

Wellington Winter Champs:

PCA's team of 71 swimmers (81 had qualified to swim) put in some awesome swims at this meet, held at Kilbirnie Pool from 30 August to 1 September.

While the individual results are not available, our team results were outstanding.

Top club – Capital was the top club with 3319.50 points, with PCA second 2708.50 and Pirates third – 2293.50 points. In 2018 PCA were 3rd, and in the years prior usually 5 or 6th. What a fantastic turn around!

For the second year in a row PCA won the Eyeline club. This is awarded to the club with the most club points for 12 and under. PCA with 1745 points were clear leaders, Swim Zone Racing were second with 913 points and Kiwi West Aquatics third – 568 points.

The Tawa Trophy went to Capital club, Raumati were second and PCA third. This result is calculated on an average points per swimmer.

Swimmers of the Age Group Prizes of a \$50 T3 voucher donated by Swim Wellington meet sponsor were presented to the top male and female swimmer in each age group.

Congratulations the following PCA swimmers
9 years and under – Suri Sun and Charlie Dickson
10 years – Vinnie Tat and Jayden Dickson
17years and over Bronagh Ryan.

A number of our swimmers finished in the top three for their ages, well done to Nathan Hu, Felix Thomas, Sunny Zheng, Cameron Wilkinson, Lucy Abbott and Georgia Wills.

Congratulations also to Elouise Thomas and Alana Tisch who qualified as Regional IOT's, and Dominique Sutherland who qualified as a National IOT.

More to come in the September newsletter from the Team Managers.

Viv Morton
President

Learn to Swim:

PCA offers affordable learn to swim lessons for seven Sunday mornings of each school term. Classes are at 9.30 am and 10 am with all six levels running each half hour. In recent years our number have been growing and currently we have 100 swimmers attending.

These lessons are 'affordable' because all our instructors are volunteers. We have 2 administrators, 6 adult instructors and 12 of swimmers helping out....all wonderful people passionate about teaching this valuable life skill.

Currently we are looking to build the number of instructors we have, both adults and older swimmers as some of our 'staff' have moved on to paid employment while others will be moving out of the area for tertiary education. Many of our helpers have found this as way of 'giving back' club, which is greatly appreciated.

Helpers need to be at least 14 years and committed to attend each week, although we can work around events like the Wellington Champs should people need a day off. Initially new bees will work alongside an experienced instructor to learn the 'ropes'

If you are interested in joining our learn to swim team, contact Viv Morton, 2347071 or email president@swimporirua.co.nz Teaching swimming is very rewarding.

Changing Room Behaviour:

From time to time our club coaches are made aware of incidents of bad behaviour in the changing rooms.

Without reliable witnesses, often we can't get to the bottom of the problem and finish up dealing with a 'one said/the other said' tale.

If swimmers are taking a long time to get changed it would be helpful if parents could hurry their swimmers up as this seems to be the time when problems occur.

PCA In-House League:

23rd September, 21st October & 18th November

All Monday nights

Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start
Entries close Friday 13th September

Three Fun Nights – Open to all Club Members.

This event replaces all club and squad training on these dates

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age

as at 23rd September – swimmers having a birthday during the series, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering are making a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who forget or just don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Keri Martin at race@swimporirua.co.nz please include your age as at 23rd September in your email.

Meet Reports:

Swim Wellington Relay Champs – 3 August:

For Porirua City Aquatic this was our best ever Relay Championships.

With 36 teams entered PCA was to the fore in all events.

The highlight of the meet was, for the first time ever winning the Karori Shield. The younger members of our team established a good lead, that Seth managed to hold, swimming a fantastic last leg to win with SwimZone Racing by 0.19 seconds. The team was made up of 10 swimmers (a boy and girl from each age group) Well done Nathan Hu, Suri Sun, Sandy Li, Sunny Zheng, Lucy Abbott, David Zhu, Georgia Wills, Dillon Raimona-Pahetogia, Bronagh Ryan and Seth Wilson.

Another first was PCA's entry in the Golden Oldies Relay. Well done to Elouise Thomas, Rae Abbott and Nadia and John Booth who finished with the Silver Medal. Maybe with a little training it will be a Gold next year!

Other PCA medal winning teams were

9 years and under

Boys medley relay - Gold medal, Desmond Lin, Asher Thomas, Nathan Hu and Nathan Li, and in the same race, Bronze medal to Justin Wang, Freddy Mills, Ovin Angammana and Ronon Booth.

Boys freestyle relay - Gold medal, Nathan Hu, Desmond Lin, Nathan Li and Ovin Angammana, with the Silver medal going to our B team, Justin Wang, Ronon Booth, Freddy Mills, and Asher Thomas.

Girls freestyle relay - Gold medal, Suri Sun, Camille Zhou, Holly Sorenson and Lola Brown.
Mixed freestyle relay - Gold medal, Suri Sun, Nathan Hu, Camille Zhou and Desmond Lin

11 years and under

Girls medley relay - Gold medal, Vinnie Tat, Alexia Booth, Sandy Li and Riley Bennett.

Mixed medley relay - Gold medal, Alexia Booth, Felix Thomas, Jayden Dickison and Riley Bennett

Boys freestyle relay - Gold medal, Sunny Zheng, Jayden Dickison, Kayne Howat and Felix Thomas.

Girls freestyle relay - Silver medal, Sandy Li, Vinnie Tat, Alexia Booth and Riley Bennett.

Mixed freestyle relay - Gold medal, Sunny Zheng, Sandy Li, Vinne Tata and Jayden Dickison, with the Bronze medal going to Kayne Howat, Alexia Booth, Riley Bennett and Felix Thomas in the same race.

13 years and under

Girls freestyle relay - Bronze medal, Lucy Abbott, Ella Drummond, Ariana Tierney and Dannielle Rule.

Mixed freestyle - Bronze medal - Lucy Abbott, David Zhu, Ella Drummond and Cody Bennett.

15 years and under girls

Medley relay - Bronze medal, Mia Booth, Ella Drummond, Georgia Wills and Jessica McManaway

Open Womens

Medley relay Bronze medal Georgia Wills, Bronagh Ryan, Sophie Wills and Lucy Abbott.

Super five relay Silver medal– one swimmers from each age swimming 100m each – well done to Suri Sun, Sandy Li, Lucy Abbott, Dillon Raimona-Pahetogia and Bronagh Ryan.

All our teams swum very well with some being placed 4th or 5th in very close finishes. Others to swim were Campbell Gollan, Luke Martin, Jarrod McKee, Ben and Joe Reiher, Jordan Spark and Cameron Wilkinson

With all the excitement and a lack of concentration at times meant that some of our teams who could have medalled were disqualified. Something we need to improve on for next year!

Thank you to all the swimmers who were selected for these teams. Thank you especially to our older swimmers – without them we couldn't cover as many events as we did.

A big thank you to our coaches, officials and others who covered PCA's duties. A special big thank you to the team managers. Clearly getting 36 teams to marshalling with everyone knowing their stroke and swimming order was challenging – an achievement to be admired.....this probably deserves a Gold Medal!

Team Managers Sam Bennett, Kenny Li, Josie Raimona-Pahetogia and Michelle McKee

Gold Coast Matson Trophy Meet – 11 August

This was another fantastic meet for PCA. Congratulations to PCA's thirty seven swimmers who took part, with most entering the 100m handicap event as well as two 50m races each while selected swimmers also swum in the two relay races.

For those wondering about the format, all the entrants swum in the heats with those finishing 1st or 2nd progressing to the semi-final while the rest swum in one of the six repechages.

The top 14 swimmers from the repechages then joined the 1st and 2nd heat placegetters to contest the semi-finals, and from there those placing 1st, 2nd 3rd plus one lucky 4th placegetter competed in the final. Each round was re-handicapped. The format is quite exhausting with some of the finalists swimming 100m freestyle four times over the course of the meet. This is certainly one of those meets where swimmers needed to 'dig deep' to be competitive.

The grand final was made up of 5 PCA swimmers, three from Tawa and two from Raumati. Congratulations to all our finalists, and especially to Lewis Parker, who improved his time each round he swum to win the title and cup. Felix Thomas was second, Justin Wang third, and Alma Steinfield 9th. The Matson family donated a range of prizes for the finalists and was interesting to see all the PCA finalists choose a big jar of lollies as their prize.

In the relay, teams swum their first race to establish a time and then swum in the handicapped final.

The noise was deafening as swimmers and parent showed their support. Tawa B won, with 2.04.14, in a very close finish. The times showed just how close the finish was 2nd Raumati A, 2m04.47, 3rd PCA B 2m04.75, 4th Raumati B 2m04.77, 5th Raumati C 2m04.93, 6th Tawa A 2m05.52, 7th equal PCA A and C 2m05.94, 8th Tawa C 2m.06.57, and 9th was Kapiti.

A huge Thank you goes to our Team Managers, Coach Ben and all those who officiated. PCA had a number of officials on pool deck who didn't have swimmers taking part – thank you Terry, Brent, Graham and Gillian, and not to forget Keri and Viv for their work on the handicapping.

Club Race Night – 16 August

WOW what a busy night, with increased numbers, new swimmers establishing times others updating times and tackling new strokes and distances. Overall the meet was a huge success.

Those who received correction forms on the night should discuss these with their coach. Remember the times recorded at race night are not official, but if those infringements were repeated at an official meet, swimmers would be disqualified. Now is the time to rectify the problem!

A big thank you goes to the timekeepers and trainee IOTs (Inspectors of turns) the runners and those on the desk, plus others who came over to help out.

Thank you for Murray for his great announcing, explaining etiquette and introducing the jobs people were doing on pool deck. As he said it takes 30 people to run race night.

Some of you will have noticed many of our regular experienced helpers were away due to family commitments, leaving big shoes to fill. PCA was very grateful to Veronica Gould (Tawa Swimming Club) and Matt Meehan (our Patron) who came along to referee....we couldn't have run the meet without them.

For those wondering 'where to from here' should be looking to enter the next Gold Coast Meet, at the Tawa Pool on 22 September. Entries for this meet are done on-line through the Swimming NZ database. There are entry instructions on our website.

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:

22 September – Gold Coast Tawa – Entries Close 17 September

23 September – PCA In-House League – Entries Close 13 September

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