

Orange Level COVID-19 Protection Framework:

There are no current restrictions related to the vaccine status of members or visitors attending our club and squad sessions.

Members and Visitors are reminded that Mask wearing is strongly encouraged (unless you have an exemption) while entering and exiting the pool building around the pool when not swimming.

There are no longer any restrictions on the number of people allowed to attend events indoors, however, there are still limits on 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 142 person limit.

While there are a still are reasonably 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.

Annual General Meeting:

The Annual General Meeting will be held on 22 May.

Venue and Time details will be notified to all members closer to the time.

Tadpoles – the first squad in PCA's competitive pathway.

A limited number of spaces exist in the club's Tadpoles group for term II. The Tadpoles is a technique group coached by Todd Morton, on Friday nights from 6:00pm to 6:45pm.

Criteria – swimmers must be:

- at least 7.5yrs and up to and including 11yrs
- be able to swim all four strokes.
- fully paid up member of the club.
- keen to race and enter meets involving other clubs.

General:

- The cost of Tadpole's coaching is \$35.00 for the term.

- Swimmers continue to swim on Mondays and/or Sunday's with their normal club coach and with the Tadpoles on Fridays.
- Should the numbers interested in joining the Tadpoles exceed spaces available, swimmers will be selected in consultation with their club coach.

Those interested in joining the Tadpoles or squad swimming in general, should contact Viv, either pool side, or by phone 027 645 1146, or email president@swimporirua.co.nz.

Masks:

PCA logo'd masks (triple thickness with adjustable elastic) are available from the person taking to roll at the Cannons Creek Pool desk on Monday and Fridays nights.

\$6.00 each, cash only.

PCA Club Champs:

Sunday 15 May 2022 – Tawa Pool

Club Championships are the premier meet on any club calendar and with the diving ban in place at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metres, Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 15 May 2022, over two sessions (2:00pm warm up for a 2:30pm start, then 5:00pm warm up for a 5:30pm start).

Note – this is a shorter break than previously – maybe an opportunity to picnic in the park next door? – we are also planning to have a sausage sizzle running. See the flyer on our website and/or noticeboard for full details.

By hiring the Tawa Pool our swimmers will be able to dive, if they wish.

All 25m races will start in the water.

The aim is to run these championships an official meet with swimmers providing we have enough qualified officials.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships.

The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all the other swimmers participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving. The date for this is will be advised later.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points.

All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, as happens at Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with all official meets entries must be done on-line through Swimming NZ's database. For newer swimmers this is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on info@swimporirua.co.nz.

Entries close on 9 May 2022 – late entries will not be accepted.

For those new to on-line entries full details are on our website under 'Meets – how to enter'.

All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session.

With seven lanes we must have three timekeepers on each lane to run the meet.

We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton president@swimporirua.co.nz or Haiou Wang our race secretary, email race@swimporirua.co.nz

Meet Reports:

Trygve Cup:

PCA can be very proud of all our swimmers who took part in the time trials and relays for the Trygve Cup.

To finish second on the Power Points table and second on the Participation ladder was fantastic and a big thank you goes to our coaches who allowed time in the normal training sessions for the time trials and relay races to take place.

Swimmers finishing in the top 10 in their age group earned Power Points, while everyone contributed to the Participation Points, which were calculated on the number of swimmers taking part as a percentage of the club's membership.

In the Power points, Pirates were the winners with 2,428 points, PCA was 2nd 2,168 and Tawa 3rd 1,200.

For Participant Tawa won with 16 points, PCA was second with 11.5 while Pirates were third with 11 points.

Congratulations to Jonathan Cui who finished up with 50 points - the maximum number of points an individual could earn. Alyssa Bai, Holly Sorenson, Karmen Zhou and Rebecca Yu all finished up with 49 points in their age groups.

Thank you to all those who time kept and to Haiou (our race secretary) and Viv who saw the times got to Swim Wellington, on time and in the correct format.

SNZ Opens Swimming Championships:

This meet held in Auckland from 4 to 9 April and attracted the very best of NZ swimmers.

For those who watched the live streaming, the meet seemed very dull with no spectators and limited access pool side for swimmers, coaches and team managers, but the swimming was far from dull!

Bronagh Ryan, PCA's sole entrant had a successful meet winning the Silver Medal in 50m breaststroke and a Bronze in the 100m breaststroke, and taking 6th place in the final of the 200m breaststroke.

Her efforts saw the club finish 26th on the club points table.

Not a bad effort for a team of one.

Congratulations Bronagh!

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

Upcoming Events:

15 May – Club Champs, Tawa Pool – Entries Close 9 May.

12 June – Gold Coast, Tawa Pool.

17 June – Race Night, Cannons Creek Pool.

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

