

Respect, Teamwork, Excellence:

Three words that appear on every Swim Wellington flyer. Three words that Swim Wellington hopes everyone involved in swimming in the region aspire to.

PCA wishes to bring these three words into our club culture by developing "Values" that all our swimmers, parents and supporters can aspire to.

Work has already begun on this and shortly some of swimmers will be asked to contribute their thoughts to our charter.

Asthma Information Evening:

Tawa Swimming Club have extended an invitation to PCA parents to join them to hear Anne Couper, an Asthma Foundation Nurse Educator, talk about swimming with asthma. Anne recently gave an informative talk at the New Zealand Swim Coaches and Teachers Assn conference.

The date is Thursday 31 October 6.15-7.45pm at the Tawa Swimming Clubrooms. Tawa SC's intention is to have a parent's session from 6.15-7.15pm with Tawa swimmers joining them, after training from 7.15-7.45pm.

Swimmers are also welcome to attend for the duration. There is no charge.

Being a mother of an asthmatic swimmer, what a kind invitation!

If you intend going, just turn up, but please email me and I can keep you informed if plans change.

Viv, email [president@swimporirua .co.nz](mailto:president@swimporirua.co.nz)

Senior Squad Warm-ups:

PCA's expectation is that Senior Squad swimmers will commence their warm up / skipping etc at 5pm in accordance with the squad's standard routine - whether or not the coach is present.

In addition, older swimmers should mentor newer squad members by carrying out the warm-up in a manner that correctly demonstrates the routine.

Another PCA Success:

Great news, we have just received advice from the NZ Community Trust that PCA's funding grant application has been successful.

This money will go towards term four's pool hire.

A big thank you goes to NZCT.



Diving Practice:

For those entering the Wellington Junior Champs (Dec 14 & 15) PCA have hired two lanes at the Arena for diving practice.

Ben Walsh will run the sessions that are open to squad and club swimmers who are entering these Champs.

Swimmers will be required to pay the pool door entry charges.

Saturday 30 November
8 am to 8.45am Sharks and Orcas
8.45 to 9.30 am Swordfish, Penguins, Seals and club swimmers

Saturday 7 December
8 am to 8.45am Swordfish, Penguins, Seals and club swimmers
8.45 to 9.30 am Sharks and Orcas

Coaching Fees:

Just a reminder that term coaching fees are due for this new term for swimmers in the Penguins, Seals, Eels and Tadpoles.

Other squads (Swordfish, Sharks Orcas and the Senior Squad) should be paying their coaching fees monthly. If you have a query about fees email president@swimporirua.co.nz or ring Viv 2347071.

Learn to Swim:

PCA's next course of seven lessons learn to swim lessons at the Cannons Creek Pool will begin on 3 November 2019 and finish on 15 December 2019. Swimmers must be at least five years old and 1.1m tall.

Classes begin at 9.30am and 10am. EVERYONE IS WELCOME. The cost is \$45.00 (cash or cheque – no eftpos). Enrolments are taken on the first day.

Distance Badges:

A number of swimmers took on the challenge during the holidays to swim for distance badges. Those who completed up to 1500m (60 lengths) received a ribbon, while others went on the swim 1K (40 lengths) for a time.

The club has a range of ribbons that can be achieved for the time swum.

Those to achieve 25m, 50m, 100m, 200m, and 400m were Lily-Ann Alderson, Peter Aung, Annabel Dick, Emma Harrison, Courtney Higham, Tamarua Kafatolu, Wade Kafatolu, Isabelle Lister, Tamara Nguyen, Abigail Parker, Pippa Percey, Elise Siwalette, Joshua Siwalette and Noah Watson

The following swimmers achieved the above and then swum more! Lily Alderson, Emma Harrison, Courtney Higham, Tamara Nguyen, Elise Siwalette, Joshua Siwalette all swum 800m. Peter Aung, Isabelle Lister and Jonathon Khinle, Noah Watson swum both 800m and 1500m Taylor Weepu swum 400m, Marios Duncan 800m while Stephanie Alataua, Logan Simmons, Eunacee Kopa, Keira Weepu swum 1500m.

Swimmers establishing a time for the 1K swim were Mererahi Gardiner, Kirakahurangi Gardiner, Eunacee Kopa, Noah Watson

Those to receive a ribbons were:

- Under 24 minutes Rougan Duncan, Alia O'Shaughnessy,
- Under 20 minutes Xian Duncan, Jordan Spark, James Willets
- Under 18 minutes Madison Spark, Ariana Tierney, Brodi Tierney

Congratulation to all these swimmers and a big thank you to those who counted the lengths and took the times.

Have-a-Go Race Night:

Cannons Creek Pool.
Friday, 29 November 2019
6:00pm warm up, 6:30pm start

Note: Maximum of 3 swim per swimmer.

Race night is open to all our club members, including those who swim on Friday and Monday nights, Sunday morning and/or Tadpoles, Eels, Penguins, Seals, Swordfish and Sharks squads.

Entries are taken on the night. This meet is not about winning - it is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as entry times for other meets.

Because of race night Eels and Penguins training will be cancelled. Sharks training will be held as normal, although these swimmers are welcome to join race night after training – 200m medley is on the programme as event 1, especially for Sharks and who may like gain valuable medley racing experience.

Any queries, please speak to your child's coach or email president@swimporirua.co.nz

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing.

Meet Reports:

NZ Short Course Championships October 2019

PCA had one of it's larger teams head away to Auckland, to the New Zealand Short Course Championships on Monday 30 September for five days of top line racing from Tuesday the 1st of October until Saturday the 6th.

The team consisted of Lucy Abbott, Mia Booth, Ella Drummond, Luke Martin, Jarrod McKee, Dillon Raimona-Pahetogia, Bronagh Ryan, Sophie Wilkinson, Georgia Wills and Sophie Wills.

There was some great racing with everyone putting in their best efforts and a collective total of 5 age group medals and two open medals being won.

The NZ Short Course event has a format where all individual age group racing is held during the morning with the open finals in the evening. The number of finals in each open event in the evening is determined by how many swimmers in total swam that event in the morning sessions and is not based on age. So in theory a 13 year old if they are fast enough, can get to race in one of these finals against swimmers much older with some aged in their late twenties or even older. It can be a great achievement for the younger swimmers just to qualify for the evening sessions. Generally there is always a Top Open "A" final with a "B" Final for those ranked 11th to 20th and if enough swam the heats a "C" Final for those ranked 21st to 30th.

The individual morning result placings and Open Evening result placings for those that qualified are listed in the table below.

Louise Wills and Andrew Wills
Team Managers

A big Thank you to Louise and Andrew for Managing this team, remembering they were cooks, the drivers, pool side managers and did all the other jobs required when you are away for six days.

Also thank you to Nevill Sutton for his coaching and all the help he gave the team.

Viv Morton - President

Individual Age Group Results (Open Heat) - Morning Sessions

Swimmer	Event	Gold	Silver	Bronze	Placing
Lucy Abbot	200 Free				13
(Age Group Medals)	50 Fly				6
	200 IM				6
	100 IM				4
	50 Free		X		2
	100 Fly				9
	100 Free				5
Mia Booth	100 Back				16
Ella Drummond	50 Breast				12
	100 IM				23
	200 Breast				11
Luke Martin	100 Breast				16
	50 Breast				13
	200 Breast				10
Jarrold Mckee	50 Breast				12
	50 Free				11
Dillon Raimona-Pahetogia	50 Fly				10
	100 Back				22
	100 IM				19
	50 Free				8
	100 Free				11
	50 Back				9
Bronagh Ryan	100 Breast				1
(Opens)	200 IM				7
	50 Breast				1
	50 Back				6
Sophie Wilkinson	100 Back				17
	50 Back				19
Georgia Wills	50 Fly				10
(Age Group Medals)	200 IM				6
	100 Back				19
	100 IM				7
	400 IM		X		2
	100 Fly				6
	200 Fly	X			1
Sophie Wills	100 Breast				13
	50 Breast				11

Individual Open Results - Evening Sessions

Swimmer	Event	Gold	Silver	Bronze	Placing
Lucy Abbott	50 Free				22
Bronagh Ryan	100 Breast		X		2
	50 Breast			X	3
	50 Back				17
Georgia Wills	200 IM				23
	100 IM				18
	400 IM				18
	200 Fly				17

Dolphin Carnival:

Millie Abbott attended the Dolphin Carnival at Makino Aquatic Centre on Sunday 13 October.

Millie achieved 2 PB's at this meet, with an amazing improvement of 18.70 seconds in her 200IM, achieving a Wellington Junior Champs time. She placed 1st for 200IM, and 3rd for 50Fr in her age group.

This was a great meet, and would highly recommend signing up to the upcoming trip to the meet in November.

In House League:

'No shows' (people not turning up) proved to be an issue at league on 21 October. This affected all age groups and all teams. Two teams had no swimmers, 8 years and under and as everyone knows - empty lanes equates to no points. Did people just forget? A big thank you to those who did advise they had a clash or were sick.

Those who were there had a great time – there was lots of noise, lots of team work and lots of strategic racing!

Team One are winning with a reduced lead of 436 points. Teams 2 and 5 are very close on 409 and 404 respectively. Team 6 is 4th 371, Team 4, 5th 359 and Team 3, 6th 337.

A big thank you to the team leaders for organising and encouraging their swimmers, and to all the helpers, officials and administrators.

Mark your dairies now for the final meet on 18th November.

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.

Duty Roster:

The club is also looking for volunteers to staff the desk on Monday and Friday nights at Cannons Creek.

You will need to report at 5:45pm to set up for a 6:00pm session start and stay until the start of the final session (8:00pm on Monday, and 7:20pm on Friday).

Those interested should contact Dominique Sutherland by e-mail at dominique@itroom.co.nz.

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:

2 November - PCA Hardcore (LC) WRAC - Entries Closed

16 November - Capital Classic (LC) WRAC - Entries Close 10 November

17 November - Feilding ASC Spring Carnival (SC) Feilding - Entries Close 1 November

18 November – PCA In House League (SC) Cannons Creek

24 November – Gold Coast Ribbon Carnival (SC) Coastlands – Entries Close 17 November

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
Johnsonville Squad (Novia Guo)021-869-669
Officials Co-ordinator (Nadia Booth)021-077-5903
Uniforms (Becky Campbell)021-044-8794
Newsletter e-mail info@swimporirua.co.nz