

Red Level – COVID-19 Protection Framework:

It is expected that the requirement to present a vaccine pass for entry to council facilities will be removed as the building limits will no longer be based on whether attendees have a vaccine pass or not from Midnight 4 April.

From Tuesday 5 April vaccine passes will not be required to attend a club event, however if the building owner / manager decide to re-introduce the vaccine pass as a condition of entry then we will need to comply.

Members and Visitors are reminded that Mask wearing is required (unless you have an exemption) in the Foyer and encouraged around the pool when not swimming.

The indoor limits were raised to 200 last week (with vaccine pass), this is more than the allowed number of people in the Cannons Creek building as per the fire / building regulations, so the building limit is back to 142 without a specific health and safety plan.

While we don't often get to the 142 limit, 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.

While there are a large number of cases in the community, please consider yourself a close contact if you attend any swim session and monitor for symptoms and get tested if unwell.

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

April School Holidays:

There will be no squad or club swimming over the Easter Weekend at the beginning of the School Holidays (Friday 14 to Monday 18 April), or the following weekend being ANZAC weekend (Saturday 23 to Monday 25 April).

On Sunday 1 May (last weekend of school holidays) the normal Sunday morning session will run from 8:00am to 9:00am.

Friday 22 and 29 April will be devoted to distance badge swimming, club and squad swimmers are welcome to join in.

As many of you know PCA has distance badges swimmers can achieve by completing a distance without stopping, Distances covered are 25m (one length) 50m,

100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed these distances they can move on to swimming 1 kilometer (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

The pool is booked until 8:30pm on these two Fridays. Three lanes will be available from 6:00pm to 6:30pm and then we'll have the whole pool until 8:30pm.

Swimming times – please come at the times set out below. It makes it very difficult when a swimmer turns up at 6:00pm to swim 1K.

- 6:00pm for new swimmers and those swimming up to 200m meters.
- 6:45 for those swimming 400m, 800m and 1500m
- 7:15pm for timed 1K swimmers

To help these evenings run smoothly our coaches will need help from parents counting laps and/or timing the 1k swimmers.

Please note:

- swimmers may need to wait their turn if the lanes are full, to enable everyone the opportunity to achieve their goals.
- Parents helping are asked not to interrupt swimmers to update them on their progress or the number of lengths they have to go. Just leave them to get 'on with the job.'
- Hopefully they are counting themselves anyway!

Ring me if you have a query, just ask

Viv
027 645 1146

Monday and Friday Night Club Training:

To balance numbers in the club lanes the coaches would like Year 8 swimmers who currently train on Monday and/or Friday night at 6:45pm session to move to the 7:30pm session.

Most people watching these sessions will be aware that the 6:45pm lanes are rather full when those training at 7:30pm often get a lane to themselves.

Families with a Year 8 swimmer and a younger sibling who currently train at the same time should talk to their coach to see if the younger swimmer could cope with the later group.

If you have a query please ring Viv 027 645 1146 or email president@swimporirua.co.nz

SNZ National Age Groups:

Finally after various challenges SNZ have navigated around the Covid rules and building limits and will be holding SNZ National Age Group Championships at the Kilbirnie Pool (WRAC) from 19 to 24 April.

This meet will attract NZs top swimmers age group swimmers (13 to 18) who have all met the strict qualifying times to be able to enter.

This year PCA will be represented by Ben Reiher (16yrs 100 breast), Joe Reiher (15yrs 50, 100 and 200 breast), Eric Yuan (14yrs 50, 100 and 200 butterfly), Sunny Zheng (14yrs 100 and 200 free and 200 fly) and David Zhu (15 yrs, 50, 100 and 200 fly).

PCA hopes that the boys all have a great meet.

Events will be live streamed – see SNZ website for details.

Meet Reports:

Tawa Meet – 12 March:

Seven PCA swimmers accepted Tawa Club's invitation to compete at their club meet on 12 March and they did PCA proud with many personal bests and a new times.

Well done to Audrey Chew 3 PBs from 3 races. Lauren Crawford 3/3, Zarna Parish 3/3, Molly Percy 3/3, Pippa Percy 2/4, Holly Sorenson 1/4, and Charlotte Thiebaut 2/3.

Congratulations to those who improved their previous best times by more than 10 seconds, well done Audrey Chew 100 fly, Molly Percy 100 free, Holly Sorenson 200 medley and Charlotte Thiebaut 200m breaststroke.

Thanks to the parents who time kept, Rose Crawford, the team manager and Todd Morton for his coaching tips....and a big Thank you to the Tawa for extending this invitation.

I was working with the meet organiser and she was absolutely chuffed when a group from PCA's team came over and thanked her for running the meet. A thank you goes a long way!

Viv

Gold Coast Woollahra Trophy:

Porirua City Aquatics were the winners at this Gold Coast Meet held at Tawa on 20 March.

Individually our team of just over 40 swimmers did exceptionally well with 67.96% of their swims being swum in a personal best time. This gave PCA a great

start on the points table and with the relay points added PCA won with 87 points, Tawa was second with 75.

Charlotte Harrison had a great night achieving PBs of more than ten seconds in her three races, while Jiya Lokuge did a massive 43sec PB in 400 free, and Freddy Mills took 23 seconds off his 200 breast time.

For the relays, teams swum first to establish a time and then swum a handicapped final. The relay finals were extremely close and exciting – the support was deafening.

In the 12 and under relay final just 1.24 seconds separated the four teams at the finish. PCA A team (Freddy Mills, Justin Wang, Alyssa Bai and Karmen Khou) was third with our B team 4th (Holly Sorenson, Jackson Crawford, Nathan Hu and Jonathan Cui). Tawa's teams were first and second.

PCA won the 13 and over relay – well done Felix Thomas, Joe Reiher, Travis Carnegie and Ben Reiher, with Tawa taking 2nd and 3rd placings. Again this was close with exactly two seconds separating the teams.



Thanks to everyone who assisted at the meet – the timekeepers, officials, administrators, team managers (Rose and Novia) and Todd for his coaching advice.

I would like to acknowledge our race secretary Haiou Wang who's work setting up meets often goes unnoticed. Her brief is to upload the entries from the SNZ database, set up the computer programme to run then meet, send out the psych sheets to the participating clubs and then run the meet on the day.

Usually this is quite straight forward – do it once and it is done – but in this Covid world scratchings were coming in rapidly on Saturday and Sunday requiring a number of changes.

Thank you Haiou for all your work.

Trygve Cup:

As mentioned in the last newsletter this is an interclub competition between Wellington Clubs currently being held over 5 weeks.

Each week time trials are held at club's home pools for a particular event, plus a relay.

The times are submitted to Swim Wellington who collate them and calculate the points. Individuals and relays team finishing in the top 10 in their age group earn points for the club.

At the end of week three Pirates are leading the Power points table with 1511 points, PCA is second on 1312 and Tawa third on 763.

On the Participation Points table Tawa have 9 points, Pirates 6.5 and PCA 6 points. Participation points are calculated as a percentage of those taking part against the club's total membership, and this is why it is great to have the support of all our Monday and Friday swimmers who have been happy to be timed. Finishing 20th or 30th in the individual rankings may not sound fantastic to some, but as I see it – we are a team and all these placings help.

Organising time trials and submitting the times is a big job. To spread the workload both Haiou (our race secretary) and Viv have taken on this job – a big thank you goes to you both.

Week five races (4/9 April) are 100m medley with a 50m breaststroke relay - lets behind these events.

Results are available on the Swim Wellington website here:

<https://wellington.swimming.org.nz/page.php?id=495>.

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 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

Upcoming Events:

As COVID restrictions ease we will be looking to have more meets available, April is taken up with holidays and National Meets, keep an eye out for the May/June calendar updates.

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
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