

### 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 maximum 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.**

### Club and Squad Swimming – Queens Birthday Weekend:

There is no club or squad sessions on Queens Birthday Weekend 4 to 6 June 2022.

### Returning to Training after COVID-19 Infection:

Nevill received this in an e mail from Alastair Johnston at Swimming NZ and it's a very good article provided by Dave Gerrard, many of our swimmers who have had COVID have struggled on their return to training.

**Return to training after COVID-19 infection: A message for swimmers, coaches and parents.**

Viral infections challenge our immune system and COVID is no exception.

Despite the undeniable benefits of full vaccination, some swimmers, following a brush with COVID, will feel a little "flat". That's perfectly normal. We are all different and our physical and psychological responses to health

challenges will also differ. Therefore, coaches must be aware that one size will definitely NOT fit all. Return to training and competition must be staged, always guided by lingering symptoms. Swimmers must communicate - coaches and parents must listen.

Here are the FIVE Golden Rules for a safe return to training.

- 1. TAKE ADVICE** from qualified health professionals, NOT social media.
- 2. ALWAYS LISTEN** to your body.
- 3. NEVER PUSH** yourself when you have symptoms.
- 4. GRADUALLY INCREASE** your training load.
- 5. ALWAYS REPORT** unusual signs or symptoms.

Wishing you a safe and uncomplicated return to training and competition.

Professor David Gerrard Vice-Chair FINA Sports Medicine Committee Member FINA COVID - 19 Taskforce March 2022

### PCA Pro Poncho:

We have a new PCA branded Poncho that can be ordered. Orders for first batch closes on 10 June.

Details on the last page of the newsletter.



## Annual General Meeting:

Thank you to all those who gave the club their support by attending our AGM on 22 May. The club appreciates that a number of families were isolating making it impossible to attend.

Our committee for 2022/23 is

Patron	Matt Meehan
President	Viv Morton
Vice President	Brent Harris
Secretary	Elouise Thomas
Treasurer	Anna Armstrong
Club Captain	Carla Spalding
Registrar	Brent Harris
Race Secretary	Haiou Wang

Committee – Eileen Adams, Rachel Cripps, Novia Guo, Karen Johnston, Jasmine Hardy Mills, Veronica Rule, Janine Sorenson and Laurent Thiebaut.

During the meeting a presentation was made to Murray Pugh for his outstanding service to PCA. Murray joined the committee in 2014 and has been our treasurer since 2015.

Murray did most of the ground work behind establishing club values.

He has announced at our meets and was on the Swim Wellington Board for 6 years... and much of this has happened since his own children retired from competitive swimming. Thank you Murray.

## Gold Coast Meet Tawa 12 June:

Entries close on 9 June.

As PCA is hosting this meet it would be great to have a huge team participating. This meet is ideal for newer swimmers as well as providing a final opportunity for swimmers to qualify for the Wellington Winter Champs.

New swimmers should remember you don't have to dive, in the water starts are ok – you don't have to do tumble turns – touch turns are fine. But what you have to do is have fun, so we hope to see you along!

PCA will have the BBQ running, please bring some cash.

Also cash (and the correct cash please) is required for the door entry of \$8 per swimmer

## Have-a-Go Race Night - Friday 1 July:

Cannons Creek Pool.

6:00pm warm up, 6:30pm start

Note; Maximum of 4 swims per swimmer.

Race night is open to all our club members and especially those who swim on Friday and Monday nights, Sunday morning and/or Tadpoles, Penguins, Seals, Swordfish and Sharks squads.

Entries are taken on the night.

This meet is not about winning - it is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as entry times for other meets.

Because of race night Tadpoles and Seals normal training is cancelled. Swordfish training will be held as normal, although these swimmers are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those and who may like gain valuable medley racing experience.

Any queries, please speak to your child's coach or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, semi-official meets, and a great place to learn about racing.

## Holiday Training:

At times PCA swimmers holidaying throughout NZ will join the local squads to keep up their training, and likewise PCA will welcome other swimmers to join in our sessions.

If you are going away speak to your coach and they will put you in touch with another coach/squad.

While these arrangements often happen within NZ, here is Charlotte Thiebaut proudly wearing her PCA cap as she trains at Cercle de natation de Tournai or CNT, in the City of Tournai, Belgium.

She trains three or four times a week for 1.5 hours per session, in a noisy pool with very vocal coaches!



## Distance Badges:

Over the school holidays a number of swimmers came along on the Friday nights and challenged themselves by swimming non stop for distance badges.

Everyone achieved their goals, and often swimming much further than they expected much to their own surprise and that of their parents.

Congratulations to the following:

- 25m and 50m Tobias Haslett.

- 25m, 50m and 100m Parik Perla.
- 25m, 50m, 100m and 200m Anamitra Dhayanithai, Isabella Seavor-Cross, Manawa Tau-Tawhai, Maraea-Jean Tau-Tawhai.
- 25m 50m, 100m, 200m and 400m Tiara Nguyen, Dupree Tau-Tawhai, Darcy Wharakura, Eli Haran.
- 25m, 50m, 100m, 200m, 400m and 800m – Amber Barton, Fergus Conroy, Oscar Conroy, Lucas D'oliveira, Madison D'oliveira, Indigo Horrigan, Jonty Nikolarison-Rowe.
- 25m, 50m, 100m, 200m, 400m, 800m and 1500m Brodie Nikolaison-Rowe.
- 800m Phineas Horrigan.
- 1500m Zarna Parish.

Congratulation also to Julia Wang and Indigo Eastham who are both 7, and along with 6 year old Quinn Spalding all swum 1500m (60 lengths) non-stop. What an achievement for these young ladies!

In an outstanding display of Sportsmanship Noah Haram and Colin Lang both realised their 1500m distance wasn't counted correctly, brought it to our attention, and hoped in and completed the extra lengths! ...how honest is that.

After completing all the distances, the following swum 1K (40 lengths) for a time – well done to Maxx Tanatiu, who swum this for the first time in 28m27.81 and earnt two ribbons.

Well done to those who improved on previous swims - Livvy Andrews 22 sec PB, Trinaya Bharath PB by 2m25, Oliver Seavor-Cross PB by 31sec, Lincoln Thomas PB by 4m12sec, Allan Wong and Raymond Wong, Michael Winton PB by 3m54sec.

Thanks to all the parents and coaches who counted and/or timed the distances.

## Meet Reports:

### SNZ National Age Groups (NAG's)

This meet, held at the Kilbirnie Pool in the first week of the school holidays and attracted the very best age group swimmers (13 to 18 years) from around the country.

Leading up to the meet there was a change from Red to Orange Covid setting which allowed both teams and coaches to be on pool deck, and spectators.

For those who watched the Live Streaming, wasn't it great?

PCA had a team of five boys who had all qualified swim at the meet.

Congratulation to David Zhu, winner of the Gold medals in the boys 15 years 100m and 200m butterfly and took the Silver in the 50m butterfly.

Fourteen year old Eric Yuan came away with Silver medals in the 100 and 200 butterfly and was 6<sup>th</sup> in the 50m fly final.

Sunny Zheng was just pipped into 5<sup>th</sup> place in the 200m butterfly final just .04 second behind the 4<sup>th</sup> placing.

Joe Reiher swum three breaststroke events, placing 9<sup>th</sup> in the 100m – unfortunately only 8 swimmers went through to the final, while brother Ben was 10<sup>th</sup> in the 16 year 100m breaststroke.

PCA was 34<sup>th</sup> on the club points table, an improvement of 3 places from 2021.

Thanks to Steven and Nevill for their coaching, and to those who officiated at the meet.

## SNZ Div II:

Felix Thomas headed down to Dunedin early May to compete for PCA in Division 2.

In his four events he made three finals and swam a PB in every single race. Final placings were 11<sup>th</sup> in 100 Fly, 5<sup>th</sup> in 50 Breast, 4<sup>th</sup> in 50 Free and 3<sup>rd</sup> in 50 Fly.

It was a great experience.

With the orange covid restrictions there was no limit on swimmers or spectators so the atmosphere was really supportive and relaxed - a really enjoyable introduction to a higher level of competition.

Not so great having to re-swim the 50 Breast final after the timing didn't work the first time though...

Huge thanks to the Tawa team too and coach Nadia who included Felix where they could (exceptional cheering in the 50 Free final!).

During the trip he also got to visit Larnach Castle, walk up Baldwin Street and check out the Otago Museum.

Those who will be 13-18 next May should definitely check out the 2023 qualifying times when they come out as it would be a really enjoyable team trip.

Elouise Thomas (Coach / Team Manager/ Mum)





## DASC Autumn Carnival:

PCA had three swimmers competing at DASC Autumn Carnival Palmerston North on Sunday 22 May.

It was a great experience for our young swimmers to race outside the region.

Congratulations to Nathan Hu who broke four 9&Under Wellington Records, 50 Freestyle; 100 Freestyle; 100 IM, especially 100m Breaststroke which had been held by Tamati O'Hagan (coached by Nevill) for the last 16 years.

Oscar Hodge and Jasper Hu also did some new times and PBs.

What a great efforts!

Thanks Viv for supporting, as well as parents.

## 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.

## 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.

## Upcoming Events:

**28 May** – SWN Long Distance (SC) – Coastlands – Entries Closed 22 May.

**12 June** – Gold Coast (SC) – Tawa – Entries Close 6 June.

**24 – 25 June** – SWN Winter Champs (SC) – WRAC – Entries Close 19 June

**1 July** - PCA Race Night (SC) – Cannons Creek – Entries on the Night.

**3 July** – Prize Giving 2:00pm to 4:00pm. Further details will be on facebook and in the next newsletter.

## Club Contacts:

President (Viv Morton) .....04-234-7071  
Vice-President (Brent Harris) .....027-489-1120  
Secretary (Elouise Thomas) .....022-140-5068  
Treasurer (Anna Armstrong) .....021 768 054  
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](mailto:info@swimporirua.co.nz)

# PCA Pro Poncho

Pre order open now.



STANDARD TOWELS ARE OUT,  
HOODED TOWELS ARE IN!

Just like the name suggests, this poncho is for the pros!

- 100% Cotton, terry towel on the inside and cut pile on the outside
- Thick, warm and plush.
- Zip compartment in the front making two independent pockets
- Hidden zip pocket inside for valuables
- A total of three areas; phone, keys, all safe and secure
- The Pro version has a more subtle logo on the front left breast & back right shoulder
- Absorbent & quick drying

Size 1. 60cm x 100cm 7+yrs (30-60kgs) \$62.00

Size 2. 75cm x 110cm 13+yrs (50 – 85kgs) \$66.00

Price includes, logo and initials on the back lower left.

To place an order please email [rose.morton@xtra.co.nz](mailto:rose.morton@xtra.co.nz) and payments are to be made to PCA 030547 0205093 00 and include the child's name and PONCHO as the reference.

Orders close June 10<sup>th</sup>, with delivery in November.