

### Red Level – COVID-19 Protection Framework:

Members and Visitors are reminded that the Council require Vaccine Passes for entry to Pool Facilities, Mask wearing is required in the Foyer and encouraged around the pool when not swimming.

There are limits on the number of people allowed inside (currently 100 at Cannons Creek and the Arena) and 1m physical distancing is encouraged (although not required) when not swimming.

Due to the lower number of people allowed in the building under the red level, it is requested that where possible only one parent/caregiver per swimmer (or swimming family) and that swimmers arrive and leave in their togs and change at home.

Please note that preference for entry to the pool facility will be for swimmers for their swim sessions, so parents/caregivers may be asked to exit the facility if numbers are nearing the 100 person limit.

**Contact tracing is mandatory for club members and parents/caregivers. Swimmers must have their name checked off the roll and other people attending are to scan the QR code at the door.**

**Vaccine passes are required for everybody entering the facility who is over 12 years and 3 months of age. No Pass No Entry.**

**If you are unwell you are not to attend any club activities.**

### Wellington Record – Eric Yuan:

Apologies to Eric Yuan for failing to mention the Wellington record he broke at the Wellington Champs at Anniversary weekend.

Eric's time of 1m00.33 in the 13yrs 100m butterfly broke the 2018 record of 1m00.63 held by Pierce Collins from Swim Zone Racing.

Six records were broken over the course of the Champs.

Well done Eric.

### Local Lifeguard Saves Swimmers:

What a wonderful story this is – Ethan Hunter has been a long standing member of PCA, having swum with the club for years.

He is one of our Learn to Swim instructors, and works for Porirua City Council as a life guard and a learn to swim instructor.

The story is included at the back of this newsletter, or you can read it on the Stuff website [here](#):

### Up-Coming Meets Postponed:

Due to the current Covid restrictions PCA has decided to postpone to following meets.

- Club Championships 27 March
- Novice Carnival 10 April.
- Div III – planned for May.

These meets will be rescheduled later in the year.

### Trygve Cup:

This trophy is named after the late Trygve Mark Berge who died suddenly last year. Mark was a great supporter of Swimming in Wellington. He had been the Chairman of the SW Board for a number of years as well as a member of Swimming NZ Board.

The cup will be competed for in an inter-club competition, organised by Swim Wellington over the next five weeks.

Each week one event is targeted and time trials will be held during training sessions at swimmer's home pools. We know that our Cannons Creek swimmers will be slightly disadvantaged by not being able to dive and those who swim at Te Rauparaha Arena slightly advantaged because of the length of the pool – but 'it is what it is' and PCA will get behind this initiative. I understand our Johnsonville swimmers pool is ok!

PCA's plan is that coaches with the help of parents will organise the time trials, and then times will be submitted to SW by Viv and Haiou. How these time trials work within squads is entirely up to the coaches. I appreciate they all have their session plans and adding this competition at the last minute maybe disruptive. Each week club's should receive a points update and ranking lists.

Should swimmers not be at training when the time trials take place – that is just unfortunate. With the tight time frame and squads won't be able to hold time trials every session.

Any queries about this please ring Viv, 0276451146 or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

Targeted events are:

Week	Individual	Relay
1. March 7 - 12	50 Fly	4x50 Medley
2. March 13 - 19	100 Free	4x50 Freestyle
3. March 20 - 26	100 Breast	4x25 Butterfly
4. March 27 - April 2	50 Back	4x100 Freestyle
5. April 2 - April 9	100 IM	4x50 Breaststroke

## Cups and Trophies:

Those who were presented with Cups and Trophies last year should return them cleaned/polished to the following committee members;

- Johnsonville Squad – Haiou Wang
- Senior Squad – Veronica Rule
- Junior Squad – Rachel Cripps or Janine Sorenson
- All others – Eileen Adams

## Meet Reports:

### Gold Coast Meet – Tawa 13 February:

Winning the Personal Best trophy at the first Gold Coast Meet for 2022 was a highlight for the PCA team at the Tawa Meet on February 13<sup>th</sup>.

62% of our swimmers achieved personal bests and there were 27 new times swum. Well done to our team of 30. Tawa club won the trophy four times last year achieved 58%.

Impressive swims were put in by many of our swimmers, especially those who achieved PBs in excess of 10 seconds – well done to Indie Spalding, Jackson Crawford and Mckenzie Carnegie for two swims.

Well done to all those who competed for the first time or swum new events – well done Asher Thomas, Jiya Lokuge, Justin Feng, Lawrence, Chao Wang, Ite Alaifea, Lincoln Thomas, Piper Lane, Elizabeth Yang, Michael Wilson, Alistair Bai, Zarna Parish, Phoebe Lang, Dora Shen, Lauren Crawford and Jiya Lokuge. Swimmers at these meets which are classed as Development Meets are not disqualified. The idea behind this is to give everyone a positive experience, but this does not mean all our swimmers swum perfectly and within the rules.

There were a number of infringements that would have had the swimmers disqualified at others meets. Common mistakes were

- doing freestyle kick at the dive and turns in a breaststroke race.
- turning over too far out from the wall in a backstroke turn. *Once swimmers are on their tummy they must go straight into the flip and must not do extra strokes to reach the wall.*
- not touching with two hands at the same time in breaststroke races.
- Getting up on the blocks, ready to race, then fiddling with their goggles or togs, which delayed the start.

Thank you to all those who officiated and to our managers Rose and Dennis.

Thanks also to Todd for the coaching tips he gave the swimmers.

Unfortunately this was a really stormy night, and those parents who watched the racing through the big window at the end of the pool, need a medal for their perseverance.



### SWN Harbour Challenge – 19 February:

Five of our PCA senior swimmers competed in the Wellington Harbour Challenge, early Saturday 19<sup>th</sup> February.

All five swam 1.25km and placed in the top three in their individual categories.

Results:

Joe Reiher	1st 12-15yr men
Ben Reiher	1st 16-34yr men
Danielle Rule	1st 12-15yr women
Lucy Campbell	3rd 16-34yr women
Felix Thomas	2nd 12-15yr men

Thankfully the rain and gale force winds had not eventuated, but the northerlies still made the swim pretty challenging.

Great swimming from all five - particularly Danielle, who was the only one from PCA who swam without a wetsuit.

It was a well organised event with 1.25, 2.5 and 5km swim distances and a relay option available, so definitely recommended for any swimmers 12 and over to have a go next year.

### **SWN Skins Meet – WRAC 26 February:**

On Saturday the 26 February PCA's team of 4 swimmers attended Swim Wellington's Tier 1 Skins meet at WRAC.

While "normal" 100m events races were swum the highlight of the meet were the Skins Races held in four strokes, in various age groups over 50m.

In the first round ten swimmers who earned their place by being one of the fastest 10 in the 100m races, started and swam 50m, the slowest four swimmers then dropped out, leaving six swimmers to swim round two, then the fastest three swimmers competed in the final (round 3). Races started two minutes apart which meant swimmers needed to get to the start line promptly. All a test on their endurance and mental toughness.

After a couple of technical issues the meet ran smoothly.

Both Eric Yuan and David Zhu made it through to the butterfly skins event and showed their strength by making it through the three rounds to win their age group. Each received a \$25 SwimT3 voucher for their win.

Others finishing in the top 10 in their 100m events and then went on to swim in the Skins races were Travis Carnegie (100m backstroke and 100m freestyle) Lewis Parker (100 breaststroke) and Eric Yuan and David Zhu ion 100m freestyle. Congratulations.

It was a really fun event, held in a long course pool. All participants enjoyed themselves and there was some great PB's.

### **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.

### **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](mailto: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](mailto: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](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.

### 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](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**20 March** – Gold Coast (SC) – Tawa

Entries Close 13 March (or earlier if number limit is reached)

### Report of Best Times:

If you require a list of your times, please email Haiou Wang 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 (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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>

# Off-duty lifeguard rescues father and son from drowning at Hawke's Bay beach

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PORIRUA COUNCIL

Ethan Hunter, a lifeguard and swim instructor at the Porirua pools, helped rescue a father and son from drowning at a Central Hawke's Bay beach.

What first looked to be a father and son frolicking in the sea off the coast of Hawke's Bay soon turned into a rescue mission.

Ethan Hunter was walking with his family on Te Paerahi beach, near Pōrangahau, on December 28.

Looking out at sea, the 18-year-old lifeguard from Porirua spotted a young swimmer and his father about 50 metre past the breakers.

It initially appeared as though they were having a good time, but as he got closer he could hear them screaming for help.

Having worked as a lifeguard at the Porirua pools for more than a year, his training automatically kicked in.



GOOGLE MAPS

Te Paerahi beach, near Pōrangahau, in Central Hawke's Bay, where a father and son had a lucky escape after being rescued at sea.

Hunter grabbed two logs before swimming out to the pair, who were tired and scared when he reached them.

"They were panicked, pretty drained, and exhausted. So, first I made sure they were calm, then I just pulled them with the logs, using the crash of the waves to help push us back to shore until we hit one of the sand banks."

While this was happening, one of his cousins onshore got people nearby to call emergency services, ensuring the two swimmers, who have made a full recovery, were taken to hospital for a check.

Hunter's quick actions were praised by police, who said his training proved

He said he was just pleased it had worked out for those involved, especially following a summer with a [record number of drownings](#). "I did feel down a few days after as so many people were passing away from drowning – often people going out to help those in distress also get into trouble and I know that could have happened to me too."

Hunter credited his training for knowing what to do when someone got into trouble in the water. "It's really good experience and knowledge to have."

He is passionate about teaching people to be confident swimmers and [knowing what to do if something goes wrong](#) in or near water.

“In summer we have lots of people going to beaches, rivers, and waterways, where you can get into trouble when you don’t know how to swim or you’re not a confident swimmer. We need to teach people to swim confidently so that they can survive out in the water.”