

Annual Membership Subscription:

PCA's membership year runs from 1 July to 30 June, meaning the membership subscription will be due on 1 July, and should be paid no later than 31 July 2021.

Swimmers will not be able to enter meets from 1 July until these have been paid.

This year SNZ have imposed sharp increases in some affiliation fees, increases that PCA will carry and work around in an effort to keep swimming as affordable as possible.

The Committee is pleased to advise that our Membership fees for the coming year will remain at -

- \$195 for those who swim on Monday and Friday nights and Sunday mornings, as well as the Tadpoles.
- \$150 for those in the Senior squad, Orcas, Sharks, Swordfish, Seals/Penguins and the Johnsonville swimmers.

An email will be sent to each member early next week with the amount due, including any balance from the current year.

If you are not continuing your membership (and have not advised the club) then please send an email to info@swimporirua.co.nz by 20 June.

Fees should be paid into account no 030547 0205093 00 – please use the swimmers name as the reference.

To be able to carry these costs the club will be re-classifying some swimmer's membership categories.

The spin off from this is swimmers may find when they are entering a meet through the SNZ database their entries will be blocked. If this happens to you please contact Brent Harris on info@swimporirua.co.nz to have the membership category updated.

To allow time for corrections to be made please do not leave entering until the closing date.

Learn to Swim – Term 3:

Porirua City Aquatic's next course of Learn to Swim Lessons will begin on Sunday 1 August and finish on Sunday 12 September.

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 – we don't have eftpos) or fees can be paid on-line into account no 030547 0205093 01 (please use the child's name and L2S T3 as the reference.)

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

July School Holidays:

Sunday morning sessions (11 & 25 July) will be run at the normal times.

Sunday 18 July – there will be just one session from 8.30 to 9.30am

Monday (12 & 19 July) at Cannons Creek Pool will be devoted to distance badge swimming only for club swimmers.

As many of you know PCA has distance badges swimmers can achieve by completing a distance without stopping, Distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed these distances they can move on to swimming 1 kilometer (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

The pool is booked until 8.30pm on these two Mondays.

Three lanes will be available from 6pm to 6.30pm and then we'll have the whole pool until 8.30pm.

New swimmers and those swimming up to 200m meters should come at 6pm.

Those targeting longer distances are to come at 7pm.

To help this evenings run smoothly our coaches will need help from parents counting laps and/or timing the 1k swimmers.

Please note,

- swimmers may need to wait their turn if the lanes are full, to enable everyone the opportunity to achieve their goals.
- Parents helping are asked not to continuously interrupt swimmers to update them on their progress or the number of lengths they have to go. Just leave them to get 'on with the job.' Hopefully they are counting themselves anyway!

Friday (16 & 23 July) - Club sessions will be held at Te Rauparaha Arena, where diving is permitted.

These sessions are available to those who normally swim on Sunday morning and/or Monday and Fridays nights, including the Tadpoles.

Session times

- 6pm swimmers are to come at 7pm
- 6.45pm and 7.30pm swimmers are to come along at 7.45pm.

All swimmers will need to pay the council door entry charges.

Tadpoles, Seals and Penguins - These groups are welcome to come along and join in distance badge sessions.

Orcas, Sharks, Swordfish, Seals, Penguins and Tadpoles holiday timetable has been emailed out.

PCA In-House League:

2 August, 30 August, 13 September
All Monday nights

Cannons Creek Pool, 6.00pm Warm Up – 6.30pm Start

Entries close 26 July 2021

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 2 August – 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 Viv Morton at president@swimporirua.co.nz please include your age as at 2 August in your email. Entries close on 26 July.

Meet Reports:

PCA Hardcore Meet – 29 May:

PCA hosted our Hardcore Meet at the Wellington Regional Aquatic Centre (WRAC) on Sat. 29 May. Swim Wellington allocates each club one Tier 2 meet each year at WRAC and this was PCA's chance to shine. Eight clubs took part, 162 swimmers altogether entering 422 events, with PCA's team of 46 the biggest team at the meet

For many of PCA's 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.

Congratulations to:

- Nathan Hu on setting a new Wellington record in 50m back with a time of 36.87 – the old time of 37.60 was set by our own Ben Walsh way back in January 2007.
- Charlie Dickison – Capital also broke his own Wellington record of 1m05.58 with a time of 1m05.25
- Erin Knox – 200m Backstroke Para S10 Open Record with a time of 2:48.58 (previous record was 2:50.16)

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 200 or 400m event.

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, coaching and officiating, A special thanks 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 Noel Stevens (from SZR and the Wellington Carnival Committee) who is a whizz on the electronic timing – a skill we don't have in PCA.

The lucky draw at the end of the meet created a lot of interest with four \$50 prizes given away to those who had swum at least three events each. Congratulations

to PCA's Alyssa Dearmer, who along with visiting swimmers Sophie Barrie, Paige Tunnicliffe and Helen Brightwell all went away with \$50 in their pockets.

Gold Coast Meet – Coastlands 13 June:

PCA's team of 62 was one of the biggest ever to represent the club at a Gold Coast Meet.

For many it was their first Gold Coast, others were updating their times and/or swimming new events, and for some it was their last chance to qualify for the Wellington Winter Champs to be held later in June.

Congratulations to Nathan Hu who broke Charlie Dickison's Wellington record for boys 9 years and under 50m freestyle with a time of 31.05. The old record of 31.25 was set in Dec 2019.

While our swimmers swam really well, with many Personal Bests, and often big PBs, Tawa won the Personal Best trophy with 66% of their swimmers recording PBs. PCA was second on 61%, followed by Raumati 51% and Otaki Titans 33%.

Big thank you goes to many who helped make this meet a success

- Thanks to the managers Rose and Novia, coaches Todd, Steven and Dennis for looking after the swimmers and seeing they were well prepared for their races.
- To the officials. With PCA having more than half the entrants at the meet it was good to see so many PCA parents step up to timekeep. (Congratulations to Darrel Carnegie winner of the official raffle)
- Thanks to all the IOTs, referees, the starter and others who helped out. For many this finished off a busy 'swimming weekend' having already officiated at the North Island Secondary School Championships at WRAC on Saturday and Sunday.
- Thanks to those who did the prep work for the meet and organised the officials, and ran the computer on the day.
- Thanks to the management and staff of the Coastlands pool who were able to accommodate the meet at late notice.

Learnings from the meet

- Swimmers are advised not to enter back to back races, as most often there is not time to get from one race to the next.
- PCA had a couple of swimmers turn up when they weren't entered. Both families had gone through the process and thought they had entered, so it is hard to explain what happened. For the future all swimmers are advised to check their entries/psych sheets after the closing date. These can be found on the PCA website under 2021 calendar, and then get in touch with the race secretary if any corrections/additions are required. Prior to a meet the PCA manager will email all swimmers with the details of the meet, time to be there, what to bring etc.

- We did have some PCA swimmers who didn't turn up. This could have been because they hadn't read the email about the change of venue, but if it was because they were sick and/or were unable to get there, a scratching should have been placed with our race secretary on race@swimporirua.co.nz or to the team manager whose phone number was on the email. Swimmers not showing up does work against the club in the calculation of the Best Time trophy.
- Timekeepers are asked to write clearly, and to be sure the middle of the three times is recorded as the official time. When two or three timekeepers record the same time, that becomes the official time. Clear and correct time slips does take the pressure off those loading to times in the computer.

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 at 7:30pm.

Those interested should contact Becky Campbell on 021-044-8794 or email beckygrnz@hotmail.com.

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.

Please contact Veronica Rule on 021-0255-3366 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
Sunday Learn to Swim	03-0547-0205093-01
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:

25 – 27 June – Swim Wellington Winter Champs (SC) – WRAC – Entries Close 20 June.

22 – 25 July – NZ Secondary Schools (SC) – Auckland – Entries Close 6 July.

31 July – Swim Wellington T1 (SC) – Coastlands – Entries Close TBA

Report of Best Times:

If you require a list of your times, please email Haiou Wang the Race Secretary at 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 (Elouise Thomas)	022-140-5068
Treasurer (Murray Pugh)	021-247-7730
Race Secretary (Haiou Wang)	022-045-7793
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 (Veronica Rule)	021-0255-3366
Newsletter	e-mail info@swimporirua.co.nz