referee, Judge of Stroke, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin

Meet Reports:

SNZ Junior Festival:

Held at WRAC on 15 to 17 February.

Congratulations to Ben and Steven for preparing our swimmers for this meet – what a fantastic result.

PCA was the top club in the All Stars Region with 2,387 points, well ahead of second placing, SwimZone 1,882 points. Ice Breaker Aquatics from Palmerston North were third with 645.

Swimmers placing in the top ten earned points. Twenty clubs from Dannevirke in the North, to three clubs from the top of the South Island made the points table.

Our mixed relay team, deserves special mention, with a boy and a girl from each age group were amazing,

winning by 25m and lapping two teams on the way – well done Oliver Lei, Sandy Li, Miya Jiang, Cameron Wilkinson, Lucy Abbot and David Zhu.

While there were many excellent swims and huge PB's three Wellington Records were broken at the meet and all by PCA swimmers.

Nine year old Vinne Tat set a new time in 50 fly – her time of 35.09 broke the previous record was 36.02. In the 100 backstroke she swum 1m20.28 broking the longstanding record of 1m22.48 set in July 2000 and Cameron Wilkinson broke the record in 50m for 11yrs old with a time of 31.79. The previous record was 31.87.



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.

Anyone interested in cooking for a night should contact Viv Morton e-mail president@swimporirua.co.nz or phone 234-7071 for further information.

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.

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.

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:

2 March – SZR Hutt Valley Sprints (LC) – Naenae – Entries Closed 23 February

9 March – PCA Div III (LC) – Naenae – Entries Close 2 March

13 – 16 March – SNZ Div II (SC) Dunedin – Entries Close 26 February

24 March – PCA Novice Carnival (SC) Cannons Creek – Entries Close 14 March

30 March – Swim Wellington Tier 1 (LC) WRAC – Entries Close 24 March

31 March – PCA Club Champs (SC) Tawa – Entries Close 24 March

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