

Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

Orange Level – COVID-19 Protection Framework:

Members and Visitors are reminded that the Council require Vaccine Passes for entry to Pool Facilities, Mask wearing is encouraged and there are limits on the number of people allowed inside.

2022 Start Dates:

Normal club sessions will resume on

- Monday – 31 January
- Friday – 4 February
- Sunday – 13 February

No Club Swimming on Sunday 6 or Monday 7 February due to Waitangi Day Long Weekend.

Learn to swim will start on Sunday 13 February.

Swim Wellington Annual Awards:

Normally at this time of the year Swim Wellington would have held an Awards Evening, but sadly it was a victim of Covid.

As Swim Wellington were to recognise a number of PCA members, Chris Birkenshaw (Chairman of Swim Wellington) and Angus Pashley (General Manager of Swim Wellington) made the presentations pool side at Cannons Creek on Monday 6 December.

With a building limit of 100 we were not able to advertise the event widely, but word did get out and a number of people who were involved with PCA in the past came along.

Congratulations to the following who are all well deserving of the Awards they received.

Service Award

SERVICE AWARD - RICHARD PETERSON



Presented to Richard Peterson, who coaches on Sunday morning and is one of our Learn to Swim instructors. Richard has been a volunteer coach since 2013 and also coached during the week when his children were swimming.

Honours Award for Service

Two Honours Awards for Service were presented.

An Honours Award goes to someone who has continued to give outstanding service to a club and the Wellington

Region for a number of years after receiving a Service Award.

These Awards went to:



Terry is PCA's Child Protection Advocate (a person club members can talk to should they need support and guidance if they are having any issues at club). Terry is also a Regional Referee and officiates at big meets and mentors those interested in becoming Technical Officials.

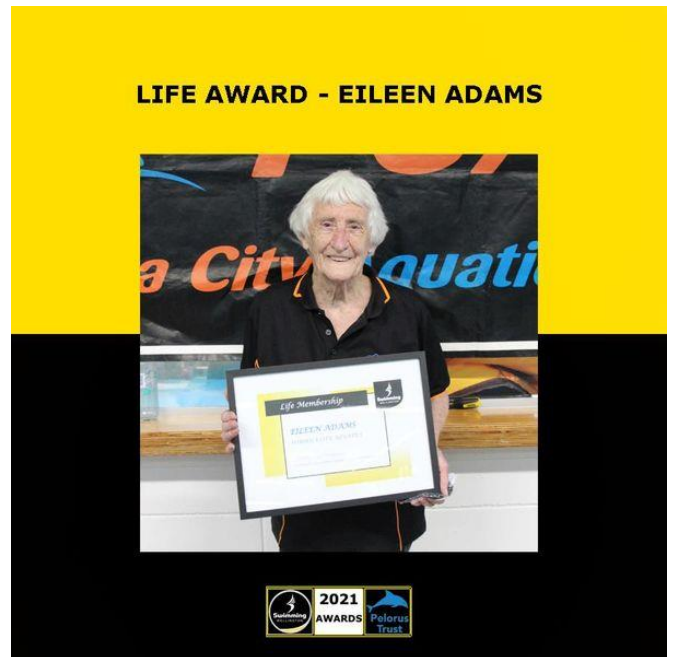


Brent Harris is PCA's Vice President as well as the Registrar for our membership. He updates membership data in the SNZ database, edits the newsletter, is on our HR, Complaints and Health and Safety sub-committees, he is also a National Referee (and member of the Swim Wellington Regional Technical Officials Panel) and officiates at all our club meets, most Wellington meets

as well as National meets around the country, and at times other clubs ask him to help them with officiating.

Life Membership of Swim Wellington

The next Award was very special and truly deserving – Life Membership of Swim Wellington and this went to Mrs Eileen Adams.



Over the last 52 years Eileen has been the back bone of the club.

She has been our club secretary and on the committee for ever. She used to officiate regularly at Swim Wellington Meets, usually as an Inspector of Turns or chief timekeeper. She has also done work within swimming education and teaching learn to swim instructors.

Most of you know her as a volunteer, coaching at PCA three times a week and teaching learn to swim.

Probably the biggest contribution to swimming she would have made over the last 52 years would be teaching 1,000's of kids to swim, and now she is teaching the children of the children she used to teach – the next generation. As we all know Eileen is very committed to what she does for PCA.

Swim Wellington Club of the Year

The final Award presented was Club of the Year and Porirua City Aquatics were the winners.

This is an Award for our total membership and for all those who support us.

This is the first time in the three years it has been presented we have won.

Criteria includes diversity and being inclusive, offering swimming at all levels, doing the extra things, like In-

House League and races night. Being well organised with newsletters and communication, filling the duties we are required to do at SW meets – all things that take volunteers hours to organise. Congratulations everyone.



PCA Face Masks:

We now have a supply of logo'd face masks with adjustable elastic.

These can be purchased on club night for \$6.00 each – please bring the correct money.

Learn to Swim 2021:

The last day of Learn to Swim saw many happy swimmers either graduating to the next level or moving on to swimming club.

This course was run with Level 2 restrictions and a big Thank you goes to the parents who supported the pool rules by staying outside and to all our volunteers (instructors and administrators) who gave their time to see those in our community learnt to swim.

Sadly, this course was the last for two of our long serving instructors - Phoebe Singh and Ryan Pugh, who have each given more than three years to our programme.

Thank you both very much and we wish you well as you take the next step in your lives.

Learn to Swim 2022:

Our next course of seven lesson will begin on Sunday 13 February.

With the traffic light system, under *orange* the pool building limit is 100 to allow for 1m social distancing – therefore we will be able to welcome swimmers for all levels who are at least 5 years old and 1.1m tall.

Spectators will be welcome as well.

The course will be \$45.00 per swimmer with enrolments taken on the first day.

Classes (30m minutes) will be at 9:15am and 10:00am, with the earlier club session remaining at 8:00am to 9:00am.

Swimming NZ Junior Festival:

This meet will be held over the weekend 18 to 20 February 2022 at Kilbirnie Pool (WRAC).

This is the next major meet for our Juniors.

Age groups at this meet are 10 and under, 11 year and 12 years.

There are no qualifying times, but swimmers must have a time to enter an event. No times will not be accepted. On the events schedule, races listed for 10 years old are actually for those 10 and under, and includes 200 freestyle and 200 medley.

200m breaststroke and 200m backstroke are for 11year old and 12year olds (separated races) only.

Swim Wellington Awards – How they work:

To give you some understanding about the selection process. Swim Wellington has an Awards sub-committee who select the winners of these awards.

Clubs are asked to nominate worthy volunteers who meet the criteria set for Service, Honours for Service, Life Membership, Club Contributor of the Year and Volunteer Coach of the Year Awards.

As we know PCA had a number of people recognised in these categories.

The Swim Wellington Selectors trophy goes to the Swimmer who has broken the most Wellington records in the period.

The performance awards (Junior Swimmer of the Year, Age Group Swimmer of the Year, Opens Swimmer of the Year and Overall Swimmer of the Year) recognises swimmers who have swum well at International Meets, National events and local championships over the year.

Also considered are NZ records broken and performances on NZ teams.

The Coach of the Year categories align with the swimmers categories and also take into account club swimmers performances at the competitions listed above.

Mount Monster (Surf Ski 12km, Swim 1.5km, Run 5km and Board Paddle 6km)

Some of our Senior swimmers did well at this comp held in Mount Manganui last weekend.

Bronagh Ryan Surf Ski – Nicole Mitchell Run – Mickey Jones Swam – Phoebe Grennell Paddle were placed second in the Open Womens section and 4th overall.

James van der Voort and Emma managed to get 7th in the U19 teams' competition.

Max Jones raced on his own and finished 5th in a time of 2 hours 41 minutes and eighteen seconds and was 11th overall

Well done everyone.

Meet Reports:

Wellington Junior Champs (12 and Under):

After two Covid related postponements finally this meet was held at the Wellington Regional Aquatic Centre (WRAC) Kilbirnie on 5 December.

Our Juniors had been looking forward to racing for such a long time. Their last big meet was SNZ's Junior Festival held in January 2021.

This meet carried over from the planned November meet and was crammed into two sessions run over one afternoon/evening.

The sessions were long and the swimmers were almost racing back to back.

Although it was a tiring day especially for the swimmers and officials involved in both sessions – in the end they did get to swim!

PCAs team of 43 was the biggest from all the club teams. In total 125 swimmers took part representing nineteens clubs from throughout the lower North Island and the Nelson Marlborough area.

For the fourth year in a row PCA won the Top points cup with 2,254 points, well ahead of Capital who were second with 783, third was Ice Breakers (Pal.Nth) 420 points and Tawa was fourth with 365 points.

All swimmers with a top 10 finish in any event earned points for the club.

Those finishing with the top points in their age groups were named Swimmer of the Age and received a \$50 voucher from Swim T3.

Congratulations to the following from PCA:

9 year and under

Girls – Rebecca Yu

Boys – Nathan Hu

10 Years

Girls – Alyssa Bai

Boys – Jonathon Cui

11 Years

Girls – Holly Sorenson

Nathan Hu also broke two Wellington records for boys 9 and under. He swam 35.12 for 50 backstroke and 1m18.70 for 100m backstroke. The previous records of 36.29 and 1m19.65 were both held by Charlie Dickinson.

Thank you to all those who officiated and helped with PCA's duties, especially those who assisted at both sessions.

Thanks also to the coaches for preparing the PCA swimmers so well and to the managers who saw that everyone got to their races, into the correct lane, and to their medal ceremonies, at times they were 'run off their feet!'

Those to finish in the top 10

Name	Age	Gold	Silver	Bronze	Top 10
Alyssa Bai	10	7	1		
Asher Thomas	11	3		1	2
Ashley Liu	10				50fly
Camille Zhou	10	2	4	1	
Charlotte Cripps	12				4
Charlotte Harrison	11				4
Charlotte Thiebaut	9		1		
Cody Chen	10				3
Desmond Lin	10		2	1	3
Dora Shen	9	2	6		
Felix Thomas	12	3	3		
Freddy Mills	11		3	3	
Holly Sorenson	11	6			
Indie Spalding	11				2
Jackson Crawford	9				3
Jared Wu	9				5
Jasper Hu	7				7
Jayden Ng	11				4
Jed O'Donnell	11		2	1	1
Jiya Lokuge	9		2	1	4
Jonathan Cui	10	2	6	2	1

Name	Age	Gold	Silver	Bronze	Top 10
Justin Wang	11	2	2	4	1
Justin Feng					1
Karmen Zhou	12	1	2		3
Lauren Crawford	11			2	4
Laurence Wang	9				2
Lewis Parker	12		1	2	2
Mckenzie Carnegie	10		1	1	1
Nathan Hu	9	9			
Olly Seavor – Cross	9				3
Oscar Hodge	9				6
Ovin Angamma	9		4	4	1
Rebecca Yu	9	8	2		
Sam Olliver	10				4
Travis Carnegie	12	1	1		
Victor Yu	11		1		8
Vinnie Tat	12	3	1	2	

In an unusual twist Lewis Parker and Felix Thomas finished with the same time in 100 medley and were equal for the Silver Medal.

A few comments and learnings from the meet.

- SW's biggest find of the meet was an amazing announcer – Darrel Carnegie (PCA) was great!
- Freddy Mills was incorrectly awarded a Bronze medal – mistakes do happen and it good to see him hand it back. As Todd said, it would have been a 'hollow' medal if he kept it.
- It was nice to see Vinnie Tat acknowledge the event organiser with chocolates for a favour she received.
- I presented 100's of medals, and most kids said 'thank you' – great manners especially from PCA swimmers (from Viv)
- The managers email did ask for the swimmers to arrive with healthy snacks to give sustained energy for the predicted long session. A large bag of chips was seen being passed around the PCA team after the warm up, before the start of session 1. Chips certainly do not meet PCA expectations of a healthy snack.
- Our Managers in Session 1 Rose and Novia had full on job with a large team and self marshalling. One question they received often was "What am I doing next!". For the future it would be helpful if swimmers arrived with a list of their events. One out of town swimmer had these on written on her arm – what a great idea!
- Some parents sitting near the team took it upon themselves to send their children off to their race/s. This is not helpful when the managers were looking for them.

- During the week leading up to the meet PCA did have some withdrawals. Withdrawals could be made up to noon on the Friday prior to the meet, and after that cut off by the manager at the pool. If swimmers need to withdraw please read the information send your scratching to the correct person, to reduce the number of emails that are sent around on the last day.

Tawa Meet 11 December 2021:

PCA had a very small team of just five swimmers compete at the Tawa Meet on Saturday night.

All swimmers swam well recording PB's and/or trying events for the first time. Congratulations to you all. Front left to right in the photo Ashley Liu, Viv (team manager) Eden Jackson, Chao Wang, Lawrence Wang and Jiya Lokuge.

Thank you to the PCA timekeepers.



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 prorated 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 Learn 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

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