

Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

2020 Start Dates:

Normal club sessions will resume on

- Monday – 27 January
- Friday – 31 January
- Sunday – 2 February

Learn to swim will start on Sunday 16 February.

Meetings about Club Values:

In the new year the Committee will be holding meetings with members (swimmers, coaches, parents and supporters) to establish and document club values.

The first meeting will be on 9 February at 4:00pm in the Plunket Rooms on Warspite Ave, Cannons Creek for the swimmers and parents of the Senior and Junior Squads.

Swim Wellington Awards:

Our coaches did PCA proud at the Swim Wellington Awards Dinner at the end of November.

Mrs Eileen Adams won the Volunteer Coach of the Year Award while Ben Walsh was named Junior Coach of the Year.

We all know the huge contribution Eileen makes to the club and it was great to see this recognised by Swim Wellington.

Ben's squads have continued to grow, and his swimmers have contributed to the clubs many successes during the year. As we know Ben is passionate about coaching 'his' swimmers and for those who watch his sessions know he is 'on the go' all the time, continually coaching and providing feedback to his swimmers.

Congratulations to you both – these Awards are truly deserved.

Learn to Swim:

Porirua City Aquatic's next course of Learn to Swim Lessons will begin on Sunday 16 February and finish on Sunday 29 March.

Classes are at 9.30 am or 10 am, with all six levels from water confidence to those aiming to swim 25m non stop being run at the same time.

Swimmers must be at least 5 years old and 1.1m tall.

The cost is \$45 (cash or cheque – no eftpos) for the course.

Enrolments are taken on the first day. Please be at the pool at least 15 minutes before your class to complete the enrolment process.

PCA Novice Carnival:

8 March 2020 at 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 our 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.

Note – Events run with in our club for our club members only (race nights, In House league etc) are not counted as meets for eligibility.

All those competing will receive a 'participant' ribbon. Swimmers will swim the each event/s they enter once, and the times will be collated to rank the swimmers – in swimming this is known as *timed finals*. 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 1 March 2020. 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.

Swimming NZ Junior Festival - 13 and 14 March:

Many of our swimmers have this meet on their radar. It is a great meet to swim in. Remember last year PCA was the top club in the All Stars Region – it would be great to finish on top in 2020.

To swim at this meet swimmers must meet various qualifying times and also qualify and enter in 100m medley.

At this stage PCA has a number of swimmers qualified in various events, but not in the 100m medley.

There will be a Gold Coast Meet on 16th February, the venue is yet to be decided, which will give swimmers an opportunity to swim 100m medley.

Please watch the website and noticeboard for details.

Swimming NZ Competition Review:

Over the last 18 months, Swimming New Zealand (SNZ) and the Events Advisory Committee (EAC) has worked together to assess and understand various issues relating to the current competition pathway and structure of swim meets in NZ.

In January 2019, the New Zealand Competition Restructure Working Group (the Working Group) was established to lead a review of the existing competition

structure and competitive pathway. They will provide a detailed report, including recommendations for change, to the board of SNZ for its consideration in mid-2020 with any approved changes coming into effect in early 2021.

The Working Group is now in a position to release its draft recommendations for feedback which it believes will address the identified issues and help improve the performances of our swimmers domestically and internationally.

To view and download the full document, click below.

<https://swimming.us2.list-manage.com/track/click?u=c958bab33f55d7727879193d4&id=b8c2a59c3b&e=f19376e174>

SNZ is asking for feedback from regional committees, club committees, club coaches, swimmers and other interested parties. The link to provide feedback is contained in the full document (page 16).

Meet Reports:

Wellington 12 yrs and under Championships:

Held at Wellington Regional Aquatic Centre on 14 and 15 December:

With a team of 47 PCA was the biggest team by far, and then finished up the top club for the second year in a row was tremendous. Full credit to our coaches Steven and Ben for their great coaching.

PCA finished up with 1,833.50 points well ahead of Swimzone Racing on 598, Tawa 568 and Ice Breakers on 531.5.

Four of our swimmers were the top swimmers for their respective age groups and each received a \$50 T3 voucher. Well done to Charlie Dickison, boys 9 and under. Vinnie Tat girls 10yrs, Felix Thomas boys 10 yrs and Cameron Wilkinson boys 12 yrs.

All those finishing in the top 10 contributed to the club points. Congratulations to the following –

Name	Age	Gold	Silver	Bronze	other Top 10 finishes
Ovin Angamma	7			1	1
Alyssa Bai	8			1	4
Riley Bennett	11				1
Alexia Booth	11		2	3	5
Lola Brown	9				2
Alphon Cao	11				1
Travis Carnegie	11				1
Lauren Crawford	9				2
Charlie Dickison	9	8	2		
Jayden Dickison 11	11	2	2	4	6
Campbell Gollan	12				10
Kayne Howat	11			1	6

Name	Age	Gold	Silver	Bronze	other Top 10 finishes
Nathan Hu	7	1	5	2	
Yani Jiang	9		1		1
Nathan Li	7				1
Desmond Lin	8				5
Sandy Li	11		2	4	4
Frederick Mills	9				4
Desmond Muresan	9				1
Jered O'Donnell	9				2
Lewis Parker	10				2
Liam Phelps	11				1
Logan Raimona-Pahetogia	10				2
Holly Sorenson	9		1	1	1
Suri Sun	10	2	8	1	
Caleb Sutherland	9			1	4
Milla Sutherland	12			1	9
Vinnie Tat	10	11	2		
Asher Thomas	9	1	1		
Felix Thomas	10	6	2	2	3
Justin Wang	9		1	2	4
Cameron Wilkinson	12	6	2		
Sunny Zheng	12			1	5
Camille Zhou	8				4
Karmen Zhou	10				3

Just qualifying and swimming at this level is a tremendous achievement – well done Ronan Booth, Cody Chen, Jonathan Cui, Jiya Lokuge, Holly McManaway, Sophia Ognjeva, Ty Schwalger, Jordan Spark, Madison Spark and Ruka Wineera.

A big thank you goes to the twelve Team Managers, plus all those who officiated and covered our duties, and most especially to those working on pool deck and in the marshalling area for the love of the sport and who no longer have swimmers competing in this age group.



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:

11 – 12 January – Swim NZ Open Water – Taupo – Entries Closed

18 – 20 January – Swim Wellington 13 and Over Champs (LC) – WRAC – Entries Close 12 January

22 February – Hutt Valley Spring Champs (LC) – WRAC – Entries Close TBA

8 March – Novice Carnival (SC) – Cannons Creek – Entries Close 1 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 (Janet Thomson)	027-442-0961
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