



The Wellington Region will move out of Level 2 and go to Orange in the new COVID-19 Protection Framework at 11:59pm, Thursday 2 December.

Orange Level – COVID-19 Protection Framework:

The following applies to all club activities at pools. Most of these requirements are council requirements as per the framework guidelines, as we are using their facilities.

Please note that when the pool that is being used is also open to the Public then the Public Facilities Guidelines are used, when the pool is open only to club members then the Gathering Guidelines apply and when the club is operating a swim meet, the Event Guidelines apply.

In order to be as safe as possible, while operating as close to normal as possible, Vaccine Passes will be mandatory for all Club Activities in Council Facilities.

This information is based on the guidelines as published by the Government on 30 November. We will notify members by email and/or facebook of any changes to the Guidelines, or how they are interpreted that may affect our activities.

Vaccine Passes:

Vaccine Passes must be presented by anybody who is attending who is over 12 years and 3 months of age.

Children under the age of 12 years and 3 months do not have to present a Vaccine Pass.

There are no exceptions to the requirement to present a Vaccine Pass if you are over 12 years and 3 months. No pass means no admittance.

Any person who is exempt from receiving the Vaccine will receive a Vaccine Pass, that is the same as for a vaccinated person.

Masks:

Masks are mandatory (except for swimming) when the public are also in the facility, unless you are exempt, are 12 years of age or younger or it is unsafe to wear a mask.

Building Limits:

There have always been building limits for Fire Safety purposes, and there are now new limits under the new framework, based on 1m distancing requirements.

The limits are:

Cannons Creek Pool	100
Te Rauparaha Arena Pool	150

As from Friday 3 December the following will also apply:

- To ensure that we stay within the building limit, and our swimmers training get priority, only one parent/caregiver per swimmer or related group of swimmers is permitted.
- Vaccine passes are required to enter the facility and must be presented to the pool staff at entry. No Pass, No Entry, you cannot just 'duck in' for a minute.
- The Pool Staff are happy to laminate Vaccine passes for swimmers who have a printed copy so that it can be attached to their swimming bags.
- The Timetable at Cannons Creek for Club Lane sessions will remain as is for the remainder of the year.
- The sessions for the Junior Squads will remain as previously advised for the remainder of the year.
- The Senior Squad will revert to six sessions a week (Mon, Wed and Fri Morning and Evenings) from Monday 6 December.

Current Club Lane Session Times:

Times for Club Sessions are:

Monday and Friday nights:

Session 1	6:00pm to 6:45pm
Session 2	7:00pm to 7:45pm
Session 3	7:45pm to 8:30pm

Sunday Morning:

Session 1	8:00am to 9:00am
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Family Fun Night – 17 December:

Cannons Creek Pool
Friday 17 December 2021
6:00pm warm for a 6:30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes:

- monster whirlpool
- width kick for younger family members

- family relays (teams of three from one immediate family)
- friends relays (teams of three)
- adults kicking races
- piggy back races
- three legged swimming races
- an adults 50m sprint for those who wish to re-live their swimming days.

While it is hoped that parents will take part, this is not compulsory. Apart from the 50m sprint, all other events are for non-swimmers. If you can carry a child on your back – please bring your togs along and join in!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

Christmas / January School Holidays:

Family Fun night will be the final swimming night for all those who swim at Cannons Creek. This includes our Sunday, Monday and Friday swimmers and Junior Squads.

Orcas, Sharks and Swordfish training will recommence the week beginning 10 January 2022. Swimmers in these Junior Squads and PCA Senior Squad January timetable will be emailed.

Normal club swimming, as well as training for the Seals and Tadpoles will recommence the week beginning Monday January 31, 2022. Sunday morning club swimming will restart on February 13, 2022.

There will be no swimming on Sunday 6 February (Waitangi Day) or Monday 7 February.

Time Trials:

With the Wellington Junior Champs (November 20/21) cancelled by the Kapiti District Council, less than 48 hours out from the start of the first session due to Covid, the Porirua Junior Squads ran two time trial sessions in place of their normal training last week.

For each session the coaches asked swimmers to swim one 50, a 100 and a 200m event and to do something different and step out of their comfort zone!

With this in mind, it was great to see a few 400 medley and 200 butterfly races swum, along with many 100m butterfly races – all event swimmers don't usually rush to swim.

Thanks to the parents who timekept at short notice and Matt Harrison taking charge of the starts.

Times from these time trials are now on SNZs database.

Meet Reports:

Gold Coast – Tawa – 28 November:

PCA hosted the Gold Coast Meet held at Tawa on 28 November.

Of the 64 swimmers entered, 17 were from Tawa, three from Otaki Titans and 44 from PCA – certainly one of our bigger teams for a Gold Coast.

Sadly it was another wet night, and with no spectators allowed at the meet some raincoated parents show huge commitment by watching through the windows with their umbrellas in hand.

Overall our swimmers did really well. 81.01% did personal best times, while we also had 23 new times swum. Even with this great percentage Tawa won the personal best trophy with 81.8% of their swimmers achieving a PB. You could say PCA was pipped at the post!

A big thank you to all those who helped out, especially those who took on new roles.

Thanks especially to Rose Crawford the team manager and coaches Steven Zhu and Todd Morton for encouraging and organising our large team.

Well done to all the swimmers!

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 Veronica Rule on 021-0255-3366 or email veronicarule77@gmail.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

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