

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.

Entering Meets:

There has been an increase in instances where swimmers turn up at a meet thinking they have entered through FASTLANE, and their entry has not been received.

To avoid this happening to your swimmer and the resulting 'panic' to get a late entry in, here are the steps for reference:

1. Once parents have entered the swimmer for a meet, please make sure to "save booking" and the screen has returned a message saying you have successfully registered your swimmer for the meet:

Booking details

PCA Tawa Hardcore Meet

SAVE BOOKING

Booking confirmation

✓ You have successfully registered [redacted] for 'PCA Tawa Hardcore Meet'

2. For meets where entry fees is paid online, once you have confirmed "Take Payment", the screen shall return the same message confirming the swimmer has been successfully entered:

Booking details

PCA Tawa Hardcore Meet

i The information below shows how the total fee of 41.20 is calculated.

Event fee	0.00
Sub-events	40.00
Surcharge	1.20
Paid (surcharge)	
Total to pay	41.20

TAKE PAYMENT

Booking confirmation

✓ You have successfully registered [redacted] for 'PCA Tawa Hardcore Meet'

3. To double check your entry has been received, if the meet hasn't closed in Fastlane, parents can also check the "entered competitors" in the meet and see if their child is listed.

A few days before a meet the PCA Team manager will send out communications to all swimmers who have successfully entered the meet.

The email will include all you need to know about the meet (arrival times, what swimmers should take, who are the team managers, etc and may include a number of attachments - preliminary psych sheets which include

swimmers entry details, seating plans (for Championship meets only) session reports which give you an idea of the session finishing time.

Once you have entered a swimmer into a meet, please watch for these communications.

If you do not receive a team manager email before the meet, first check your junk email box to see whether there is anything there; if not, get in touch with PCA Race Secretary Haiou Wang on race@swimporirua.co.nz to check whether the entry was successful.

If there is any doubt, please get in touch early and before the meet is closed, rather than leaving it to last minute, especially for the bigger meets (e.g. Junior Champs) as late entries are usually not possible.

PCA In-House League:

This fun series of events will have its final night on Monday 12 September 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, 2nd 5 points, etc, down to 6th 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.

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.

Meet Reports:

SZR / Pirates Tier 2 Meet - WRAC – 6 August:

It was *Mission Accomplished* for Nathan Hu when he broke two Wellington records at this meet.

Ten year old Nathan swam 50 breaststroke in 37.86 reducing the previous record of 37.90 set by Jack Plummer in Sept 2013 by just a slither.

Then he broke the 100m medley record by a massive amount with a time of 1m11.57.

The previous record 1m14.14 was also set by Jack in August 2014.

Well done Nathan.

PCA's team of 16 all seemed to enjoy the big pool atmosphere, with many achieving Personal Best times. Lily-Ann Alderson took a massive 24.37 seconds off her 200 IM time, while Freddy Mills and Charlotte Thiebaut took more than 10 seconds off their PB for 200 freestyle and 100IM respectively

This was a Tier 2 Designated meet, meaning there was a full deck of officials *working* and as a result there were heaps of disqualifications and these were not limited to PCA.

With self marshalling operating and the touch pads in place it was a big learning curve for many.

First time swimmers ideally should enter to a few Gold Coast Carnivals to gain some racing experience before entering Designated Meets, and risk the disappointment of being disqualified.

Thanks to all the PCA officials who helped out at the meet, Nevill for providing coaching advice, and Elouise and Laurent, the team managers.

Gold Coast Chocolate Carnival – Tawa – 14 August:

The thought of winning Chocolate plus a Ribbon was a big incentive for 50 PCA swimmers to enter this Gold Coast Meet.

It was great to see a number of swimmers try new events and achieve a few more qualifying times for the Wellington Champs.

At the end of the night PCA were the proud winners of the Personal Best Trophy with 77% of our swimmers achieving PBs. Raumati were 2nd on 75%, Otaki third on 70% and Tawa 4th on 67%. The final result for the trophy came down to the very last race – Congratulations everyone.

The PCA team management was described as a 'well oiled machine' with the managers Rose, Novia and Carla sending the swimmers off to their races.

Along the way they all received racing advice and tips from coaches Matt, Nevill and Todd and then it was into the marshalling area and on to the race! A flow that makes racing very easy for newer and anxious swimmers.

A big thank you to our team management and all our parents and supporters who helped at the meet.

In-House League – 29 August

The second meet in the series of three proved to be as exciting as ever.

It was great to see newer swimmers try events 'for the good of the team'. To have a swimmer say 'Viv I can't really do butterfly, but I'll give it a go - we don't have anyone else' is fantastic, and says a lot about the spirit of PCA's In-House league.

The winning team on the night was Team 5. Again some teams were badly effected by swimmers not turning up, depleted numbers means empty lanes with no opportunity to earn points.

The points table below shows there isn't much separately the teams. The final meet on 11 September will be hotly contested! Hopefully each team has a full compliment of swimmers.

Team	1	2	3	4	5	6
Meet one	152	186	160	155	171	166
Meet two	189	164	156	192	211	183
Meet Three						
Overall points	341	350	316	347	382	349

A big thank you again to our wonderful team leaders (James, Cameron, Joe, Lucy, Alyssa and Dannielle) and all those who helped pool side.

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 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.

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, Anna Armstrong, at treasurer@swimporirua.co.nz

Upcoming Events:

4 September – Gold Coast Ribbon Carnival (SC) – Coastlands – Entries Closed

10 September – PCA/Tawa Hardcore (LC) – WRAC – Entries Close 4 September

24 – 25 September – SWN Junior Champs (SC) – WRAC – Entries Close 18 September

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 (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