

### 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 144 without a specific health and safety plan.

While we don't often get to the 144 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.**

### Membership Rollover:

Members are advised that the new membership year commences 1 July.

If you do not wish to remain as a member then please send an email to [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz).

Swimmers who are required to pay an annual subscription will be notified this week of the amount of the annual subscription, and if there is a credit or amount owing on their sub account what is owing. Please read the email carefully to ensure you pay the right amount.

**Members are reminded that you are not to pay via the Swimming NZ membership page, but make payment direct to the club.**

The incoming committee has confirmed that the subscription rates are not changing for the new year.

### July School Holidays:

Sunday sessions on July 10, 17 and 24 will be held as normal from 8:00am to 9:00am.

Monday night club sessions at Cannons Creek (11 & 18 July) 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 kilometre (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 Mondays.

Three lanes will be available from 6:00pm on the 11th and from 6:30pm on the 18th 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 the longer distances.

- 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!

**Friday club nights (15 and 22 July) will be held at Te Rauparaha Arena.**

Swimmers will need to pay the council door charges as they enter the pool. We have hired three lanes from 7:00pm until 8:30pm.

Those who normally swim at 6:00pm should come at 7:00pm. Those under 10 who swim at 6:45pm should

also come at 7:00pm. Older swimmers should come at 7:45pm.

### Change of Monday Night Session Times from Term 3:

Those who come on Monday nights will be aware how busy the lanes are, making it difficult for coaches to provide the swimmers with feedback and then swimmers are often stopping with all the *traffic* in the lane.

In order to give our swimmers a better opportunity to improve their swimming skills we have decided to return to a previous, successful timetable which will reduce each Monday night session by 5 minutes and add another session.

In the end the swimmers swimming more with less time waiting for others to complete a set.

From 25 July (the beginning of term 3) Monday night session times will be 6:pm, 6:40pm, 7:20 and 8:00pm.

Those who have been swimming at 6:00pm for more than 12 months should move to the 6:40pm session.

Those who swim at 6:45pm and have been swimming at the front of the lane and/or are in year 7 or 8 at school are now to come for the 7:20pm session.

Our college age/surf group that has been starting at 7:30pm will now run from 8:00pm to 8:45pm.

We appreciate the times may not work well for everyone, but we all need to work together to give our swimmers the space and an opportunity to improve and enjoy their swimming.

There is no change to the three sessions on Fridays.

### Prize Giving:

PCA's Annual Prizegiving will be held at the Papakowhai School Hall (Spey Place, Papakowhai) on Sunday 3 July starting at 2:00pm. Everyone is welcome.

Please bring a plate of finger food for afternoon tea – hot and cold drinks will be provided.

**Note: Parking in the school grounds is not an option. Please park roadside.**

### 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.

**On the night the Orcas (Top Junior Squad) will be running a SAUSAGE SIZZLE and a RAFFLE – please bring some money to support these swimmers who are raising money for a camp.**

### Learn to Swim – Term 3:

Our next course of lessons will start on 31 July and finish on 11 September.

Class times are 9:15am and 10:00am.

Swimmers should arrive 15 minutes earlier on the first day to complete the enrolment process.

The cost is \$45.00 for the course of 7 lessons.

Payment to be made on the first day – please bring the correct money – eftpos is not available.

Note - Swimmers must be at least 5 years old and 1.1m tall and Long hair must be tied back

### PCA In-House League:

This fun series of events is returning after a two year absence due to COVID-19.

Will be run over three nights – 8 August, 29 August and 12 September (all Monday nights) at Cannons Creek Pool. Warm-up at 6:00pm with a 6:30pm Start.

Open to all club members and replaces club and squad sessions on those evenings.

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers

have a similar number of swims. For the series, it is age as at 8 August – swimmers having a birthday during the series, will continue to swim in the age group they were on the first night.

Everyone swimming earns points for their team – first 6 points, 2<sup>nd</sup> 5 points, etc, down to 6<sup>th</sup> place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, we will expect them to come along with a *'have a go attitude'* thinking *'I'll give it a go for the good of the team'*. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

**It is expected that those entering make a commitment to attend each meet.** Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who just forget or don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Viv Morton at [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) please include your age as at 8 August in your email. **Entries close on 3 August.**

## Meet Reports:

### Gold Coast 12 June at Tawa:

Forty nine PCA swimmers entered this meet, along with 5 from Raumati, 32 from Tawa and 5 from Otaki Titans, although numbers dropped on the night with sickness and extremely foul weather.

With changes to building limits, I am sure the spectators appreciated being able to watch the meet from inside the pool, instead of through the window in the rain!

Otaki Titans won the Best time Trophy with 91% of their swimmers achieving a PB, PCA was second with 84%, Raumati third on 70% and Tawa achieved 65%.

While some swimmers did advise of their need to withdrawal from the meet, many did not. The email to the team before the meet gave the team managers phone numbers so really there is no excuse for not letting someone know. The reason this is so important is in the calculation of the Best time percentage. Swimmers who don't show up are treated as swimmers not swimming a best time, or two or three depending on how many events they have entered....so the team is penalised.

On a good note there were some really big PB's. Well done to those who were swimming at Gold Coast for the first time or those experienced swimmers who tried new events.

**A word from the marshall** – Swimmers are best not to enter consecutive events or enter more than one 200m event as these are often combined.

A big thank you to the following:

- those who timekept and officiated, especially those who didn't have swimmers competing.
- our team managers and to Todd, for coaching and encouraging the swimmers.
- Haiou Wang (PCA race secretary) and Elouise Thomas (PCA officials co-ordinator) for the work they put in prior to the meet.

## 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 (Anna Armstrong) on 021-768-054 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 8:00pm on a Monday and 7:30pm on a Friday.

Those interested should contact Karen Johnston on 027-322-6540 or email [crakars@hotmail.com](mailto:crakars@hotmail.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:

**24 – 26 June** – SWN Winter Champs (SC) – WRAC – Entries Closed 19 June.

**1 July** – PCA Club Night (SC) – Cannons Creek – Entries on Night

**9 July** – SWN Tier 1/2 (SC) – Coastlands – Entries Close 3 July

### 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 (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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>