

### 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 and inside the building 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 still a 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.**

### 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 6:00pm, 6:40pm, 7:20pm 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.

### 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.**

### Prize Giving:

Our annual prizegiving was held earlier this month and while most of the cups and Trophies presented were based on performances at the club champs, the following were awarded for performances during the year.

Leaders Real Estate Cup – Swimmer of the Year – Bronagh Ryan

Southern Cross Cable Network Cup – Junior Swimmer of the Year – Nathan Hu

Record Trophy for breaking the most club records – Eric Yuan

Pru Young Memorial Cup – Top performance of the Year – David Zhu for his title swim in 200m butterfly at 2022 National Age Groups

Personal Best Trophy for making the most improvement over all strokes/distances over the year - Holly Sorenson

Time Trial Trophy for making the greatest improvement over 200m freestyle over the year (based on a graduated scale and the event must have been swum four times) Holly Sorenson. Well done Holly, this is the first time a swimmer has won both the Time Trial and Personal Best Trophies.

Senior Girls Long Distance Trophy, for the best 800m swim of the year – Lucy Campbell.

Three long distance trophies, for Boys 13 and over 1500m freestyle, Boys 12 and under 1500m freestyle and Girls 12 and under 800m freestyle were not presented because no one had swum these distances during the year. Maybe some swimmers will tackle these events this year!

Nicols Trophies – for sportsmanship, attitude, being a good role model, attendance. The boys trophy went to Luke Martin and the girls to Dannielle Rule.

The Volunteer Cup was presented to Brent Harris for the outstanding contribution he has made to PCA over the year. Brent is the club's Vice President. He produces the newsletter, looks after membership and the SNZ database, and as well he is on the Health and Safety and Human Resources sub-committees. Brent is also a qualified technical official who officiates at all PCA meets, as well as Swim Wellington and Swimming NZ Championship Meets. Truly well deserved.

The names of our club champs cup and trophy winners and age group medal winner can be found on our website.

### Raffle:

A big thank goes to everyone who supported the club's recent raffle.

The raffle was drawn on Friday July 15, under Police Supervision and the lucky winner was Jayden Ng with ticket no 42A orange spades. Jayden swims in the Orca squad.

The club is extremely grateful to the Shoe Clinic, Kelly Sports and Eagar for Leisure for donating the great prizes and their support.

*Remember their support deserves your support!*

### Up Coming Meet – Gold Coast:

Gold Coast meets are the next step for those who enjoyed the recent race night.

The next Gold Coast meet is on 14 August at the Tawa pool.

The Gold Coast Zone is made up of the Tawa, Raumati, Otaki clubs, along with PCA.

At these meets it is all about personal bests and racing for yourself. Races are organised in time order, eg say 50 free, those who have never swum before (no timers) swim first, then those with times are put in time order from slowest to fastest, and swim next. Swimmers earn a ribbon for a best time, and while not a regular thing for this Gold Coast they will also get a chocolate Bar...and who doesn't like chocolate!

There is no emphasis put on winning a race or getting last – it is all about personal achievement.

At the last Gold Coast meet we had 49 swimmers enter. PCA appoints two or three team managers to look after the team, and send swimmers to the marshall. PCA usually have a coach there as well. Swimmers are not disqualified at these meet, but may be spoken about rule infringements.

Swimmers don't have to dive off the blocks. Diving from the side or in the water starts are accepted. Three or four days before the meet entrants will receive an email, giving meet information from the Team Manager.

Entries are taken in advance and close on 9 August. There is a maximum of three events – usually new swimmers would do 25s or 50s.

Entries are done through the Swimming NZ database for Gold Coast Meets. Instructions can be found on Porirua City Aquatics website.

Please do not leave entering until the last day – for some, your entry may be refused (if your membership classification does not allow entry, or you are unfinancial) and you will be asked to contact our administrator to up grade your membership – this is all easy to do by emailing [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz), but there may be a delay in having any changes being done.

### Have-a-Go Race Night - Friday 19 August 2022:

#### Cannons Creek Pool.

6pm 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 those in our Junior Squads. Entries will be 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 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)

Please note:

- only new swimmers and those 8 years and under may enter the 25m backstroke and 25 freestyle.
- Parents of those entering MUST make themselves available to assist at the meet as required.

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, un-official meets, and a great place to learn about racing.

### Note your Diary:

PCA and Tawa will be joint hosts of a Tier 2 meet at WRAC on 10 September, further details will follow when the meet format is finalised.

This will be a long course event (50m pool) and will be a great opportunity for swimmers to try out the 'big' pool.

### Meet Reports:

#### Swim Wellington Winter Champs:

This event was held over the weekend of 24 to 25 June at the Wellington Regional Aquatic Centre (WRAC).

Porirua City Aquatics swimmers excelled at this meet – the club had an amazing meet, probably our best ever!

Our swimmers lead the way in so many ways;

- PCA won the Mana Swimco Cup, which goes to club with the most points over the entire meet. All swimmers who finished in the top 10 in their events contributed to these points. Taking second place was the Capital Club, 3rd Ice Breaker Aquatic (Manawatu) 4th Pirates and Tawa was 5th
- We also won the Eycline for the most points in the 12 and under age groups. It is in these age groups, 9 and under, 10 yrs, 11 yrs and 12 yrs we had the greatest numbers. In fact there were a couple of boys 9 and under heats where all the swimmers were from PCA!
- PCA was the biggest team at the meet with 56 swimmers – something to be really proud of when you see them on mass, warming up together. Twenty six clubs were represented at the meet, 3 from the South Island, 2 from Auckland, and the rest from Taranaki, Whanganui, Manawatu, Wairarapa and the Wellington Region.
- Three of our swimmers were named 'Swimmer of their Age Group' and each received a \$50.00 voucher from Swim T3. Congratulations to Jiya Lokuge (boys 9 yrs and under) Rebecca Yu (girls 10 yrs) Nathan Hu (boys 10 yrs)
- Two of our swimmers broke Wellington Records. Ten year old Nathan Hu broke 4 – 50 free his time 29.36 (previous time 29.44 set 12.12.20) 50 back, time 33.38 (previous time 34.20 set 28.10.06) 50 butterfly time 31.38 (previous time 31.98 set 13.12.20) and 100 butterfly time 1m10.76 (previous time 1m10.78 set 29.1.21). Eleven year old Asher Thomas broke the boys 11 year 50m breaststroke record – his time 36.18 was under the previous time of 36.42 set in 2014.

Thank you to all our parents and supporters and all those who timekept, covered our duties.

Special thank you to the Coaches Todd and Steven (pool side) and Nevill (by phone) and the team managers, and all the officials who worked at the meet even though they didn't have swimmers racing.



A schedule of Swimmers and their results is attached at the end of this newsletter.

### Race Night - 1 July:

While PCA's Race night may have clashed with some local school discos it was good to see a large number of swimmers choose to come to race night. By all accounts everyone seemed to have a good time, learning about race protocols and many PB (Personal Best) ribbons were given out.

A big thank you goes to all those who answered the call to time keep. While this job is not hard, people often shy away from it. It should be remembered three stop watches are used on each lane, and the middle time is taken as the official time. I understand often two people recorded exactly the same time, which was great. Had all three people recorded the same they would win a bar of chocolate each!!!

Thanks also to the Orcas (our top Junior Squad) and their parents who helped run meet and the BBQ and to Terry Laws who was the referee for the night.

### 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.

### 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, Anna Armstrong, at [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**6 August** – SZR/Pirates Tier 2 (SC) – WRAC – Entries Close 31 July.

**8 August** – PCA In-House League (SC) – Cannons Creek – Entries Close 3 August.

**14 August** – Gold Coast (SC) – Tawa – Entries Close 9 August.

**29 August** – PCA In-House League (SC) – Cannons Creek – Entries Close 3 August.

### 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>

## Swim Wellington Winter Champs – 24 – 26 June 2022 – PCA Results

<b>Medallists and top 10 finishers</b>	<b>Age</b>	<b>No of events</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Top 10</b>
Ovin Angamma	10	9			4	5
Alyssa Bai	11	10	3	2	3	2
Mackenzie Carnegie	11	9		1		5
Lauren Crawford	12	8		1		4
Jonathan Cui	10	13		12	1	
Justin Feng	9	6		1	3	2
Oscar Hodge	10	11		1	5	5
Jasper Hu	9	9	4	4	1	
Nathan Hu	10	13	13			
Jade Lin	15	5		1	1	5
Jiya Lokuge	9	13	5	2	2	3
Freddy Mills	12	11			5	6
Joe Reiher	15	9	3			6
Bronagh Ryan	29	2	2			
Dora Shen	10	9	1	2	5	1
Holly Sorenson	12	10	1	5	3	1
Charlotte Thiebaut	9	3		2		1
Asher Thomas	11	10	1	1	1	7
Felix Thomas	13	9			3	5
Chao Wang	8	5			2	3
Justin Wang	11	12		2		8
Elizabeth Yang	9	8	2	1	3	2
Eric Yuan	14	4	1	1		2
Rebecca Yu	10	11	9	1	1	
Victor Yu	12	7			1	6
Sunny Zheng	14	5		2	2	1
Camille Zhou	11	8		1		7
Karmen Zhou	13	6		1		5
David Zhu	16	5	2	1		2

<b>Top 10 finishers</b>	<b>Age</b>	<b>No of events</b>	<b>Top 10</b>
Alastai Bai	8	3	3
Lucy Campbell	17	5	5
Travis Carnegie	13	4	4
Cody Chem	11	7	6
Audrey Chew	12	4	3
Jackson Crawford	10	6	3
Charlotte Cripps	12	5	2
Charlotte Harrison	12	7	2
Jayden Ng	12	7	4
Finn O'Donnell	10	3	1
Jed O'Donnell	12	9	4
Sam Olliver	10	11	10
Zarna Parish	10	3	2
Lewis Parker	13	5	3
Will Parsons	12	4	1
Pippa Percy	12	2	1

<b>Top 10 finishers</b>	<b>Age</b>	<b>No of events</b>	<b>Top 10</b>
Ben Reiher	17	2	1
Patrick Reiher	11	3	2
Indie Spalding	11	10	5
Lawrence Wang	8	7	7
Cameron Wilkinson	15	5	5
Michael Winton	8	1	1
Jared Wu	9	8	8

Well done to those who swum well and achieved personal bests:

Lily-Ann Alderson, Emma Harrison, Phineas Horrigan and Eden Jackson,

