

### Thanks – Jordan Spark:



Thanks to Jordan Spark for cleaning up the store room at the beginning of July.

### Annual General Meeting:

The club's AGM was held at the Cannons Creek Pool on 28 June.

Usually this is run in conjunction with the Prize Giving, and obviously by the low attendance the Prize Giving is the draw card.

A huge thank you goes to those who did come along, especially the older swimmers.

While it was a bit worrying at the beginning we just managed to have enough people to form a quorum - it would have been very disappointing if the meeting had to have been carried over.

A guest at the AGM was Chris Birkenshaw, Chairman of the Swim Wellington Board who gave us an insight into the functions of Swim Wellington and the Board. (FYI – Murray Pugh our treasurer is also on the SW Board.)

Our committee (Club Officers and Members) for 2020/21 are:

#### Officers:

Patron:	Matt Meehan
President:	Viv Morton
Vice President:	Brent Harris
Secretary:	Janet Thomson
Treasurer:	Murray Pugh
Club Captain:	Becky Campbell
Vice Club Captain:	Tash Abbott
Race Secretary:	Keri Martin

#### Committee Members:

Eileen Adams, Novia Guo, Veronica Rule, Carla/Blair Spalding.

PCA would welcome a few more on this committee. Currently most of the committee have either older or no swimmers and it would be great to a better representation from the Junior squads and club swimmers.

If you are interested, please email Viv – [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### Club Championships:

Sunday 16 August 2020 – Tawa Pool

Club Championships are the premier meet on any club calendar and with the diving ban in place at at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 16 August 2020, over two sessions (1.30pm warm up for a 2pm start, then 5pm warm up for a 5.30pm start). Note – this is a shorter break than last year – maybe an opportunity to picnic in the park next door – we are also planning to have a sausage sizzle running.

See the flyer on our website and/or noticeboard for full details. By hiring the Tawa Pool our swimmers will be able to dive, if they wish.

All 25m races will start in the water.

The aim is to run these championship an official meet with swimmers providing we have enough qualified officials.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1<sup>st</sup> 8, 2<sup>nd</sup> 5, 3<sup>rd</sup> 3, and one for all others participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving. (date and venue to be confirmed)

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, like Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. Many swimmers have been entering meets this way for sometime now – it is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz)

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton or Keri Martin

## Parumoana Primary Interschool Sports – Cannons Creek Pool:

Planning is underway for the 2020 Interschool Sports.

Over the last few years this has been a fantastic event, organised by Dash Swim School and Porirua City Aquatics.

Interschool meets bring out some great racing between training mates as they represent and earn points for their schools. It would be great if those selected to represent their schools wear their PCA Cap, unless they have a school one, after all our swimmers are PCA's best advertisements.

PCA swimmers should be encouraging their schools to enter – please speak to your school and ensure these meets are on their sporting calendars. I know many PCA parents have assisted their schools in organising their teams - hopefully this will happen again this year.

The success of these sports been largely due to the help and support provided by PCA parents. You are the ones with the experience, you know what is required to run a

good meet – hopefully PCA parents will be out in force again this year.

Dates – both meets run from 9:00am to noon

- Thursday 27 August - years 5 and 6
- Thursday 3 September - years 7 and 8

If you can help, please give me a ring 2347071, or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

Thanks - Viv

## PCA IN-House League:

Three Fun Nights open to All Club Members

7 September, 19 October and 16 November

All Monday nights

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

Entries close Friday 13th September

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 please include your age as at 7 September in your email.

### Champion Habits (from Todd Morton):

#### All Strokes

- Be ready for training – gear out, loosen up
- Practice how you want to race
- Always finish at the wall and let team mates finish at the wall

#### Butterfly

- Do 3 dolphin kicks underwater on starts and turns
- Backstroke
- Do 3 dolphin kicks underwater on starts and turns.

#### Breaststroke

- Always do Breaststroke pull outs.
- Touch the wall with two hands.

#### Freestyle

- 3 dolphin kicks underwater on starts and turns
- No breathing from the flags to the wall, on the last length of a swim.
- Breath on your second stroke out of the start or turn.
- Breath every 3 arms with swimming

### Meet Reports:

#### College Sports Wellington Champs (SC):

The first meet for our Senior Squad swimmers following lockdown was representing their schools at Huia pool on 26 June.

Congratulations to those who entered:

Lucy Abbott (Sacred Heart), Lucy Campbell (Aotea), Alyssa Dearmer (Aotea), Joe Reiher (Aotea), Ben Reiher (Aotea), Jarrod McKee (Aotea), Cameron Wilkinson (Aotea), Jess McManaway (Aotea), Cody Bennett (Scots College), Luke Martin (HIBs), Dillon R-P (Wellington College), David Zhu (Wellington College), James Van Der Voort (Wellington College).

Our swimmers entered a total of 44 individual events with 16 new PBs. Top 3 placings are as follows:

- Lucy Abbott (14&U): 1st - 50 Free, 2nd - 100 Free, 3rd - 100IM
- Dillon R-P (15&O): 2nd - 50 Back
- Joe Reiher (14&U): 3rd - 100 Breast
- David Zhu (14&U): 1st - 50 Fly, 1st - 100 Fly

#### SWN Relay Champs (SC) WRAC 4 July:

Congratulations to all our swimmers who took part in the first big meet post lockdown.

This was a fun relay meet with age group teams representing PCA.

There were 52 PCA swimmers selected to swim at this busy meet with PCA taking away the most club points overall:

PCA 424 pts  
Capital 386 pts  
Pirates 348 pts

Special mention goes to our Super 5 (5 x100m free) team who not only won their event but also set a Wellington record – well done to: Charlie D, Suri S, Cameron W, Dillon R-P and Luke Martin.

Big thanks to Greer Pugh who sat through the whole meet to swim in the last event of the day!

Top 3 team placings for PCA are as follows:

Event	Team	Placing
Super 5 (5x100m free)	Charlie D, Suri S, Cameron W, Dillon R-P, Luke M	1 <sup>st</sup> Wellington Record
Boys 9&U Medley	Nathan H, Asher T, Charlie D, Desmond L	1 <sup>st</sup>
Boys 11&U Medley	Jayden D, Felix T, Kayne H, Travis C	1 <sup>st</sup>
	Luke McKee, Carter M, Justin W, Liam P	3 <sup>rd</sup>
Girls 11&U Medley	Riley B, Suri S, Vinnie T, Karmen Z	1 <sup>st</sup>
Boys 13&U Medley	Cameron W, Joe R, Sunny Z, Eric Y	2 <sup>nd</sup>
Boys 15&U Medley	Dillon R-P, Ben R, David Z, Jarrod M	3 <sup>rd</sup>
Boys 9&U Free	Charlie D, Nathan H, Desmond L, Nathan Li	1 <sup>st</sup>
	Jonathan C, Ovin A, Eric Z, Asher T	3 <sup>rd</sup>
Girls 9&U Free	Camille Z, Alyssa B, Dora S, Abigail P	3 <sup>rd</sup>
Boys 11&U Free	Jayden D, Felix T, Kayne H, Travis C	1 <sup>st</sup>
Girls 11&U Free	Vinnie T, Suri S, Riley B, Karmen Z	1 <sup>st</sup>
Boys 15&U Free	Jarrold M, Dillon R-P, David Z, Ben R	2 <sup>nd</sup>
Golden Oldies	Elouise T, Rae A, Megan C, Asitha A	3 <sup>rd</sup>
Flying Squad (10x50m Free)	Camille Z, Charlie D, Vinnie T, Jayden D, Sandy L, Cameron W, Lucy A, Jarrod M, Greer P, Luke M	1 <sup>st</sup>

Well done to all other swimmers and their teams:

Millie A, Cody B, Lucy C, Alphon C, Lauren C, Charlotte C, Jonathan C, Anabell G, Charlotte H, Yani J, Josh L, Holly M, Liam P, Joe R, Danielle R, Holly S, James V, Justin W, Ruka W, Eric Y.

#### CPT Medley Meet (SC) – WRAC – 25 July:

59 swimmers achieved 81 best times with 3 Wellington Records broken by Charlie Dickson, one of his own 100 freestyle, he also broke Sebastian Young's (Mana Swimco) 100 Medley record from 1992 and Tamati O'Hagan's (Porirua Swimming Club) 50 Backstroke record.

Mana Swimco and Porirua Swimming Club merged to become PCA, so great to keep these in the PCA family.

Lucy Abbot, David Zu and Charlie Dickison all placed in the top 3 for their age group overall points

Some great team spirit was shown with older swimmers giving encouraging advice to keep kicking to the young swimmers completing in the final event 200 Backstroke. So good to see the older swimmers looking out for the young swimmers coming through.

Rose Crawford, Jacqui Dearmer and Fenli Lin – Team Managers

## 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:

**2 August** – Gold Coast Matson Trophy (SC) – Coastlands – Entries Closed

**7 August** – PCA Race Night (SC) – Cannons Creek (Unofficial Times) – Entry on Night

**8 August** – Swim Wellington T1 Meet (SC) – Coastlands – Entries Close 2 August

**16 August** – PCA Club Champs (SC) – Tawa – Entries Close 10 August

**30 August** – Gold Coast Woollahra Trophy (SC) – Tawa – Entries Close 21 August

All of these meets (apart from the Matson Trophy 100m Freestyle (as it is Handicapped) and PCA race night) give swimmers the opportunity to qualify for the Wellington Champs (17/20 September).

If you are unsure which events you have qualified for see PCA's website under Calendar 2020 and then scroll down to the Wellington Champs section in September.

## 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)