

Holiday Success:

Congratulations to all those who took on the challenge and swum non-stop at our two holiday badge nights.

Many surprised themselves and their parents with distances achieved.

Those achieving were;

25m (1 length) 50m, 100m, 200m (8 lengths) – all distances were swum separately Stephanie Alataua, Dylan Hutchison, Kevin Lin, Noah Pahina, Alia O'Shaughnessy, Rahat Sharma, Shiv Sharma, Logan Simmons, Hamish Wood and Nathaniel Wood,

400m (16 lengths) Stephanie Alataua, Dylan Hutchison, Noah Pahina, Alia O'Shaughnessy, Rahat Sharma, Shiv Sharma, Logan Simmons, Hamish Wood and Nathaniel Wood,

800m (32 Lengths) Stephanie Alataua, Dylan Hutchison, Eden Jackson, Murdoch Richardson, Alia O'Shaughnessy, Rahat Sharma, Shiv Sharma, Logan Simmons, Davey Talivai, Keira Weepu and Juan Zuluaga,

1500m (60 lengths) Charlotte Cripps, Marios Duncan, Tilly Fife-Gits, Merearihi Gardiner, Kirakahurangi Gardiner, Freddy Mills, Abigail Lee, Alia O'Shaughnessy and Tilly Smith,

Once all the above distances have been achieved swimmers swim a timed 1K (40 lengths).

Those who swum under 24 minutes received a ribbon, while others established a time. Well done to Pippa Carins 27m21.42, Rougan Duncan 24m54.82, Xian Duncan 21m34.94, Jack Hall 26m23.00, William Hall 21m30.00, Charlotte Harrison 23m14.08, Ethan Hunter-Day 15m03.40, Troy Hunter-Day 14m09.15, Eunacee Kopa 25m42.28, Carter McKee 18m02.00, Luke McKee 18m06.00, Joe Reiher 14m52.00, Amelia Short 32m18.00, Asher Thomas 23m21.24, Matthew Short 30m56.00, Madison Spark 17m45.46, Allan Wong 22m25.00 and Raymond Wong 20m52.00.

A big thank you to all the parents who counted the lengths and took the times.

Learn to Swim:

Porirua City Aquatic's next course of Learn to Swim Lessons will begin on Sunday 4th August and finish on Sunday 15th 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 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.

Have-a-Go Race Night - Friday 16 August:

Cannons Creek Pool.

6:00pm warm up, 6:30pm start

Note; swimmers may compete in no more than four races.

Race night is open to all our club members, especially those new to the club, Friday night, Monday night, Sunday morning and/or Tadpoles, Eels, Penguins, Seals, Swordfish and Sharks swimmers. Entries will be taken on the night.

This meet is not about winning, but is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as qualifying times for other meet entries.

Eels and Penguins training will be cancelled on this night. Sharks training will be held as normal, although these swimmers are welcome to join race night after training if they wish. Any queries, speak to your child's coach or email president@swimporirua.co.nz

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing.

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.

Swimming Wellington Development Squads:

Following outstanding swims in the 50m and 100m breaststroke at the NZ Open Championships recently Bronagh Ryan has been added to Swim Wellington's Performance Squad.

Swim Wellington has three Development Squads – the TID squad which includes PCA's Lucy Abbott, then Georgia Wills is in the Rising Stars Squad and now Bronagh is in the top squad.

Meet Entry Times:

For most meets swimmers entries times are shown on the programme determine the lane allocation for a race. Swimmers and parents need to be aware that there may be a difference between a swimmer's entry time and their personal best time depending on the whether the time was established in a 25m or a 50m pool, and the length of the pool the meet being entered is to be swum at.

Swimming NZ has a conversion table that makes allowances for the advantage gained by the extra turns needed in 25m pools. In short, swimmers swimming at the same speed will normally record a slower time for the same distance when swimming in a 50m pool because of the lack of turns.

Conversion table

Freestyle		Backstroke	
50m	0.85 sec	50m	0.85 sec
100m	1.70 sec	100m	1.70 sec
200m	3.40 sec	200m	3.40 sec
400m	6.80 sec	Breaststroke	
800m	13.60 sec	50m	1.00 sec
1500m	25.50 sec	100m	2.00 sec
Butterfly		200m	4.00 sec
50m	0.70 sec	Medley	
100m	1.40 sec	200m	3.40 sec
200m	2.80 sec	400m	6.80 sec

Explanation.

If a swimmer's time for 50m freestyle was 45.30 and this was established in a 25m pool. Should that swimmer enter 50m freestyle at a meet being swum in a 50m pool, then the entry time would show as 46.15 sec (that is 45.30 plus the conversation of .85sec).

Or the reverse – should a swimmer swim a Personal best of 1m30.00 at a 50m pool for 100m breaststroke. That time would convert to 1m28.00 if the swimmer was to enter a 100m breaststroke race at a 25m pool.

While it is a good ideal for swimmers to be aware and record of their Personal Best times – it is a better idea for them to keep two lists, one for short course best times (ie times swum in a 25m pool) and the other for long course (50m pool) best times.

Meet Reports:

100m PCA's Handicap Meet - 14 June:

Again this meet proved to be one of the most exciting meets on PCA calendar. The racing was close and the support, loud.

Congratulations to the finalists, especially the very clear winner Henry Wong. Raymond Wong was second, Amy Baddington third, Asher Thomas 4th, Ethan Hunter-Day 5th and Felix Thomas 6th – quite a family affair for two families! Entries were up on last year with 80 swimmers taking part. The finalists each received a rosette (in club colours) and box of Favourites

From the 15 heats, those placing 1st and 2nd and six of those placing 3rd went through to the semi-finals, and the winners of the six semi finals made up the final. Congratulations to all the semi-finalists many of whom missed making the final by splits of a second. Well done Kieran Dunlop-Brown, Merearihi Gardiner, Alia O'Shaughnessy, Jaxson Rutherford, Charlotte Cripps, Asher Thomas, Eunacee Kopa, Isaac London, Allan

Wong, Charlotte Harrison, Ty Schwalger, Raymond Wong, Aiden Harrison, Lewis Parker, Tait Judd, Addison Judd, Desmond Lin, Henry Wong, Amy Baddington, Logan Raimona Pahetogia, Travis Carnegie, Liam Phelps, Carter McKee, Mai Becher, Jordan Spark, Luke Weir-Smith, Alyssa Dearmer, Felix Thomas, Joshua London, Alexia Booth, Dannielle Rule, Ethan Hunter-Day, James van der Voort, Troy Hunter-Day, Seth Wilson and Dillon Raimona-Pahetogia.

Those who didn't make the final were divided into six relays team. Each team swam twice, once to establish a time and then in the handicap final. To ensure no team swam slow in the heats, hoping win the final, teams beating their heat time in the final by more than four seconds would be disqualified. Unlike last year, every one swam a well judged race.

Team five were the winners – Tirakahunrangi Tongia-Gardiner, Ovin Angammana, Chloe Weir-Smith, Madison Spark, Greer Pugh, Lucy Abbott, Jaxson Rutherford, Desmond Lin, Travis Carnegie, Alyssa Dearmer and Dannielle Rule.

Team 3 was second – Nina, Dylan Hutchison, Justin Wang, Daniel Turetsky, Millie Abbott, Merearihi Gardentiner, Izaac London, Aiden Harrison, Joshua London and Seth Wilson.

Team 6 was third. – Tilly Fyfe-gits, Angel Powell, Kieran Dunlop-Barrett, Lucy Peterson, Luke Martin, Charlotte Cripps, Addison Judd, Liam Phelps, Luke Weir-Smith and James van der Voort.

Well done to all the relay swimmers and especially the senior swimmers who organised the teams.

In the 100m freestyle event many swimmers make huge improvements on their entry times. As 'handicap' times are not official, these swimmers should be looking to swim 100m freestyle in the next carnival.

Thanks to the many people who helped out by officiating at this meet – it is appreciated.

It was disappointing that a number of swimmers entered this meet and didn't turn up. Thank you to those who did advise of their scratching, for the others it needs to become a habit to let our race secretary or the team manager know if you can't swim.

Pirates Jolly Roger Meet – 29 June

Thirty three PCA swimmers took part in this meet with forty six personal best times swum from the ninety events entered. Congratulations to Felix Thomas in 100m butterfly and Justin Wang in 100m breast – both swimmers took just over 20 seconds of their previous time. Amazing!

Thank you to the team managers and all those who officiated.

Manawatu Champs: (20/21 July in Palmerston North.)

Olivia Allen, Lola Brown and Lucy Peterson achieved a total of 8 PB's from 12 races at this meet. Well done to Olivia, recording a 10 second PB in 100m, Lucy a 9 sec in 50 fly and Lola for swimming best times in all three of her races.

Swim Wellington Distance Champs:

Just five PCA swimmers took part in this Championship Meet held on 27 July at Coastlands.

Races were held over 800m and 1500 freestyle, with swimmers needing to be 12 yrs and over to enter.

In the 800m event Congratulations to Bronagh Ryan, Gold Medal for girls 16yrs and over, with Georgia Wills taking a Silver for girls 14/15 years with a massive 10 second PB.

All our swimmers were placed in the top 10, earning valuable points that will be added to our points tally at the Wellington Winter Champs.

In their respective age groups, for 800m Seth Wilson was 4th, Sophie Wills 6th, while James van der Voort was 9th in 800m and 8th in 1500m. For those who may be thinking James swam the two races, he was able to use 800m split time from the 1500m for the results.

A big thank goes to those who officiated these long races!

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:

11 August – Gold Coast Matson Trophy (SC) Coastlands – Entries Close 2 August

16 August – PCA Race Night (SC) Cannons Creek – Entries on Night

17 August – Swim Wellington T1 (SC) Coastlands – Entries Close 11 August

30 August – 1 September – Swim Wellington Winter Champs WRAC – Entries Close 25 August

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
Officials Co-ordinator (Nadia Booth)	021-077-5903
Uniforms (Becky Campbell)	021-044-8794
Newsletter	e-mail info@swimporirua.co.nz