

Porirua Sports Awards:

Congratulations to Eileen Adams winner of the Service to Sport category at the Porirua Sport Award dinner held this month.

We all know what a wonderful job Eileen does at club, coaching club sessions on Monday and Friday nights and Sunday mornings, plus teaching Learn to Swim on Sunday mornings. Not many people know she was the club secretary 30 years and is currently on the committee.

It would be impossible to know how many children she has taught in 50 years and how many lives she has influenced. When people return to club with the next generation that is a measure of the respect families in our community have for her and her work in the community.

Eileen made a lovely speech recognising Tom Sutherland and others who set up the club when the Cannons Creek Pool was built in 1968.

An award truly deserved. Congratulations Eileen.



Family Fun Night:

Monday 9 December 2019
6:00 pm warm for a 6:30pm start.
Cannons Creek Pool

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one immediate family)
- friends relays
- novelty events
- width kicking race for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part.

Apart from the 50m sprint, all other events are for non-swimmers. If you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

We Need Your Help!

Looking ahead to 2020 PCA's annual Novice Carnival will be held on 8th March at Cannons Creek.

At our Novice Carnival we always give swimmers a small Lucky Lane Prize, to add to their excitement at swimming in their first meet. Gifts have included donated/sponsored books, drink bottles, toys, stationary, pens, food items etc.

If you have contacts and/or could come up with some suitable gifts, PCA would love to hear from you.

Please contact Viv or email president@swimporirua.co.nz

Do you have a query?

Those with a query about entering meet, race results, club and regional records should contact our race secretary, Keri Martin on race@swimporirua.co.nz in the first instant. If Keri does not have the answer then SHE will make further enquires. Often we hear about people contacting other clubs and/or swim Wellington with a query when Keri has already sorted it or has the answer.

Important Dates:

Club Lane Swimmers:

9 December – Family Fun night

Final swimming sessions

Friday 13th

Sunday 15th

Monday 16th

Club sessions resume – the week beginning Monday 27th January 2020

Junior Squads:

Friday 13th - Orcas, Sharks, Swordfish Seals, Penguins, Eels and Tadpoles – all finish this week.

Seals, Penguins, Eels and Tadpoles resume the week starting Monday 27th January 2020.

Senior Squad - last session will be the morning session on December 24th.

Seniors, Orcas, Sharks and Swordfish can expect an email during December with their January timetable/sessions.

Thinking ahead to 2020:

An opportunity for club swimmers to swim with Ben in the Tadpoles.

Vacancies exist in the club's Tadpoles group for term one 2020.

The Tadpoles is a technique group coached by Ben Walsh, on Friday nights from 6.15 pm to 7 pm

Criteria swimmers must be:

- at least 7 and a half and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.

General

- The cost of Tadpole's coaching is \$30.00 for the term.
- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of PCA's Junior squads or continue to swim in the volunteer coaches lanes.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, by phone 2347071, or email president@swimporirua.co.nz

Hardcore Meet:

Everyone involved in our Hardcore meet on 2 November at Kilbirnie Pool should give themselves a pat on the

back. The meet ran very smoothly with no technical problems, thanks to the team in the office and all the officials on pool deck.

The food was fantastic – thanks to all the wonderful cooks we have in PCA. There were many, many compliments about the food!

192 swimmers took part in the meet, representing all Wellington's Competitive clubs plus teams from Masterton, Dolphin and Ice Breakers clubs.

PCA's team of 57 did well, with many PB's. For some this was the first time they had raced in a 50m pool - a huge learning curve in itself.

At the end of the meet there were four lucky draws for \$50 cash. To be eligible swimmers had to be at pool and had swum three races. Between the drum rolls and excitement Vinnie Tat, Cody Bennett and Dannielle Rule (all from PCA) and Amelia Gilbert from Pirates all went home \$50 richer, while Cody's mum Beckie won the officials raffle.

Thank you everyone – especially those not mentioned already including the coaches and managers, the recorder, announcers, refreshment ladies and those who did the organisation prior to the meet.

Meet Reports:

Central North Island Champs:

Travis Carnegie attended the Central North Island Swim Champs at the Rotorua Aquatic Centre over 3 days at Labour Weekend.

Friday night started with the 50m events, all timed finals, then Saturday and Sunday were the longer events, with heats in the mornings and finals in the evenings.

This was his first meet with heats and finals.

He competed in 8 Events, achieved 7 PB's and 7 top ten places. He made 3 finals, the 200IM, 100m and 200m Breast Stroke. In the 200IM he had a slow heat going over his previous PB by 2 secs, but turned it around in the final to beat his heat time by just over 7 secs. His swim of the meet would have to be the 200m Breast stroke, where in the heat he did a new PB of 4.5 secs, then did another PB in the final taking off another 4.5 secs.

Travis really enjoyed this meet and came away with a huge smile on his face.

Kiwi West Junior Carnival (Palmerston North):

KiwiWest held their Junior Carnival Meet on 3rd November

Lucy Abbott attended this meet, and did really well, securing herself a spot in the 50 Free Skins female race for the 3rd year running. This is where the top 6

swimmers in 50 free race it out with a 1-2 minutes between each race, with the slowest 2 dropping out after each race.

Lucy maintained her stamina and her place as top female in 50Free at the meet, winning the female skins race and representing PCA proudly.

This meet capped off a great week for Lucy - she was named Junior Swimmer of the Year at Sacred Heart College in Lower Hutt. Congratulations Lucy!

In-House League:

Team one was the stand out team in this year's competition, establishing a good lead at the first meet, a lead that was whittled away in the next two meets. In the end they won by just 11 points.

A huge Thank You goes to the team leaders for their patience, leadership and guidance shown sorting their swimmers into their events. Clearly Team one were a team who wanted to win putting together a chant at the last meet and giving their swimmers plenty of vocal support.

Thanks to the officials, judges, recorders etc – Where would we be without organised, passionate people? You are truly appreciated.

Thanks especially to Terry Laws who was roped in at the last minute to referee when Brent was tied up with work, and to Murray Pugh who was stuck in town with the train issues and resorted to taking a taxi out to ensure we had an announcer.

The club also took the opportunity, at the final meet to make a floral presentation to Eileen to recognise her recent award, and to present our New Short Course team with their team towels – it is traditionally that PCA gives those who represent us at National Meet especially embroidered towels.

Results:

First place 613 pts. teams one. Leaders, Emilee Wilkinson and Jessica McManaway.

Congratulations to Rahat Sharma, Taylor Weepu, Charlotte Cripps, Dylan Hutchison, Lily-Ann Alderson, Merearihi Gariner, Travis Carnegie, Iliana Andrews-Kidd, Stephanie Alataua, Carter Mckee, Tait Judd, Xiah Duncan, Liam Phelps, Joe Reiher, Cody Bennett and James van der Voort.

2nd Team 2 602 pts. Leaders, Luke Martin and Dillon Raimona-Pahetogia. Well done to Mackenzie Carnegie, Tirakahurangi Tongia, Ronan Booth. Matilda Smith, Joshua Siwalette, Tilly Fife-gits, Felix Thomas, Noah Watson, Luke McKee, Alex Stowell, Peter Aurg, Nala Trist, Holly McManway, Juan-Jose Zuluaga, Isaac Jones, Alyssa Dearmer, William Hall, Ethan Jones and Henry Wong.

3rd Team 5 568 pts. Leaders Greer Pugh, Dannielle Rule. The team Elise Siwalette, Courtney, Zaria

Phelps, Asher Thomas, Tamara Nguyen, Keira Weepu, Rogan Duncan, Logan R-P, Eunecee Kopa, Chloe Trist, Millie Abbott, Shiv Sharma, Campbell Gollan, Lailah Beckman, Lavina, Mia Booth, Mai Becher and Satine Donkin.

Team 6 was 4th 515 pts, Team 4 5th 510 pts, Team 3 6th 484 pts.

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.

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.

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:

24 November – Gold Coast (SC) Coastlands – Entries Closed

29 November – Have-a-Go Race Night (SC) Cannons Creek – Entries on Night

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

14 – 15 December – Swim Wellington 12 and Under Champs (SC) WRAC – Entries Close 8 December

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