

Happy New Year:

The PCA Committee would like to welcome all members back for 2019 and hope you had a good break for those that were able to have a break, and for those who continued training we are sure the extra hours put in will show with results in the pool.

Club Nights at Cannons Creek Pool:

Normal club sessions resume on:

- Monday, 28 January
- Friday, 1 February
- Sunday, 3 February

Learn to Swim – Term 1:

Learn to Swim will start on Sunday 24 February and finish on Sunday 7 April.

There are two sessions available, at 9:30 and 10:00, please arrive by 9:15 or 9:45 to complete the enrolment process and to be ready for your session.

Swimmers need to be at least 5 years old and be a minimum of 1.1 metres tall.

Appropriate Swimwear and correct fitting goggles are also required.

The cost for the seven lessons is \$45 and will need to be paid by cash or cheque on the first day (EFTPOS is not available).

Technical Official News:

Congratulations to Rae Abbott who was assessed on the Monday afternoon of the Swim Wellington Summer Champs and qualified as a National IOT.

This qualification also allows Rae to JOS at Club Meets.

Learn to Swim Retirements:

Pamela, Jennifer and Rebecca Greig were each presented with PCA Service Certificates at the last lesson day for term 4 on Sunday 9 December.

After six years administering Learn to Swim Pam is moving aside while Jennifer and Rebecca are also moving on from their long time roles as instructors - teaching hundreds of children their first swimming lessons.

On behalf of everyone at PCA, thank you to all three of you for your outstanding contributions to our Learn to Swim programme. We wish you well.



Tadpoles:

An opportunity for club swimmers to swim with Ben and the Tadpoles

Vacancies exist in the club's Tadpoles group for term 1. The Tadpoles is a technique group coached by Ben Walsh, on a Friday night from 6:15pm to 7.00pm

Criteria – swimmers must be

- at least 8yrs 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 per 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 Ben's other groups (Swordfish or Penguins) or continue to swim in the volunteer coaches lanes.
- Should the numbers interested in joining the Tadpoles exceed spaces available, swimmers will be selected in consultation with their club coach.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 234-7071, or email president@swimporirua.co.nz.

March 2019 will be busy:

Porirua City Aquatics Div III Meet :

This is a Long course meet – the pool will be set up at the 50m length.

9 March – Naenae Pool – two sessions.

(Usually those swimming in both sessions picnic in the park between sessions)

All clubs are allocated two meets a year on Wellington Swimming's Calendar. Div III is the first one for PCA this year. This is a club fundraiser and it is hoped we will have the biggest team at the meet.

The meet is open to all developing swimmers. Meaning those who have **not** qualified for the 2019 National Div II meet, National Age Groups and/or Opens. Swimmers finishing in top three in any event at SNZ Junior Festival are not eligible either. This means swimmers who you often read about medalling at National and Wellington meets cannot enter. The purpose of this meet is to give developing swimmers a chance to shine, medal and gain finalist ribbons.

It is the PCA's expectation that our National swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website. On-line entries, through SNZ database close on 2nd March.

Porirua City Aquatics Novice Carnival:

24 March 2019 Cannons Creek Pool 1:30pm, warm up for 2:00pm start

Come along and "HAVE A GO" – an introduction to racing

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting newer club members and swimmers who have not raced in three or more zone or interclub events. Swimmers who have qualified to swim at the Wellington Champs may not enter. Events run with in our club for club members only (race nights, In House league etc) are not counted as meets for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager.

All those competing will receive a 'participant' ribbon. This is a *timed final* meet, meaning swimmers swim each event/s they enter once, and the times will be collated to rank the swimmers. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard. Entries close on 14th March 2019. It would be great if our club had the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 234 7071.

Porirua City Aquatics Club Championships:

31 March 2019 at Tawa Pool.

Session one 1.00pm warm up for 1:30pm start, and session two 4:30pm warm up for a 5:00pm start.

Mark your dairies now – further details will be in the next newsletter.

Meet Reports:

NZ Open water Champs & Epic Swim

Saturday January 12 and Sunday January 13 was the date for the Swimming NZ Epic Swim and NZ Open water Championships.

The Epic Swim is an annual open water event run by Swimming New Zealand at Lake Taupo, New Zealand.

There are races for all ages and ability levels. From 100m and 500m for children, 1km and 2.5km races for intermediate swimmers, to the 5km and 10km races for the more advanced. By being run in conjunction with the Open water champs, swimmers also get the opportunity to see NZ's best open water swimmers in action.

This year although not in the NZ Champs, 3 PCA swimmers took part in the Epic Swimming events and on the whole the weather played it's part with reasonable swimming conditions on the lake.

Eden Jackson swam in the 100 metre Epic Swim event and she came away with the Gold medal in the 5-6 year old female category. A great effort and result.

Sophie and Georgia Wills both entered in the 1km Epic Swim Event which was the first time they had entered an open water swim, and also the first time swimming in wetsuits. It was a great experience for them and one they both enjoyed. Both had great swims in the womens' 15 to 19 year old category with Georgia finishing in 5th place in a time of 11 minutes and 48 seconds and Sophie close behind in 7th place in a time of 13 minutes and 48 seconds.

Both the Epic Swim and NZ Open races were run and organised extremely well by Swimming NZ great to see

all swimmers so well looked after with safety boats always on the water keeping an eye on everyone.

For those PCA swimmers looking to challenge themselves and do something a little bit different than just swimming up and down an indoor pool then this event next year is highly recommended. There are race lengths for everyone and of course a great venue.

Andrew Wills

Swim Wellington 12 and under Championships:

15 and 16 December at WRAC

Individual results

Swimmer	Age	Gold	Silver	Bronze	Top 10 finish
Lucy Abbott	12	3	5		5
Cody Bennett	12			2	7
Alexia Booth	10			3	9
Charlie Dickison	8	9			
Jayden Dickison	10	1	2	5	3
Campbell Gollan	11	1	1	1	7
Kayne Howat	10		1		4
Miya Jiang	10	4	1		2
Oliver Lei	10	5	2		1
Sandy Li	10		2	3	2
Suri Sun	9	5	2	2	1
Vinnie Tat	9	4	3	1	
Felix Thomas	9		3	2	4
Cameron Wilkinson	11	1	5	1	
David Zhu	12	1	2	1	2

Swimmers to finish in the top 10

Millie Abbott 1, Riley Bennett 3, Fergus Gollan 4, Nathan Hu 3, Luke McKee 3, Logan Raimona-Pahetogia 5, Joseph Reiher 3, Dannielle Rule 2, Caleb Sutherland 2, Milla Sutherland 10, Asher Thomas 1 and Sunny Zheng 6.

Congratulations to all the team – everyone swam personal best swims.

Olivia Abbott, Alphon Cao, Travis Carnegie, Leonie Giebel, Jade Lin, Joshua London, Carter McKee, Holly McManaway, Anna Schofield-Matthews, Ariana Teirney and Zhong Zhang.

Swim Wellington 13yrs and Over Champs:

Held at the Wellington Regional Aquatic Centre, over 6 sessions at Anniversary weekend.

Our team of 17 swimmers all did incredibly well this past weekend. Some great PB's were swum. The kids showed great sportsmanship, supporting and congratulating each other on their swims.

The marshalling system had quite a few swimmers confused, with self-marshalling in the morning and 'normal' marshalling in the afternoon, but with constant reminding, the swimmers all got to their races on time.

A huge thumbs up to Ben for stepping in for Nevil, he did a great job in chatting to the kids before and after every race. Thank you Ben.

A huge thank you to all our team managers, the many parents and siblings who officiated and covered the club duties. Thanks also to all those from PCA who officiated when they didn't have anyone swimming – Matt Meehan, Graham Seagull, Terry Laws, Brent Harris, Kelly Sutherland, Rae Abbott and Viv Morton – what would Swimming Wellington do without your support?

Thanks to Nadia Booth for this report.

RESULTS

Medallists;

Georgia Wills 15, Gold Medal 400 Medley, Silver medals 200m medley, 50m butterfly, 100m and 200m backstroke, Bronze medals 50m backstroke and 200m butterfly, plus 2 other finals.

Jed McLachlan 13, Silver medals in 100m and 200m backstroke, Bronze medals 50m backstroke and 50m butterfly plus 3 other finals.

Finalists

This meet was run as heats and finals, meaning the fastest ten swimmers from the morning heats, competed the evening finals. Those finishing 11th and 12th in the heats were reserves for the finals and required to come along just in case they were needed.

PCA finalists were Cody Bennett 13, 3 finals, Mia Booth 13, 4 finals, Ella Drummond 13, 5 finals, Andre Gualofa 13, 3 finals, Luke Martin 15, 2 finals, Lucy Peterson 15, 1 final, Greer Pugh 16, 3 finals, James van der Voort 13, 2 finals Sophie Wills 16, 3 finals and Seth Wilson 17, 3 finals.

Andre finished up 11th equal in the 50m freestyle heats and then the two swimmers swam a 'swim off' to determine who would be the 1st and 2nd reverse for the final. Andre swam the race of his life and easily won the swim off by more than a body length. Had he swum that time in the heats he would have ranked 4th for the final – and who knows what could have happened from there?

All remaining swimmers should be very proud of their swims especially with the number of PBs recorded. Lucy Campbell 13, Anish Cook 13, Jarrod McKee 14 and Benjamin Reiher 13,

Club Points – All finalist earned points for the club. PCA was 11th in the club points tally, and 4th Wellington Club.

Subscriptions:

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

\$175 for club swimmers

\$120 for squad swimmers
(those swimming with Nevill in the Senior Squads, or Ben in the Orcas, Swordfish, Sharks, Penguins and Seals).

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.

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:

9 February – Wararapa Meet (SC) Masterton – Entries Close 1 February.

15 – 17 February – SNZ Junior Festival (SC) WRAC – Entries Closed 29 January

24 February – Gold Coast Ribbon Carnival (SC) Tawa – Entries Close 17 February

2 March – SZR Hut Valley Sprints (LC) Naenae – Entries Close 23 February

9 March – PCA Div III (LC) Naenae – Entries Close 2 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 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)	021 238 8417
Officials Co-ordinator (Beckie Duffy)	027-282-6383
Uniforms (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz