



**Pukekohe Amateur Swimming Club
Incorporated
P O Box 60, Pukekohe 2340
www.pukekoheswimmingclub.co.nz**



Hi all

An update after the September monthly meeting:

CONGRATULATIONS

GOOD LUCK TO LIANA SMITH, COMPETING AT THE N. Z. AGE GROUPS SPRINGS CHAMPS, 26TH-30TH SEPTEMBER, NOW IN WELLINGTON

FRANKLIN VOLUNTEER AWARD NOMINATIONS: Debbie Walsh, Sandra Sutcliffe

SPARC VOLUNTEER COACH NOMINATION: Deb Mahony

(3) N. Z. Junior Champs, 19th-20th February 201, Henderson: Mackenzie Lambert, Brandon Nicholls, Dylan Petherick.

(12) N.Z. Age Group Champs, 1st-5th March 2011, Wellington: Tristan Cheyne, Ashley des Landes, Kirsty des Landes, Dillon Logan, David Mountfort, Jordan Smith, Liana Smith, Aidan Stehbens, Jacob Sutcliffe, Cody White, Trent White, Trey Withers.

(18) N. Z. Div 2 Champs, 16th-19th March 2011, Christchurch: Joshua Boulton, Kristy Brown, Abi Chapman, Bradley Cheyne, Benjamin Cleland, Joshua Cleland, Caitlin Elborough, Erin Evans, Maddison Farrell, Jessie Hirst, Phoebe Kempton, Mackenzie Lambert, Amber Piggott, Emma Ruiterman, Louise Ruiterman, Ishaan Singhal, Courtney Walsh, Mitchell Yeager.

(2) N. Z. Opens Champs, 3rd-8th April 2011, Auckland: Ashley des Landes, Liana Smith.

TREY WITHERS

The club wish to thank everyone who have helped out with donations. We wish Trey a speedy recovery.

WINTER LEAGUE RESULTS

Congratulations to all the swimmers who competed in the Dolphin and Counties Winter Leagues this year. Some very exciting races! The final results are:

DOLPHIN: 1st HPK High Voltage; 2nd PUK Panthers; 3rd HPK Mirage; 4th HPK Speed Demons; 5th HPK Major Trouble; 6th MRE Mako's; 7th PUK Pythons; 8th MAN Blind Side; 9th PPT Dragons; 10th PUK Pumas; 11th HPK Electric Eels; 12th PPT Bulldogs; 13th MAN Avatars; 14th PUK Piranhas; 15th MAN Titans; 16th PPK Kura Jets; 17th PPT Knights; 18th MAN Dragons.

COUNTIES: 1st PUK Seals; 2nd HPK Venom; 3rd PPT Boys; 4th PUK Sharks; 5th PPT Girls; 6th HPK Storm; 7th PUK Dolphins; 8th HPK Waverunners; 9th PPT Ollie; 10th PPT Mixed.

SPONSORS

SUPPORT OUR LOCAL BUSINESSES THAT SUPPORT US – PUKEKOHE PHYSIOTHERAPY; PUKEKOHE FAMILY HEALTH CARE, FAWTHROP TIMBER PRODUCTS, HARDSTAFF GLASS, O2SWIM, THE MAD BUTCHER, STIRLING SPORTS, TOP OF THE TOWN BOOK EXCHANGE AND ENGRAVING.

STIRLING SPORTS/SWIMMING GEAR

Stirling Sports (ex Sportsworld) Pukekohe offers members 10% discount to all club members with a further 5% going directly to the club.

Every swimmer is to have their own swim gear for training. Flippers are a requirement for trainings; these can be purchased from Stirling Sports where members get a 10% discount with a further 5% going directly to the club.

SWIMMING N.Z. COMPETITIVE REGISTRATION FEE

The 2010 - 2011 Swimming N. Z. Competitive registration fee \$80.50

Each swimmer that wishes to compete at swim meets is required to be registered as competitive. The registration fee is from July 1st – 30th June the following year. This fee goes to Counties Manukau and Swimming New Zealand so swimmers can be put onto the database. Some of the money is allocated to our regional body and some to Swimming N. Z. (SNZ) for swimming initiatives and funds for our top athletes. **If you want to compete in meets outside of the club, you will need to pay the N.Z. Registration Fee.**

REGISTRATION FORMS

REMINDER: SWIMMERS, OFFICIALS & PARENTS ARE REQUIRED TO FILL OUT A REGISTRATION FORM FOR THE 2010-2011 SEASON. SEE SQUAD MANAGERS ANDREA McLEAN OR ANNETTE HIRST POOLSIDE FOR REGISTRATION FORMS.

CLUB MEMBERSHIP FEE

Club Membership Fees - 1 Child \$60.00 OR Family (2 or more children) \$100.00 DUE 1ST SEPTEMBER 2010.

This is an annual fee members pay to PSC for being a member of the club. The payment helps the club to pay for – Club Relays, Winter Leagues, Club Nights, Incentive Prizes, Administration, Insurances, Engraving trophies etc. **All swimmers swimming twice a week or more, club membership is compulsory.**

GST INCREASE 1ST OCTOBER

WITH THE GST INCREASING ON 1ST OCTOBER 2010, ALL FEES WILL BE INCREASED TO ACCOMMODATE THE 2.5% INCREASE.

MEMBERS WITH OUTSTANDING FEES ARE ENCOURAGED TO GET YOUR PAYMENTS IN BEFORE FRIDAY 1ST OCTOBER BEFORE THE 2.5% INCREASE IN GST.

COACHING FEES

Coaching Fees are paid each term for swimmers training. The fees are based on the amount of times you are swimming and how long your pool sessions are. Every swimmer will be given an invoice for their term's swimming at the beginning of each term. **The fees are used to pay Pool Hire and Coaches' time.** Please pay term 3 fees to the Squad Managers – Andrea McLean and Annette Hirst poolside; place into Orange Locker 79 with details on cheque; OR alternatively paid electronically into our account.

NOTE: THE TERM 4 COACHING FEES WILL INCORPORATE THE 2.5% GST INCREASE EFFECTIVE FROM FRIDAY 1ST OCTOBER

ELECTRONIC PAYMENTS

The club's bank is ASB – Pukekohe branch.

The bank account number for Term fees and holiday training is 12-3023-0513232-00 – Pukekohe Squad Coaches

The bank account number for:

- **Apparel**
- **Counties camps**
- **Meet entry**
- **Membership**
- **Registration**

is 12-3023-0186075-00 – Pukekohe Amateur Swimming Club Inc

CLUB NIGHT SUNDAY 19TH SEPTEMBER

Everyone is required to help out with officiating, setting & packing up.

Reminder: 2011 Samoa Camp Fundraising Meeting after club night on Sunday 19th September – bring along your monies collected from your Snakes and Chocolate sales.

POOL HIRE

The club have been able to provide more swim meets since the Rec Centre was certified as a qualifying pool, which in turn has given extra opportunities for swimmers to qualify for National meets. It is great to see swimmers utilise the extra club nights. We work hard at trying to keep costs to a minimum, however pool hire is extremely expensive and an area we have no control over. The entry fee swimmers are charged goes towards pool hire costs for each meet.

ALLOCATED TRAINING SESSIONS

The Coaching team work hard at allocating all swimmers into the different training session times for the various squad/fitness groups. If swimmers are unable to commit to the times allocated then they must change squad/fitness groups that suit e.g. A swimmer allocated a squad that trains for 5 sessions, but can only commit to train 3 or 4 sessions a week, must change squads. We are at capacity, and it is unfair to hold a place in the squad if you are unable to commit to its requirements. **Contact your coach if you are unable to attend a training session, especially with planned holidays. Swimmers with unaccounted absences will be replaced.**

PSC WEBSITE

CHECK OUT THE NEW PSC WEBSITE www.pukekoheswimmingclub.co.nz which is updated regularly.

To receive notification of new information posted on the website, under Email Subscription enter your email address to subscribe and receive notification of new posts by email.

INFORMATION BROCHURE

An updated information brochure is available for new and existing PSC members. Please see the Squad Managers Andrea McLean or Annette Hirst poolside.

LOCKER

The club has a secure locker at the Rec Centre – Locker 79 (beside the coaches' locker). Place all monies, entry fees, registrations, term fees etc into Locker 79. To make life easier for everyone, PLEASE WRITE THE DETAILS OF WHAT THE PAYMENTS ARE FOR.

ANNUAL CALENDAR

An updated calendar has been emailed to members. A copy is displayed on the main noticeboard and on the back of the whiteboard. Anyone who has not received an annual calendar, please contact Sandra petdra@clear.net.nz

UPCOMING SWIM MEETS

There are a lot of swim meets available for swimmers on the swimming calendar and the club coaches work hard to have a coach available for swimmers at these meets, however with N. Z. Nationals being held in the following weeks, sometimes this is not possible. Coaches will recommend to swimmers which meets and sessions to attend where there will be a coach poolside. Listed below are meets coaches are attending:

Club Night – Choice	Sunday 19 th September	ALL
Ace Meet – Swims and Skins	Saturday 9 th October	Sue
Counties Junior S/C Meet	Saturday 16 th October	Leanne, Jim
Counties Junior S/C Meet	Sunday 17 th October	Leanne, Jim PUK DUTY CLUB
Level 1 – BOTH SESSIONS	Saturday 23 rd October	Sue, Deb
Club Night	Sunday 31 st October	ALL

NOTE: IT IS COMPULSORY FOR ALL MEMBERS TO WEAR CLUB UNIFORM AT ALL EVENTS WHENEVER REPRESENTING PUKEKOHE SWIM CLUB.

THE CLUB UNIFORM IS YELLOW OR BLACK T-SHIRT WITH BLACK SHORTS/PANTS.

Check the following links for upcoming meets www.swiminfo.co.nz or www.akswim.co.nz or www.countiesswimming.org.nz

SWIM SUIT REGULATIONS @ 1ST January 2010

Check Swim New Zealand link <http://www.swimmingnz.org.nz/about-us/legal-and-governance> for the memo regarding the swimsuit guidelines.

YOU WILL BE DISQUALIFIED IF SWIMMERS' SWIMSUITS DO NOT COMPLY WITH THE APPROVED SWIMSUITS.

APPAREL ORDERS

Anyone interested in ordering apparel contact Barbara fawthrop1@clear.net.nz Supporters T Shirts are now available to order @ \$25.00 each.

Please remember to order apparel on the correct order form; these are available on the web site.

OLD EQUIPMENT

Any members who have got fins &/or paddles that are no longer needed or are too small and would like to donate to the club, bring them along and hand to the Squad Managers or Coaches poolside.

COMMUNICATION LIASON OFFICER

The club's Communication Liaison Officer is Heidi Farrell emmet@primor.co.nz

Anyone who has photos from swim meets, please email through to Heidi.

FUNDRAISING LIASON OFFICER

The club's Fundraising Liaison Officer is Beverley Coverdale, email beverleycoverdale@gmail.com
A request from Beverley - if any parents/friends are ever in Clubs/pubs/Taverns with gaming facilities could you pick up application forms for funding. If there are gaming facilities then there will be a Trust that handles putting money back inot the community and the Club is able to apply for this. – If it is possible for people to put them in Locker 79 that would be great then I could organise to pick up every now and again but if this is problem then the best way to get in touch is beverleycoverdale@gmail.com

TRAINING

Anyone interested in training i.e. time keeping, I.O.T., Starter, Referee etc – contact Alan des Landes alak@xtra.co.nz

2011 SAMOA CAMP

30 confirmed swimmers with coaches Sue Cheyne, Deb Mahony, Leanne des Landes, Jim Ruiterman and Parent Helpers Rosie Smith, David Walsh.

Reminder: Meeting after club night on Sunday 19th September – bring along your monies collected from your Snakes and Chocolate sales.

Rosie has been busy organising the fundraising and emailing the information through to everyone going on the Samoa camp. Anyone not receiving updated information, contact Rosie

rosie.jeremy@xtra.co.nz

Any contributions to the newsletter, email Sandra on petdra@clear.net.nz