

### Porirua National Sports Honours Wall:

Bronagh Ryan's photo has been added to the photo wall upstairs at Te Rauparaha Arena.

This wall honours Porirua residents who have represented New Zealand at an Open level in their chosen sport.

It is great to see a swimmer from Porirua City Aquatics honoured in this way – Congratulations Bronagh.

### Important Dates Coming Up:

- Sunday 13 December – final Sunday club session for the year.
- Monday 14 December – Family Fun night and final club night for the year.
- 15 to 18 December – Junior Squads final training week for the year.
- Wednesday 23 December – Senior squad final training day.
- Tuesday 4 January, training resumes for Swordfish, Sharks, Orcas and Senior Squad. Details will be sent to the squads.
- Monday 1st and Friday 5th February Club nights resume.
- Monday 8 February – no swimming for any group.
- Sunday 14 February – Sunday club sessions resume

### Family Fun Night:

**Monday 14 December 2020**  
**6:00pm warm for a 6:30pm start.**  
**Cannons Creek Pool**

Do come along to Family Fun night – it is always lots of fun!

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- piggy back races
- monster whirlpool
- family relays (teams of three from one immediate family)
- friends relays
- novelty events
- width kicking race for younger family members.
- an adults 50m sprint for those who wish to re-live their swimming days.

It is hoped that most parents will take part. Apart from the 50m sprint, all other events are for non-swimmers. If

you can walk in the pool carrying a child on your back – then we need you !!!!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

### Swimming NZ Database Times:

At times swimmers are surprised to find their entry time on a programme may not be their most recent best time.

The following explanation may explain what can happen.

When entering on the SNZ database the computer picks up the swimmer's best time at the time of entry. If a swimmer swims a better time after those entries have been placed, even if it is before the entries close or the results from an earlier meet are late being loaded, the computer will not back track and update the entry time.

This was confusing for those who entered the Hardcore Meet before the results of the October Gold Coast Meet had been up-loaded, and finished up their Hardcore entry showing as a No time when they had swum the event at the Gold Coast.

### Special General Meeting and Prize Giving:

PCA's updated Constitution was passed at our Special General Meeting held on November 15th and will now go to the Incorporated Societies for registration.

Thank you to all those who attended the meeting. A big thank you also to Murray Pugh and Brent Harris for writing the revised Constitution.

Following the meeting various Cups and Trophies were presented for Achievements during the year to March 2020.

Trophies were presented by Viv Morton (President) and Matt Meehan (Patron).

Congratulations to the winners:

**Sunny Zheng** - Time trial trophy (most improvement on a percentage basis in 200m freestyle over the year. Event must have been swum four times).

**Desmond Lin** - Personal Best Trophy (most improvement on a percentage basis over all strokes and distances).

**Vinnie Tat** - Record Trophy – breaking the most club records in the year.

**Bronagh Ryan** - Hart Cup – Fastest girls 800m swum during the Year.

**James van der Voort** - Tass Swimming Club Cup – Fastest boys 1500m swum during the Year –

**Luke Martin (boys) and Emilee Wilkinson (girls)** - Nicols Trophies – for Leadership, being a good role model, club spirit, attendance, helpfulness etc.

**Charlie Dickison** - Pru Young Memorial Cup (performance of the year)– for breaking the Wellington 50m boys butterfly record set in January 1992.

**Charlie Dickison** - Southern Cross Cable Network Cup – Junior Swimmer of the Year –

**Bronagh Ryan** - Leader Real Estate Cup – Swimmer of the Year.



*Emilee Wilkinson*



*Desmond Lin*



*James van der Voort and Bronagh Ryan*

### Learn to Swim Retirements:

The end of this term will be the end of an era for some of PCA's learn to swim instructors.

A very big thank you goes to Troy Hunter-Day, Seth Wilson, Greer Pugh and Lucy Peterson who have been volunteering as Learn to Swim instructors, each for three or four years, and now it is time for them to move on.

As many of you know PCA's Learn to Swim programme relies on volunteers and Troy, Seth, Greer and Lucy have all made an extraordinary contribution for which the Community and Porirua City Aquatics are very grateful.

Interestingly, Greer and Lucy are both looking to continue the swimming interests by taking up part-time jobs within the Learn to Swim industry as they move to Auckland and Christchurch for University.

Porirua City Aquatics wish them all well for the future - I know their 'students' and our Learn to Swim programme will miss them.

### Parking at Cannons Creek Pool:

Please note that the Staff Car Parks at Cannons Creek Pool are not be used by Parents or Members at any time to park a vehicle.

We would also like to remind parents that the dropping off of swimmers outside the door and blocking the driveway of the car park is also not permitted as this can cause difficulties for cars entering and exiting the carpark.

Please be aware that swimmers (some of who are very young) may not be concentrating as they should when entering and exiting the pool complex and extreme care is required if reversing or passing another vehicle, especially during wet weather.

During events at the pool where parking is limited please do not park in the church car parks west of the pool complex, as you risk your car being towed.

### Nutrition Talk:

Friday 4 December Meeting Room one (upstairs) at Te Rauparaha Arena. 6:30pm to 7:30pm

This has been arranged with our Senior Squad in mind but Orcas and Sharks and their parents are very welcome to attend.

Often parents have huge concerns about fuelling their swimmers – are they getting enough? what should they eat on race? what should they eat at the meet? etc – bring your questions along on the night

### Meet Reports:

#### PCA Hardcore Meet:

PCA hosted our Hardcore Meet at the Wellington Regional Aquatic Centre (WRAC) on Saturday 7 November.

Swim Wellington allocates each club one Tier 2 meet each year at WRAC and this was PCA's chance to shine.

Ten clubs took part, 168 swimmers altogether entering 434 events, with PCA's team of 56 the biggest team at the meet

For many of PCA's younger swimmers this was the first time they had competed in a 50m pool and dealt with self marshalling - experiences that will boost their confidence for the future.

Amongst our swimmers there many notable swims. Take Eden Jackson for example, who was expecting to race two others in her 50m backstroke race. When they both scratched Eden swam by herself and did a 6 second PB – well done Eden!

To all our swimmers who swam a new event long course – well done. It does take courage to try something new in a 50m pool especially a 200m race.

Many people contributed to the success of the meet and our thanks goes all those who covered the many duties from running, handing out refreshments, announcing, recording, office duties, team managing, and officiating, A special thanks goes to all those who provided plates for the officials refreshments – PCA has a reputation for providing great food, and this year was no exception.

Thanks also for those involved with the prep work for the meet – Keri (entries) and Elouise and Brent for organising the officials, and not to forget Pam Edwards (Capital Club and Life Member of Swim Wellington) who is a wonderful supporter and ran the timing system – a skill no one in our club has.

The lucky draw at the end of the meet created a lot of interest with four \$50 prizes given away. Well done to PCA's James van der Voort, Eric Yuan and Cody Bennett who were amongst the winners.

### 2020 Central North Island Champs:

Labour weekend saw a small team of Mackenzie and Travis Carnegie head to the Rotorua Aquatic Centre for the 2020 Central North Island Champs.

Both swimmers had a great time and achieved some excellent results.

Mackenzie achieved PBs in the Breaststroke and Freestyle. She was ecstatic to make the Wellington Champs qualifying time for the 50m Free.

Travis had an outstanding meet, competing in 9 events, 4 as timed finals and 5 with heats and finals.

He achieved PB's in all his events and made it into all the finals.

Travis Results:

200m Breaststroke	2nd
50m Breaststroke	4th
100m Breaststroke	5th
50m Free	6th
50m Fly	7th
200m IM	7th
100m Free	8th
100m Back	8th
100m IM	9th

### In-House League:

With COVID pool limits, our 2020 In-House league was reduced from three meets to two, but this didn't distract from the excitement of the event.

Congratulations to all the swimmers, especially those who took part for the first time or tried new strokes/events to aid their team points....no one seemed to hesitate when it came 'doing it for the team!' Teams were supportive and that 'have-a-go' attitude was to the fore.

A huge Thank You goes to the team leaders for their patience, leadership and encouragement shown when sorting their swimmers into their events.

Thanks to the officials, judges, recorders etc – Where would we be without organised, passionate people? PCA does appreciate your assistance.

Results.

The winning team was team three with 415 points – led by Luke Martin and James van der Voort, the team was Lawrence Wang, Grace Dick, Jacob Clark, Milly Hanna, Zaria Phelps, Indie Spalding, Freddie Mills, Maddy St Just, Liam Phelps, Gall Becher, Adam Li, Alex Stowell, Joe Reiher and Joshua London.

Team 1 were second 404 points – Jarrod McKee, Jade Ohlson, Emma Harrison, Oliver Seavor-Cross, William Lim, Teagon Vos, Kiera Weepu. Charlotte Harrison, Allan Wong, Rougan Duncan, Daniel Turetsky, Grace Stapleton, Luke McKee, Connor Wilson, Jordan Spark and Henry Wong.

Third place was Team 6 384 points – Lucy Campbell, Danielle Rule, Macy Rutherford, Finn O'Donnell, Sam Oliver, Iris Chen, Charlotte Cripps, Sienna Wilson, Holly Sorenson, Alyssa Kay, Logan Raimona-Pahetogia, Anabel Dick, Madison Spark, Cameron Wilkinson, Raymond Wong and Anna Wilkinson.

4th place was team 5 – 372 points, Team 2 was 5th 319 points with team 4 6th 312 points.



## 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.

## 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:

12 – 13 December – Swim Wellington 12 and Under Junior Champs (SC) – WRAC

16 – 17 January – Swimming NZ Open Water Champs - Taupo

23 – 25 January – Swim Wellington 13 and Over Champs (LC) – WRAC

29 – 30 January – Swimming NZ Junior Festival – All Stars (SC) - WRAC

**The above meets (except for the Swimming NZ Open Water Champs) are only open to those swimmers who have qualified. Eligibility reports are available on our website (Calendar Page) against the meet.**

## 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 (Viv Morton) .....	04-234-7071
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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>