

COVID-19 Level 2:

The change to Level 2 at midday on Wednesday 12 August caused disruptions to the squad training schedule and some uncertainty with the Club Lane programme.

All our Learn to Swim Sunday sessions have been cancelled for the duration of level 2 due to the 85 people limit in the building and physical distancing requirements.

The council initially would only allow 4 swimmers per lane for all squads and at the Arena cut the number of lanes available from 3 to 2.

Once the new level 2 restrictions were fully published and the council staff had reviewed the group and physical distancing requirements for sports clubs, the limit of swimmers per lane was lifted to 8 and the squad lanes at the Arena were increased back to 3.

The council has placed a limit of 85 people in the building at Cannons Creek pool to allow for their staff so that the total number in the building does not exceed 100. This may mean that at changeover between club lane sessions the number of people may exceed the 85, where this occurs parents / spectators will be asked to leave to allow swimmers to attend their sessions, once the numbers reduce then the parents / spectators will be allowed back into the building.

Please remember that if you are not able to maintain physical distancing that you should wear a face mask, you must also use the contact tracing app or sign in to the pool, you must practice safe hygiene practices and if you feel unwell for any reason you are not to attend training.

Due to the majority of meets exceeding the 100 person limit these have been cancelled until we return to level 1, or the 100 person limit on gatherings is increased in level 2. Alternative arrangements are being made to enable swimmers who are close to qualifying to get times for the Wellington Winter Champs and SNZ Short Course.

As the COVID-19 response is constantly changing updates that affect the clubs activities will be available on our facebook page and web site as required, general updates and Government information is available on their webpage (<https://covid19.govt.nz/>).

PCA In-House League:

PCA In-House League is **cancelled** on 7 September due to COVID-19 Level 2 group limits.

All squad and club training will take place as usual on 7 September.

In-house League will be reduced to a two series competition for 2020, with meets on 19 October and 16 November.

Swimmers should enter their names on the noticeboard or email Keri at race@swimporirua.co.nz to enter.

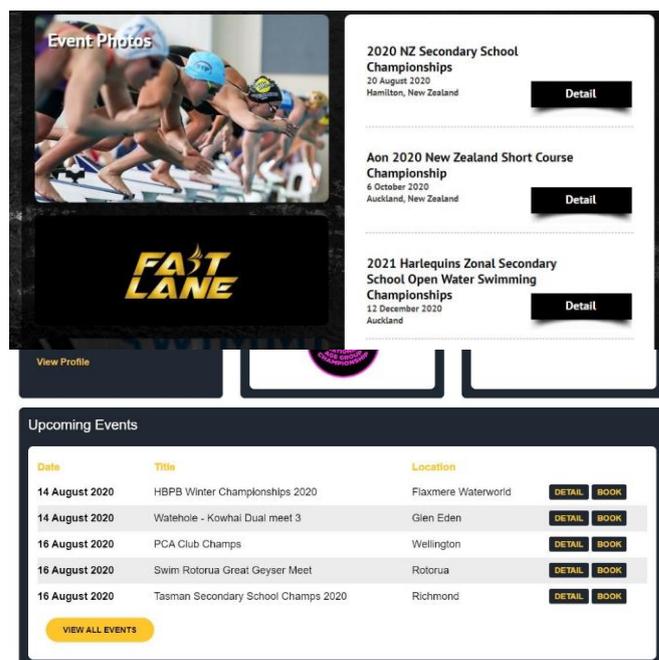
Checking Race Meets Entered Online:

Parents often ask how they can check which events their swimmers have entered or how they can be sure their entries have saved.

With Swimming NZ's new Fastlane entry portal this is very easy.

To check which event your swimmers have entered:

Log in to Swimming NZ's Fastlane portal (log in through the 'Fastlane' logo on Swimming NZ's website homepage) – if you do not have a log in yet, please email info@swimporirua.co.nz and one will be sent to you (remember to check your spam folder if you think it hasn't arrived!)



The screenshot shows the Fastlane website interface. At the top left, there's a section for 'Event Photos' with a photo of swimmers. Below that is the 'FAST LANE' logo. To the right, there are three event cards with 'Detail' buttons:

- 2020 NZ Secondary School Championships, 20 August 2020, Hamilton, New Zealand
- Aon 2020 New Zealand Short Course Championship, 6 October 2020, Auckland, New Zealand
- 2021 Harlequins Zonal Secondary School Open Water Swimming Championships, 12 December 2020, Auckland

Below these is an 'Upcoming Events' table:

Date	Title	Location	DETAIL	BOOK
14 August 2020	HBPB Winter Championships 2020	Flaxmere Waterworld	DETAIL	BOOK
14 August 2020	Watehole - Kowhai Dual meet 3	Glen Eden	DETAIL	BOOK
16 August 2020	PCA Club Champs	Wellington	DETAIL	BOOK
16 August 2020	Swim Rotorua Great Geyser Meet	Rotorua	DETAIL	BOOK
16 August 2020	Tasman Secondary School Champs 2020	Richmond	DETAIL	BOOK

At the bottom of the table is a 'VIEW ALL EVENTS' button.

Scroll down your swimmer's profile page until you see 'Upcoming Events'

- Find the meet your swimmer is entered in
- Click on the 'Detail' tab
- Click the 'Competitors' tab

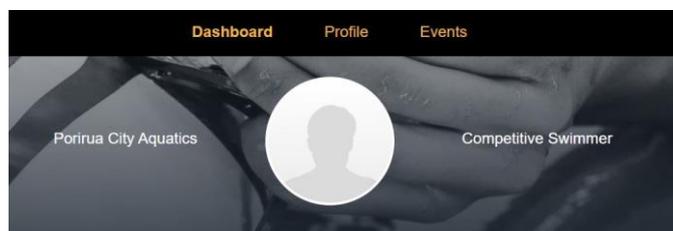
If your swimmer's entries have saved correctly, their name will appear in the list. You can check their entries by pressing the '+' beside their name.

Competitor	Solo Events	Club
- Dillon	7	Porirua City Aquatics
Solo Events Seed time		
2-2A Men, 11 & Over, 200 FREE	2:17.24	
9-9E Boys, 15 Year Olds, 100 FREE	57.21	
15-15E Boys, 15 Year Olds, 100 Back	1:06.69	
17-17C Boys, 14-15, 200 Medley	2:35.65	
23-23E Boys, 15 Year Olds, 100 Breast	1:22.52	
29-29D Boys, 15 Year Olds, 100 Fly	1:02.80	
30-30G Boys, 15 Year Olds, 100 Medley	1:06.66	
- Emma	4	Porirua City Aquatics
Solo Events Seed time		
3-3A Girls, 8 & Under, 50 FREE	58.47	
18-18A Girls, 9 & Under, 50 Breast	1:13.66	
20-20B Girls, 8 Year Olds, 25 Breast	36.09	
26-26A Girls, 8 & Under, 25 Fly	NT	
+ Jiya	6	Porirua City Aquatics

To Receive a Receipt for Meet Entry Fees

Fastlane has a record of all race meets that your swimmer has entered online.

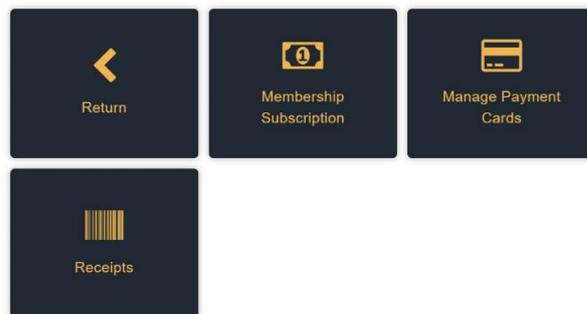
You can download a receipt by selecting 'Profile' on your swimmer's Fastlane Dashboard.



Select 'Subscriptions & Payments'



Select 'Receipts'



Scroll down the page to see a list of receipts for meet entry fees – these can be downloaded, if you wish.

If you're having issues using the Fastlane system or have any questions please email our race secretary, Keri Martin, at race@swimporirua.co.nz

Badge Night:

Over the holidays a number of swimmers took up the challenge on Badge Night to swim either distances from 25m up to 1500m non-stop or were timed for a 1K (40 length) swim.

Congratulations to the following:

25m and 50m Milly Hanna,

Above distances plus 100m – Breanna Jones and Phoebe Lang.

Above, plus 200m – Noah Havan and Macy Rutherford,

Above, plus 400m – Livvy Andrews, Troy Chen, Grace Dick, Cassidy Hatten, Sierra Hatten, Lilly Nalder, Jaxon Rutherford, Tyler Rutherford and Teagan Voss,

Above, plus 800m Jackson Crawford, Kieran Dunlop-Brown, Ethan Gibson, Piper Lang, Adam Li, Molly Percy, India Spalding, Lawrence Wang and Logan Wilson, Above, plus 1500m – Jacob Gibson, Pippa Percy and Tira Kahurangi Tongia-Gardiner,

Also well done to the following who completed one or more of the longer distances, 400m & 800m Grace Stapleton, Hamish Wood, Nathaniel Wood. 800m Abigail Parker, 1500m Courtney Harrison, Zaria Phelps and Marissa Wilson.

The club has a range of ribbons for those swimming the timed 1K. Well done to everyone for completing the distance and winning a ribbon. PCA is adding more ribbons to our range from under 29 minutes dropping in 1 minute intervals which will be more achievable for most. These will be available next holidays.

Congratulations - Mererahi Gardiner, Courtney Harrison, Issy Lister, Carter McKee, Luke McKee,

Maia Nalder, Tommy Paramo, Liam Phelps, Zaria Phelps, Logan Simmons, Keira Weepu, James Willets, Connor Wilson, Marissa Wilson, Sienna Wilson, Allan Wong and Raymond Wong.

A big thankyou goes to everyone who helped counting lengths and keeping times.

Meet Reports:

Gold Coast Matson Trophy – 2 August:

This was held at Coastlands and was an exciting and fast paced meet.

Most of the Swimmers achieved PB's in their events including the handicapped (unofficial time) 100 Free and there were quite a few swimmers that swam new events or had not swum before who did extremely well and there were no DQ's.

100m Grand Final

Placing	Name	Club	Seed Time	Handicap	Time
1	Cripps, Charlotte	PCAWN	1.34	Go	01:25.3
2	Adams, Jackson	TWAWN	1.28	6	01:30.5
3	Sorenson, Holly	PCAWN	1.23	11	01:31.5
4	Bushell, Kate	TWAWN	1.18	16	01:32.1
5	London, Josh	PCAWN	1.1	24	01:32.5
6	Wang, Justin	PCAWN	1.21	13	01:33.5
7	Gardner, Nevaeh	OTTWN	1.11	23	01:33.7
8	Duncan, Leo	RAUWN	1.04	30	01:34.8
9	Tikao, Jessica	TWAWN	1.08	26	01:35.4
10	Cecioni, Alexander	RAUWN	0.57	37	01:37.6

In the 100m Relay the PCA Team A was place second.

Prizes were provided and presented by the Matson family.



Jacqui O'Donnell
Team Manager

Race Night 7 August:

Approximately 50 swimmers 'had-a-go' at Race night.

Many were first timers, others tried new strokes and distances, and while most swimmers may have arrived at the pool hesitant and nervous everyone seemed to leave happy with their achievements and stash of ribbons.

Those who received correction forms should discuss these with their coach and learn from this experience. At an official meet swimmer's would have been disqualified for these infringements.

As with all Have-a-Go meets many parents 'had a go' timekeeping. Thank you, everyone who stepped up and helped out at the meet especially those who came along even when they didn't have swimmers taking part.

A big Thank you also goes to our Senior swimmers, James van der Voort, Joe and Ben Reiher, Cameron Wilkinson, Lucy Abbot, Lucy Campbell and Dannielle Rule who came along after their evening training session at Te Rauparaha to help out – it was great for our newer swimmers to see the boys compete in a couple of race giving them someone to aspire too!

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 Matthew Hall by e-mail at matthewhall@xtra.co.nz.

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 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:

18 – 20 September – Swim Wellington Winter Champs (SC) – WRAC. Closes 13 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 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