

April School Holidays:

There will be no club or squad swimming over Easter Weekend from Friday 19 to Monday 22 April or ANZAC day 25 April.

Club swimming will be held as normal on Sunday 14 and 28 April.

Club night on Monday 15 April and Friday 26 April will be devoted to distance badge swimming only.

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. The club has various ribbons to reward swimmers for the 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 7:00pm.

To help this evening run smoothly Eileen and Viv 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.
- On Monday 15 April our Orcas squad 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 6:30pm.

Tadpoles, Seals, Eels and Penguins

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

Orcas, Sharks and Swordfish have been emailed their holiday timetable

Change of Officials Co-ordinator:

PCA has a new Officials Coordinator.

Nadia Booth will be taking over from Beckie Duffy at the start of April.

Nadia has three swimmers with PCA, Mia in Senior Squad plus Alexia and Ronan in the Junior Squads.

Nadia sorts out volunteers to help run our meets and can be reached at officials@swimporirua.co.nz or 021 077 5903

Meet Warm-ups:

Warm up lanes at meets are usually very full, and swimmers need to display a high level of swimming etiquette to ensure everyone has the opportunity to warm up without interference.

To hear a PCA swimmer was dragged under by another PCA swimmer trying to pass during the warm up, recently was most disappointing.

Trusting all parents will speak to their swimmers about this. If this happens at a meet please bring it to the attention of the coach and/or team manager.

Meet Seating:

At many meets seating is allocated for the swimmers, coaches and team management, with other public area seating set aside for parents and supporters.

While this is ideal for the team, building a team atmosphere and supporting each other, and is great for the management and coaches to have direct contact with the swimmers, swimmers who need to be constantly pulled into line for their behaviour will be asked to leave the area.

Officiating and Other Duties at Swim Meets

As we all know it takes heaps of people to run a successful meet.

From the referees, starter, inspectors of turns, timekeepers, runners, office people, and then there are other duties like refreshments, door and team management. ...the list goes on and on, and remembering prior to the meet another group have taken the entries and organised the officials.

PCA is very lucky to have a number of people who often help out, while others seem to have excuses why they can't assist.

It is PCA expectation that each swimmer entering a meet will provide an official or helper if required.

Obviously we will not need that many helpers for each meet, but everyone must take their turn.

People who continuously refuse to help may find their swimmer/s withdrawn from racing.

Swim Meet Etiquette:

This is just to remind everyone a few important points about pool etiquette, take time to read it – you may learn something, especially if you are new to the sport.

Firstly everyone must be quiet after the Referee has blown his/her whistle and the swimmers are on the blocks for the start of a race. Everyone deserves a fair start, especially the swimmer furthest away from the starter who may have difficulty hearing the starters instructions. Timekeepers also need to hear the instructions so they can be ready to start their watches.

Secondly, no one is to walk about, especially in the starting area after the Referee has blown the whistle at the start of the race. Any movement and/or noise can be off putting and may cause a false start.

Officials do have the swimmers best interest at heart, please respect their requests.

Marshalling is the most important and the most difficult job at a swim meet. Swimmers must learn to listen to the marshal and if they don't they may miss their race. As some meets do not have printed programmes it can be very easy for a chatty swimmer to miss their name and then their race.

Managers, Coaches and Parents are not allowed in the marshalling area, if swimmers are listening to them they are not listening to the Marshal.

Swimmers waiting behind the block for their race should be careful not to get in the way of the officials.

Swimmers should also remember not to leave the pool until the referee has blown the whistle. If electronic timing is being used swimmers must exit the pool from the side and not climb over the touch pads.

At many meets over the top starts are used. At the end of a race swimmer's remain in the water until the next race has started. Those in the water must not chat to others in the water, move or do anything that may distract the swimmer on the block.

If you have a query or cannot follow a procedure or ruling, then you ask your team manager in the first instant, they in turn can refer the query to the Technical

Director or the Referee. No one should leave a meet with an un-answered question.

New Records:

Swim Wellington Summer Champs 19 – 21 January 2019

Club – Long Course

Georgia Wills
15 yrs 50 Fly 30.57 (Gemma Orsman 31.09)
15 yrs 100 Fly 1:09.02 (Deborah Lynch 1:11.16)

SNZ Junior Festival 15 – 17 February 2019

Club – Short Course

Vinnie Tat
9/u 50 Free 32.91 (Suri Sun 33.03)
9/u 100 Back 1:20.28 (Sophie Wilkinson 1:22.67)
9/u 50 Fly 35.09 (Vinnie Tat 36.12)

Cameron Wilkinson
11yr 100 Free 1:04.13 (Sebastian Young 1:04:83)
11yr 50 Back 33.59 (Bronson Lloyd 33.72)
11yr 50 Fly 31.79 (Bronson Lloyd 31.91)
11yr 100 Fly 1:11.97 (Bronson Lloyd 1:12.30)

Swim Wellington – Short Course

Vinnie Tat
9/u 100 Back 1:20.28 (Frances Harley 1:22.48)
9/u 50 Fly 35.09 (Jenna Folston-Larking 36.02)

Cameron Wilkinson
11yr 50 Fly 31.79 (Joel Crampton 31.87)

SwimZone Racing Hutt Valley Sprints 2 March 2019

Club – Long Course

Suri Sun
9/u 50 Free 1:14.70 (Suri Sun 1:17.46)

Lucy Abbott
12yr 50 Free 29.13 (Lucy Abbott 29.32)
12yr 100 Free 1:03.72 (Rachel Maker 1:03.84)

Lost Property:

Can everyone please ensure their club t-shirts, hoodies and togs are named.

After nearly every meet emails seem to fly around chasing up lost or accidentally swapped gear.

A problem that can be easily be avoided if gear was named!

Most pools table lost property left after a meet – a quick phone call to the pool can often sort out gear issues.

Meet Reports:

Wairarapa Champs – 9 February – Masterton:

We had a very small team of 3 swimmers travel across the hill to the Wairarapa Champs this year.

James Van der Voort, Justin Wang and Luke Martin had a great day coming away with almost 100% PB's, as well as a few medals (3 gold, 1 silver, 2 bronze) for their efforts.

Congratulations to Luke for picking up his first NAGs time in 200 Breast and James for qualifying in 200 Free for Div 2.

There were many highlights but our favourite was Justin's fantastic turn in his 50 free, going into the wall in 3rd place and coming out 1st!



Great effort team PCA.

TM - Keri Martin

SNZ Junior Festival – 15 to 17 February:

As mentioned in February's newsletter PCA swimmers achieved outstanding results at this meet.

Individual results have now come to hand and are included at the end of the newsletter.

Congratulations to everyone!

Gold Coast at Tawa - 24 February:

PCA had a small team of 45 swimmers aging from 6 -15 years old and new swimmers competing for the first time.

We had the biggest cheers, achievements and energy. All our swimmers did well in the pool with PB's and smiles.

With the last chance of achieving Div. II times, James Van der Voort led the pack with his awesome 400 meter free race. Then following suit was Lucy, Jarrod, Andre and Dillon. Awesome achievements guys and good luck to all PCA swimmers going to DivII.

We even had our little mini cheerleaders, Carter, Luke, Liam, Travis and Logan cheering on their team mates, it was good to see great team spirit.

And then to finish it off we had 4 brave and strong women do the 200m flying for the first time. There was excitement and energy around these ladies before and after their race. Well done Milla Sutherland, Danielle Rule, Lucy Abbott and Mia Booth it was a joy to watch you swim and then show excitement of completing this particular event.

A big thank you to the officials, volunteers, Keri/Viv for all the background work you do and especially Ben for ensuring all swimmers were well prepared for their races, you have a great connection with the kids and it shows in their racing and this also made our job easier, so you get brownie points from me.

Lastly thank you to our swimmers, it was a pleasure for Michelle and I to team manager you all.

Josie and Michelle
Team Managers

Subscriptions:

The membership year runs from July to June each year.

The subs for 2018/19 are currently:

\$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).

We are expecting these to increase slightly for 2019/20 due to an increase in the Swim Wellington affiliation fees. We are also waiting to hear if Swimming NZ will be increasing their affiliation fees.

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.

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:

30 March – SWN Tier 1 (LC) - WRAC – Entries Closed

31 March – PCA Club Champs (SC) – Tawa – Entries Closed

7 April – Gold Coast (SC) – Coastlands – Entries Close 1 April.

16 – 20 April – SNZ NAG's (LC) – WRAC) – Entries Close 3 April

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 (Nadia Booth)	021 077 5903
Uniforms (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz

SNZ JUNIOR FESTIVAL 15 to 17 February 2019 – Individual Results

	Gold	Silver	Bronze	Top 10	PB
Lucy Abbott (12y)	5	4	-	3	7/12
Millie Abbott (10y)	-	-	-	3	5/8
Riley Bennett (10y)	-	-	-	5	5/7
Alexia Booth (11y)	-	-	-	4	4/11
Travis Carnegie (10y)	-	-	-	1	4/4
Alyssa Dearmer (12y)	-	-	-	-	5/5
Charles Dickison (8y)	1	3	2	1	4/7
Dickison (10y)	-	6	2	1	6/9
Leonie Giebel (11y)	-	-	-	-	3/4
Campbell Gollan (11y)	-	-	2	6	1/8
Kayne Howat (10y)	-	1	1	4	4/6
Miya Jiang (11y)	1	3	2	2	6/8
Oliver Lei (10y)	7	2	-	-	6/8
Jade Lin (12y)	-	-	-	-	5/5
Sandy Li (10y)	2	2	1	2	6/7
Joshua London (12y)	-	-	-	-	1/2
Carter McKee (10y)	-	-	-	2	2/4
Luke McKee (10y)	-	-	-	2	3/4
Liam Phelps (10y)	-	-	-	1	3/3
Joseph Reiher (12y)	-	-	-	1	4/6
Danielle Rule (12y)	-	-	-	2	5/6
Jessica Rule (10y)	-	-	-	-	4/4
Anna Schofield-M (12y)	-	-	-	-	1/5
Jordan Spark (11y)	-	-	-	2	6/6
Madison Spark (10y)	-	-	-	-	5/5
Suri Sun (9y)	1	2	2	5	10/10
Caleb Sutherland (8y)	-	-	-	-	4/6
Milla Sutherland (11y)	-	2	1	8	8/10
Vinnie Tat (9y)	-	4	2	1	7/7
Felix Thomas (10y)	-	-	-	1	3/3
Ariana Tierney (12y)	-	-	-	-	5/7
Cameron Wilkinson (11y)	7	-	-	-	7/7
Sunny Zheng (11y)	-	3	1	2	6/6
David Zhu (12y)	2	-	2	3	4/7