

### Beh Walsh's Farewell

PCA will be holding a farewell for Ben at the Cannons Creek Pool on Sunday 1 March from 3:00pm to 4:30pm.

Swimmers can bring their togs for a fun swim, and each family are asked to bring a small plate of finger food for afternoon tea.

We look forward to seeing you along.

### Club Values:

The committee at its meeting on 13 February discussed and approved the values statements that were put together at the members meeting on 9 February.

Our values are important and help to describe our expectations of everyone within the club

The values and explanation of each is attached at the end of this newsletter.

A huge thank you to Murray Pugh for co-ordinating this work, leading the discussions and creating the documents.

### Thank You – Pelorus Trust:

Receiving news that the club has been successful with a grant application to the Pelorus Trust is certainly a great way to start the year.

The money will go toward pool hire for term one.

A big *Thank You* goes to the Pelorus Trust.



### Swim Wellington 2020 Athlete Development Programme:

It is great to see three PCA's swimmers have been selected in Swim Wellington's 2020 Development Programme.

Congratulations to Lucy Abbot and David Zhu who made the 2020 TID squad of thirteen swimmers while Bronagh Ryan is one of fourteen swimmers in the Performance Squads.

Congratulations also to their coaches Nevill Sutton and Steven Zhu.

### New Records:

Congratulations to the following swimmers who have achieved new records in the past month.

### Swim Wellington Summer Champs 18 – 20 January 2019

#### Club – Long Course

Lucy Abbott  
13yrs 100 Free 1:00.74 (Lucy Abbott 1:01.30)  
David Zhu  
13yrs 200 Fly 2:29.68 (Zachary Young 2:28.29)  
*Zachary Young set his record on 21 January 1994*

### Found:

A Geonate watch with a blue strap was left at the pool towards the end of 2019.

If this is yours – see Viv.

### Cups and Trophies:

Would those who were presented with Cups and Trophies at last year's prizegiving please give them a really good clean with Silvo or a similar product and return them to Eileen Adams as soon as possible.

### Junior Squad Coaching:

To date we haven't found a suitable replacement for Ben.

As we continue advertising, shoulder tapping in our search, we have put together a great team to cover the coaching.

Todd Morton (Manager of Easyswim Swim School, and past competitive swimmer) will take Monday and Friday and the first groups on Tuesday and Thursdays.

Nevill Sutton, PCA's Head Coach will take the Tuesday and Thursday groups from 4.30pm.

Dennis Smith will take the Wednesday groups.

For continuity and as to not disrupt the swimmers preparation Ben will be writing the programmes through to Junior Festival.

PCA is extremely grateful to Todd, Dennis and Nevill for re-arranging their lives for the benefit of our Junior Squads.

### Tog Box Initiative:

The Porirua East School was the first school to benefit from togs donated in the black 'Tog Boxes' seen at many pools.

Through this Water Safety NZ project it is hoped the lack of owing togs will not be a barrier to children learning to swim.

Eileen and I were invited to the presentation and it was great to all the happy faces receiving their togs, caps and goggles.

A big thank you goes to those who have donated their unused togs.

Viv Morton  
President

### Porirua City Aquatics Club Champs:

Sunday 29 March 2020 – 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 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool in Sunday 29 March 2020, over two sessions (1:00pm warm up for a 1:30pm start, then 4:30pm warm up for a 5:00pm start). Last year many people picnicked in the park during the break – 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 24 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 Strokes, 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

### PCA's DIV III Meet:

Mark your diaries now!

PCA's Annual Div III meet will be held on Sunday 26 April at the Tawa Pool.

Session one 9:00am warm up for a 9:30am start.  
Session two 1:30pm warm up for a 2:00pm start.  
This meet is targeting developing swimmers.

Those who place in the first three in any event at Junior Festival or those who have qualified for Div II, NAGs or Opens may not take part...leaving a clear path for us to see others on the podium.

Further details will follow.

## Meet Reports:

### Gold Coast Meet - 16 February - Tawa Pool:

PCA's team at this meet was made up of 58 swimmers.

For many it was their first meet, while others were trying new events and/or trying to qualify for National Meets.

The personal best trophy went to the Otaki Titans with 71% of their swimmers achieving best times. Tawa was 2<sup>nd</sup> on 58% closely followed by PCA with 55%.

While there were many outstanding swims, probably the most unlucky person on the night was Charlie Dickison who swam well under the Wellington record in the boys 9 years and under 100m medley only to be Disqualified for being fully submerged at the end of the backstroke leg of the race – something all swimmers can learn from.

Fortunately, with Charlie not turning 10 until August he has plenty of time to re-write the record book.

A big Thank you goes to our team managers Anne, Karen and especially Michelle for her delicious cupcakes, beautifully decorated in club colours.

Thanks also to the coaches and all the officials for ensuring this meet was a success.

## 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 prorated 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](mailto: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 Matthew Hall by e-mail at [matthewhall@xtra.co.nz](mailto:matthewhall@xtra.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](mailto: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](mailto: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](mailto:treasurer@swimporirua.co.nz)

## Upcoming Events:

**29 February** – Tawa Long Distance (SC) – Tawa Pool – Entries Closed

**7 March** – Swim Wellington Tier 1 (LC) – WRAC – Entries Close 1 March

**8 March** – PCA Novice Carnival (SC) – Cannons Creek – Entries Close 1 March

**13 – 14 March** – SNZ Junior Festival – All Stars Zone (SC) – WRAC – Entries Closed

**28 March** – Karori Pirates T2 Meet (LC) – WRAC – Entries Close 23 March

**29 March** – PCA Club Champs (SC) – Tawa Pool – Entries Close 22 March

**31 March – 3 April** – SNZ Opens (LC) – Auckland – Entries Close 10 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](mailto:race@swimporirua.co.nz) and they will be sent back to you.

## Club Contacts:

President (Viv Morton) .....	04-234-7071
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 (Janet Thomson) .....	027-442-0961
Johnsonville Squad (Novia Guo) .....	021-869-669
Officials Co-ordinator (Viv Morton) .....	04-234-7071
Uniforms (Becky Campbell) .....	021-044-8794
Newsletter .....	e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>