

July School Holidays:

Swimming will be held as normal on Sunday 7, 14 and 21 July.

There will be no club swimming on Friday 12 and 19 July.

Club nights on Monday 8 and 15 July will be devoted to distance badge swimming. Tadpoles, Eels Penguins, Seals, Johnsonville 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 6:30pm.

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 22 July

2019/20 Subscriptions:

The new subscription year starts on 1 July and emails advising each member of the sub due and how to pay this will be sent out the week beginning 24 June.

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	Sharks	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.**

Wellington Talent ID Squad:

Following outstanding swims at National Age Groups PCA's Georgia Wills has been selected for Swim Wellington's Rising Stars Squad.

Congratulations Georgia,

2019 Annual General Meeting and Prizegiving:

PCA's AGM and Prize Giving was held at Te Rauparaha Arena on May 19th. Thank you to all those who came along to show their support to the club.

Our committee for 2019/20 is:

Patron:	Matt Meehan
President:	Viv Morton
Vice President:	Brent Harris
Secretary:	Janet Thomson
Treasurer:	Murray Pugh
Race Secretary:	Keri Martin
Club Captain:	Becky Campbell
Vice Club Captain:	Beckie Duffy
Committee	–Tash Abbott, Nadia Booth, Eileen Adams, Kirsten Giebel, Novia Guo, Jack Lei, Dominique Sutherland, and Andrew Wills.

A vote of thanks was passed, acknowledging the contribution made by retiring committee members - Hamish Gollan, Jeremy Drummond and Matt Hall.

A presentation was made to Eileen Adams and Viv Morton acknowledging their contribution to the club during the year.

Porirua's Deputy Mayor Izzy Ford presented many of the cups and trophies and Martyn Newman-Hall (Manager of Swim Wellington) gave a brief overview of the challenges faced by Swim Wellington.

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 – Georgia Wills

Southern Cross Cable Network Cup – Junior Swimmer of the Year – Lucy Abbott

Pru Young Memorial Cup – Top performance of the year – Vinnie Tat, for breaking a Wellington Record set in 1996.

Personal Best Trophy for making the most improvement over the year in all strokes/distances – Georgia Wills

Time Trial Trophy went to Alexia Booth for making the biggest improvement in 200m freestyle over the year (based on a graduated scale)

The Record Trophy for breaking the most club records – Vinnie Tat

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

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

Nicols Trophies – for sportsmanship, helpfulness, being a good role model, attendance, attitude – the Boys Cup went to Seth Wilson and the Girls to Sophie Wills.

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

Interschool Swimming Sports:

Planning is underway for the local Interschool Swimming Sports to be held at the Cannons Creek Pool.

Mark your diary now!

- Wednesday 28 August Porirua School years 5 to 8.
- Thursday 5 September Parumoana Schools years 5 & 6
- Friday 6 September Parumoana Schools years 7 & 8.

To ensure these sports continue to be as successful as they have been in the past, swimmers should be encouraging their schools to enter at team.

On the day PCA and Dash (the joint meet organisers) will need help to run the meets – help with time keeping, in the office, running, announcing, starting etc – all those things that need to be done to ensure the meets run well.

Swim Wellington Door Entry Cards:

These black door entry cards are issued by the club to swimmers competing at meets at WRAC or Swim Wellington Meets held at other pools.

Although these cards should be 'treasured' and kept in a safe place, at times PCA's race secretary is asked to issue replacements, and often to repeat offenders.

From now on replacement cards will incur a \$10.00 administration fee. Payment is to be made in cash when the replacement is collected.

What to do when Swimmers arrive at a meet:

Swimmers arriving at a meet, whether they are on time or a bit late, should in the first instance

- report to the team manager who will be in PCA's seating area.
- find a seat and drop their bag
- go to, or join in the dry land warm up
- follow the coaches instructions regarding the pool warm up

Parents are not to sit with the team. If space allows they can sit behind the team. For Championship meets Swim Wellington will circulate a seating plan with allocated areas for spectator seating.

Updating Contact Details:

Swimmers who move house and/or change their contact details are reminded that they must update their details on the SNZ database, please also send an email to info@swimporirua.co.nz that you have changed your details.

Meet Reports:

Capital Medley Meet 8 June at WRAC:

Sixty six swimmers represented PCA at this meet.

For many it was the first time swimming WRAC (Wellington Regional Aquatic Centre) and although some were nervous they all did really well. PCA achieved 32 new times and 107 short course personal best times.

Those who left the meet early missed seeing the excitement of the 50m 'Skins' races. Well done to Jarrod, Lucy C. and Greer for their efforts. Jarrod could

have done better if he knew how to swim ballet backstroke - ie backstroke with one leg held out of the water with toes pointed! Likewise the girls could have been stars if they followed up their one length under water with an improved chicken wing swimming technique!

Congratulations to Suri Sun and Charlie Dickison who broke Wellington records in the 9 and under age group for 100m freestyle. Suri with a time of 1m10.17 (previous girls record was 1m11.48) and Charlie's time 1m.08.66 took .07 seconds off the boys record.

Well done to Nathan Hu, who was the top points scorer in the boys 10 and under age group, while Vinnie Tat was first equal with Genaya Baker (SZR) for the girls 10 and under.

Learnings from this meet were:

- Parking was limited with many arriving late and missing the dryland warm up. This is a seasonal problem at WRAC with Winter Sports played on the adjoining Kilbirnie Park. Obviously this needs to be factored into travelling times.
- Swimmers are reminded they must sit with the team. Those who choose to sit with their parents made it very difficult for the managers when it was time to send them to the marshal. PCA does not expect managers to go hunting for swimmers. A similar issue - if swimmers choose to go for a walk, go to the bathroom etc, they should tell the team managers.
- Devices can be a great form of entertainment and also a distraction, as one swimmer found out when he missed his race!
- The PCA coaches run the warm up at any meet. Parents should not be 'assisting', and must stay in the seating area and off pool deck. Health and Safety during the warm up is the coaches and organisers responsibilities.
- Parents and swimmers are not to sit on the stairways. These need to be kept clear in Health and Safety reasons.

A big thank you goes to the parents who were sitting behind the team and were asked to move to free up space for the swimmers. Although it was disappointing to see other parents fill those vacant seats!

Also a big thank you to our three managers – Michelle, Nadia and Fenli, coaches Nevill, Ben and Jack and all those who officiated.

PCA Race Night 14 June Cannons Creek Pool:

Sixty two swimmers took part in Race Night and it was great to see all the happy faces proudly receiving personal best time ribbons.

The meet provided an opportunity for swimmers to learn race rules. Those receiving a correction form should discuss these with their coach. In an official meet these swimmers would have been disqualified for their infringement.

While the meet was a new experience for the swimmers, it was also a new experience for many timekeepers. Congratulations to the two lanes who achieved the nearly impossible with all three people recording the exact same time! Your chocolate fish was truly deserved!

A big thank to those who helped to run the night, the timekeepers, all the officials and admin 'staff' and especially the squad swimmers who came along to help out and 'give back' to the club, and the many people who didn't have children swimming but provided the experience to run the meet.

Those who enjoyed Race Night should be looking at the Gold Coast Meets as the next step in the competition pathway.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$195.00 for club members. That is, those who swim in the Eels and Tadpoles squads and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$150.00 for squad members, being those in the Senior squad, Orcas, Sharks, Swordfish, Seals, Penguins and those who swim in PCA's Johnsonville squad.

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.

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.

A limited supply of club togs are also available. They are produced by Spank and are black with PCA logo on them.

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:

24 June – PCA 100m Handicap – Entries Closed

29 June – Pirates T2 Meet WRAC – Entries Closed

27 July – SWN Long Distance (SC) Coastlands – Entries Close 21 July

Note: This is a Championship Meet. 800 and 1500 events will not be held at the Wellington Winter Champs Aug/Sept. Open to swimmers 12 years and over. Those who don't have a time for these events may enter providing they have a 400m qualifying time - refer to the flyer for details.

3 August – Wellington Relay Championships (SC) WRAC.

PCA will select teams for this event.

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)021-283-8417
Officials Co-ordinator (Nadia Booth)021-077-5903
Uniforms (Becky Campbell)021-044-8794
Newsletter e-mail info@swimporirua.co.nz