

### Matson Trophy:

The finalists at the Matson Trophy were congratulated in our last newsletter.

Unfortunately we missed including Joshua London who was 4<sup>th</sup> in the final.

Our PCA finalists were 1<sup>st</sup> Lewis Parker, 2<sup>nd</sup> Felix Thomas, third Justin Wang, 4<sup>th</sup> Joshua London and 9<sup>th</sup> Alma Sheffield.

We apologise for this omission.

### NZSCTA Award:

At the recent Swim Coaches and Teachers of NZ conference top coaches throughout NZ were recognised for the achievements of their club/team.

Amongst the recipients it was great to see our PCA coaches, Ben Walsh and Steven Zhu acknowledged for their contribution in coaching PCA to be the top club in the All Stars Zone of the SNZ Junior Festival Meet held in February 2019.

### Swimming NZ Short Course Champs

This competition is in Auckland from 1<sup>st</sup> to 5<sup>th</sup> October.)

To swim at this meet swimmers must qualify and this year we are sending our biggest team ever.

Congratulation to all our swimmers for qualifying - Our team is Bronagh Ryan, Mia Booth, Ella Drummond, Sophie Wilkinson, Gerogia Wills, Lucy Abbott, Sophie Wills, Luke Martin. Dillon Raimona-Pahetogia and Jarrod McKee.

Team Management is Andrew and Louise Wills, with Nevill Sutton as coach.

The meet will be streamed live on youtube and facebook. Check the Swimming NZ website for facebook page for details.

### Eligibility Reports:

For meets where there are qualifying times (Wellington Champs, National Meets, SNZ Junior Festival etc), PCA produces eligibility reports, that show the events swimmers have qualified in. These reports are often posted on the noticeboard, and are available on our website.

Swimmers, then need to enter the meet through the Swimming NZ database in the normal way and pay the entry fee.

Anyone with a query about entering a meet should contact our race secretary, Keri Martin on [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz)

### September / October School Holidays

Swimming will continue during the school holidays except that there will be no Club Swimming on Friday 4 and 11 October.

Club nights on Monday 30 September and 7 October will be devoted to distance badge swimming. Squad members especially those in the Tadpoles, Eels, Penguins, Seals plus club swimmers are welcome to attend.

For those new to the club, PCA has distance badges swimmers can achieve by completing a distance without stopping. The distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed all these distances they move on to swimming 1 kilometer (40 lengths) for a time.

PCA has various ribbons to reward swimmers for times achieved.

PCA has the pool booked until 8.30pm. Those swimming up to 400m meters should come at 6:00pm, while **those swimming longer distances are to come at 6:45pm.** To help this evening run smoothly our coaches 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, so everyone has the opportunity to achieve their goals.
- On Monday 30 September the whole pool will be devoted to Distance badge swimming from 6pm
- On Monday 7 October PCA's Orcas will be training with Ben in 3 lanes until 6.30pm, leaving 3 lanes for distance badge swimming from 6pm to 6.30pm, and six lanes thereafter.

### Learn to Swim:

Porirua City Aquatic's next course of Learn to Swim Lessons will begin on Sunday 3 November and finish on Sunday 15 December.

Classes are at 9:30 am or 10:00am, 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.

### **Tadpoles – Term 4:**

An opportunity for club swimmers to swim with Ben in the Tadpoles

Vacancies exist in the club's Tadpoles group for term four 2019. The Tadpoles is a technique group coached by Ben Walsh, on Friday nights from 6.15 pm to 7 pm

Criteria – swimmers must be:

- at least 7½yrs and up to and including 11yrs
- fully paid up members of the club.
- keen to race and enter meets involving other clubs.

General:

- The cost of Tadpole's coaching is \$30.00 for the term.
- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach while in the Tadpoles.
- At the end of the term swimmers may choose to stay with the Tadpoles for another term, move into one of PCA's Junior squads (Swordfish, Seals or Penguins) or continue to swim in the volunteer coaches lanes.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, by phone 2347071, or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### **Day Trip to Feilding – 17 November**

PCA will be taking a team by bus to the Fielding Swimming Club's Spring Carnival, to be held indoors at the Makino Aquatic Centre Feilding on Sunday 17 November 2019. The team will travel to Feilding in the morning and return via Levin McDonalds after the meet.

Note – only those 9yrs and over may travel on the bus. Younger swimmers wishing to compete at the meet will need to make their own travel arrangements.

The club will assume all swimmers 9yrs and over entering this meet will be traveling on the bus, unless they advise Viv Morton, [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) prior.

We will need volunteers to manage this team, both on the bus and at the meet. If you can help out please email Viv – obviously there won't be a trip if we don't have volunteers!

Details of the trip will follow, but you can expect the team to leave just after 9am. Swimmers are to take their racing gear, a cut lunch, and money for McDonalds on the way home. Swimmers will not be allowed to leave the team to buy lunch or pool snacks. The club is covering the cost of the bus.

**The flyer for this meet is on our website. To allow time for the organisation PCA would like to close entries on 1<sup>st</sup> November, a week earlier than stated on the flyer.**

### **Parumoana Interschool Sports:**

PCA along with Dash Swim School ran the Parumoana Inter-school Swimming at the Cannons Creek Pool, and what fantastic meets they turned out to be.

Years 5 and 6 swum on Thursday 5<sup>th</sup>, and years 7 and 8 the next day.

The atmosphere was electric with many very close races. The competition between PCA teams mates as the battled to get points for their schools was something to be seen, and as with these types of meets there was heaps for cheering and noise from the grandstand.

Plimmerton School won the Years 5 & 6 competition with 202 points, Papakowhai was 2<sup>nd</sup>, with 149 pts, and Adventure third on 72 pts.

The Years 7 and 8 competition turned out to be much closer with the lead constantly changing during the meet. In the end Papakowhai won with 152 points closely following by Plimmerton 147 points, just one point ahead of Discovery who were third.

While many PCA swimmers shone, the overall result at these types of meets often determined by those finishing 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> in the finals. All finalists earned points for their school.

Thank you to Dash Swim School for help setting up the two meets, and providing staff on the day. Also to Todd Morton for announcing at the both meets and interviewing Bronagh Ryan at the 7 and 8 meet, about her swimming experiences. Bronagh gave everyone an insight into how often she trains, both in the pool and the gym, the friendships she has made through swimming and how you can work swimming around getting an education.

A big thank you also goes to our PCA parents, who did all the officiating and run the meets. So many people stepped up, took on new roles – we are so lucky at PCA to have such supportive people.

### **Sunrise Swimwear:**

As part of her NCEA Business Studies a Tawa swimmer has developed a range of swimwear that she has had made.

The range will be on display and available to purchase at our In-House League Meet on 21<sup>st</sup> October.

Sizes are suitable for 8 to 14 year old (approx). The cost is \$60 for the smaller sizes and \$80 for 10 – 14 years.

## Meet Reports:

### Swim Wellington Winter Champs:

Further to last months article that covered the teams results, following are the individual results.

Congratulations to Suri Sun who broke two of her own Wellington Records for Girls 9 years and under. Her 50m freestyle time of 31.34 took .35seconds off the record she set in May 2019, while her 100m freestyle time of 1m08.46 took a massive 2.04 seconds off the record she set in June 2019.

Ten year old Vinnie Tat swam her 100m freestyle in 1m.08.13 to break the long standing record set by Frances Harley in July 2001 of 1m.08.30

Individual results were:

Swimmer	Gold	Silver	Bronze	Top 10 finish
Alexia Booth			5	2
Alyssa Bai				1
Anabell Giebel				2
Asher Thomas				1
Benjamin Reiher				3
Bronagh Ryan	6	2	2	
Caleb Sutherland			1	1
Cameron Wilkinson	6	1		
Camille Zhou			2	
Carter Mckee			5	
Charlie Dickison	6			
Cody Bennett				10
Danniel Rule				1
David Zhu	2	1		3
Desmond Lin				3
Dillion Raimona-Pahotogia		2	1	5
Ella Drummond				8
Ethan Hunter-Day				5
Felix Thomas		5	5	2
Georgia Wills	1	3	8	1
Greer Pugh		2	1	1
Holly Sorenson				1
James van der Voort				2
Jarrod McKee				4
Jayden Dickison	8	2	1	
Jered O'Donnell				1
Jordan Spark				1
Joseph Reiher		2	1	3
Justin Wang				2
Kayne Howat			1	9
Liam Phelps				4
Logan Raimona-Pahotogia				1
Lola Brown				2
Lucy Abbott	3	2	3	3
Lucy Campbell				4
Lucy Peterson				6
Luke McKee		1	1	3
Luke Martin			1	6
Mia Booth				5
Milla Sutherland			1	8
Millie Abbott				3
Nathan hu		3	3	2
Nathan Li				2
Ovin Angammanna				3
Riley Bennett			2	8
Sandy Li	2	1	2	4

Swimmer	Gold	Silver	Bronze	Top 10 finish
Seth Wilson				5
Sophia Ognyeva				2
Sophie Wills				10
Sophie Wilkinson		2		
Sunny Zheng	5	1		
Suri Sun	9			
Travis Carnegie			2	4
Troy Hunter-Day				2
Vinnie Tat	9	2		
Yani Jiang				1

Others to achieve personal bests and top 10 finishes were Alphon Cao, Daniel Turetsky, Holly McManaway, Isaac Noon, Jade Lin, Jonathan Cui, Joshua London, Leonie Giebel, Lewis Parker, Liam Dunlop-Brown, Madison Spark, Olivia Allen, Ronan Booth, Ty Schwalger and Zoe Baddington.

A big Thank you goes to our team managers, officials and all those who helped with duties at the meet, and to Nadia Booth for organising our officials/managers. A special thank you goes to those who continue to support our sport even though they no longer have swimmers competing – Brent Harris, Terry Laws, Matt Meehan, Graham Seagull and Viv Morton

### Gold Coast Meet Tawa – 22 September:

Seventy three swimmers from PCA entered this meet. This was a huge team and probably one of our biggest Gold Coast teams ever. In fact PCA accounted for half of the swimmers there.

Congratulations to all our swimmers especially those recording Personal Bests and/or tackling new events and distances. To swim a 400m medley, 400m freestyle and/or 200m butterfly for the first time takes courage...well done to those who took on the challenge - Milla Sutherland, Felix Thomas, Sunny Zheng, Kayne Howat and Jayden Dickison.

While PCA did extremely well with 58.8% of swimmers recording PB's we were out classed by Tawa with 74.4% and Otaki Titans with 84.6%. These percentages are calculated on the number of PBs as a percentage of total number in the team who already had a time for the events swum.

Congratulations to Suri Sun who broke the Wellington record Vinnie Tat set in March 2019 of 1:21.37 for Girls 9 years and under, with a time of 1:20.78.

A big thank you goes to our team managers, coaches and those who officiated, especially those who answered the call 'we need more timekeepers please'. At Gold Coast all clubs are asked to supply 6 timekeepers but when a club only has three swimmers entered, that doesn't always work.

## In House League:

Meet One, 23 September.

What a great night, with close racing to keep the judges on their toes, lots of team support and swimmers who were prepared to have-a-go. Thanks to the team leaders for organising and encouraging their swimmers.

The final points were:

Team 1	236
Team 2	199
Team 3	167
Team 4	173
Team 5	200
Team 6	158

One would expect the points table to change as sick swimmers and others with clashes with sporting/school prizegivings return for the next meet.

Thank to the judges, recorders, officials and supporters. Keep your diary free.

Meet two is 21 October and Meet three 18 November.

## 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)

## 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](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.

## Upcoming Events:

**1 – 5 October** – Swimming NZ Shortcourse – Auckland

**19 October** – SwimZone T2 Meet (LC) WRAC – Entries Close 12 October.

**21 October** – PCA In House League (SC) Cannons Creek

**2 November** – PCA Hardcore (LC) WRAC – Entries Close 26 October

## 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)	.....	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
Johnsonville Squad (Novia Guo)	.....	021-869-669
Officials Co-ordinator (Nadia Booth)	.....	021-077-5903
Uniforms (Becky Campbell)	.....	021-044-8794
Newsletter	..... e-mail	<a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>