

### Swimming NZ Short Course Champs:

The 2020 Swimming NZ Short Course Champs will be held in Hamilton, next week from 6 to 10 October.

Eight PCA swimmers have qualified and will be representing PCA at the meet. Congratulations to Bronagh Ryan, Lucy Abbott, David Zhu, Cameron Wilkinson, Luke Martin, Dillon Raimona and Ben and Joe Reiher.

Nevill Sutton (coach) will be travelling with the team along with Josie Raimona and Rae Abbott as Managers.

A big thank you goes to Josie and Rae for taking a week off to manage the team, and to Sam Bennet, Veronica Rule, Becky Campbell and Todd Morton who we will be supervising the remaining seniors training sessions.

### PCA IN-House League:

Two Fun Nights open to All Club Members

19 October and 16 November  
(First night on 7 September was cancelled)

All Monday nights

Cannons Creek Pool, 6:00pm Warm Up – 6:30pm Start

Entries close Friday 9 October.

This event replaces all club and squad training on these dates

This is a team competition, 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 7 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 make 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 just forget or 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](mailto:race@swimporirua.co.nz) please include your age as at 7 September in your email.

### Training when the Pool is Closed:

An 'Incident' in the pool didn't prevent the Swordfish and Seals from training on Thursday night last week.



### Parumoana Interschool Swimming Sports:

After numerous Covid changes the Parumoana Interschools Sports swam on 25 September at the Cannons Creek Pool were highly successful.

Usually heats and finals are swum over the morning with Years 5 and 6 one day and Years 7 and 8 another day, but with snappy organisation and events swum as to

timed final the organisers managed to pull it off in one morning. What a great way for the swimmers to end the school term!

At times the noise was deafening, especially during the relays and if there was a prize for the noisiest year groups it would have gone to sessions one – Years 5 and 6!

For club swimmers competing against their training mates was a new experience as they all tried to score points for their schools.

Top school in the area for 2020 was Papakowhai who won both Cups. Over session one the points were close, with the lead chopping and changing throughout.

Years 5 and 6		
Papakowhai	1 <sup>st</sup>	154
Plimmerton	2 <sup>nd</sup>	148
Discovery	3 <sup>rd</sup>	86
Adventure	4 <sup>th</sup>	85
Pukerua Bay	5 <sup>th</sup>	50
Pauatahanui	6 <sup>th</sup>	47
St Therasas	7 <sup>th</sup>	20
Postgate	8 <sup>th</sup>	6

Years 7 and 8		
Papakowhai	1 <sup>st</sup>	175
Adventure	2 <sup>nd</sup>	103
Postgate	3 <sup>rd</sup>	89
Plimmerton	4 <sup>th</sup>	88
Discovery	5 <sup>th</sup>	86
Whitby Collegiate	6 <sup>th</sup>	33
Pauatahanui	7 <sup>th</sup>	15
Pukerua Bay	8 <sup>th</sup>	8

A big thank you goes to Porirua City Council/Dash Swim School and PCA for the advance preparation, and all the parents who officiated, managed teams and transported swimmers. This event could never happen without your help.

Thanks also the Elouise Thomas, Nadia Booth and Todd Morton, who refereed, the two Matt's (Harrison and Rule) the starters, Eileen Adams, the announcers Nathan Thomas and Blair Spalding, and the back room staff, PCA race Secretary Keri Martin and Tawa Swimming club's club captain Alex Craven – your help is appreciated.

### Community Sport Banks now open:

Wellington City Mission has set up 11 Community Sports Banks through the regional, with one based at the Te Rauparaha Arena and Aquatic Centre. If you have any unused or outgrown sports gear please drop it off to our local Sports Bank so it can be handed on to another person to enjoy.

### New Qualified Technical Officials:

Congratulations to Shane London, Rachel Cripps and Rose Anne London were tested at the recent Wellington

Winter Championship and are now qualified Inspector of Turns (IOTs).

### Meet Reports:

#### Swim Wellington Winter Champs:

Wellington's Winter Championships held on the 18, 19 and 20 September at the Wellington Regional Aquatic Centre turn out to be a very different event under Alert level 2 than previous championships meets. Normally these Championship would have catered for qualified swimmers from under 9 years old to 17 years and over, swimming up to 16 events over the five sessions, and PCA would have a team of 50 - 60 swimmers.

To keep within the Covid rules the meet was limited to those 12 years and over with each session dedicated to one age group, and swimmers limited to four events each. Sadly those 11 and under who all worked so hard to qualify missed out, and now have the December Summer Championships to look forward too.

The bonus of the no spectator rule meant parents were eager to volunteer to cover the duties as this was the only way they could watch the swimming. Although the racing was exciting especially in the final session for those 17yrs and over, the atmosphere around the pool was non-existent.

A big thank you goes to those who covered our duties, especially those didn't have anyone swimming - Elouise Thomas, Rachel Cripps, Terry Laws, Shane and Rose Anne London and Viv Morton. Thanks also to coaches Nevill, Steven and Todd for encouraging our swimmers.

PCA finished up 5th on the overall points table with Capital clear winners, Tawa 2<sup>nd</sup>, Pirates 3<sup>rd</sup> and Raumati 4<sup>th</sup>.

PCA's team of 25 did really well, with many personal bests along with medals and top 10 finishes.

Name	Age	Gold	Silver	Bronze	Top 10	Pers. Best
Lucy Abbott	14	2		2		
Lucy Campbell	15	1		1	2	
Alphon Cao	12			1	3	
Alyssa Dearmer	14				3	
Anabell Giebel	15		1	1	2	
Leonie Giebel	13					2
Kayne Howat	12	2	1			
Jade Lin	14				4	
Sandy Li	12		1	2	1	
Josh London	14				2	1
Luke Martin	16		1	1	2	
Jarred McKee	15		1		3	
Shanae Ohlson	13		1		2	
Dillon Raimona-Pahetogia	15	3			1	
Ben Reiher	15		3			
Joe Reiher	13	3			1	
Danielle Rule	14	1	1	1	1	
Bronagh Ryan	27	3	1			
James Van der Voort	15	1		3		
Cameron Wilkinson	13		2	2		

Name	Age	Gold	Silver	Bronze	Top 10	Pers. Best
Ruke Wineera	12		1		3	
Ruben Wright	16		2	1	1	
Eric Yuan	12	2	1			
Sunny Zheng	13				3	
David Zhu	14	2		1	1	

## 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](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.

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:

**18 October** – Gold Coast Woollahra Trophy (SC) – Tawa Pool – Entries Close 10 October.

**19 October** - PCA In-House League (SC) – Cannons Creek Pool

**31 October** – SZR Get into Long Course (LC) – WRAC – Entries Close 24 October

**7 November** – PCA Hardcore (LC) – WRAC – Entries Close 1 November

## 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 (Elouise Thomas).022-140-5068  
Uniforms (Becky Campbell) .....021-044-8794  
Newsletter ..... e-mail [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz)

