

Queen Elizabeth II Memorial Day:

There will be no club or squad sessions on Monday 26 September 2022.

October School Holidays 3 – 16 October:

Cannons Creek will be closed for the October School Holidays for maintenance and unfortunately the club has been offered very limited training hours at Te Rauparaha Arena.

The last club session at Cannons Creek will be Sunday 2 October.

Sessions for club swimmers will be held on Sunday 9 and Sunday 16 at the Arena.

Session times will be 8:00am – 8:45am for those 11 and over, and 8:45 to 9:30 for those 10 and under.

The club will have two lanes on the far side....one bonus to this is that swimmers can have a spa, slide or a fun swim after their session.

Note - All swimmers attending sessions at the Arena will be required to pay the public door entry fee.

Orcas, Sharks and Swordfish will be advised of their training schedule by email. Seals and Tadpoles are welcome to join the club sessions above.

Labour Weekend – 22 to 24 October 2022:

There will be no club or squad session on Labour Weekend.

Learn to Swim Term 4:

Our next course of lessons will start on 30 October 2022 and finish on 11 December 2022

Class times are 9:15am and 10:00am with all levels held at each time slot.

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

The cost is \$45.00 for the course of 7 lessons. Please bring the correct money, PCA does not have eftpos

Please note Swimmers must be at least 5 years old, 1.1m tall and long hair must be tied back.

Parumoana Interschool Sports:

Dash Swim School and PCA jointly organised the Parumoana Interschool Swimming Sports for years 5 and 6 swimmers on 13 September and years 7 and 8 on 15 September.

Over the years this has become a big event on the school calendar as club mates compete against each other to earn points for their schools.

The Parumoana School's include Adventure, Discovery, Papakowhai, Paremata, Pauatahanui, Postage, Pukerua Bay, Whitby Collegiate and St Theresas.

Thanks to a big effort by club parents at Paremata and Pukerua Bay Schools, two schools who don't usually turn up in force, this year entered competitive teams.

Each morning the events were split because of the building limit with boys racing from 9:00am to 10:30am and girls following.

Schools were limited to two entrants per event, with the fastest six swimmers from the heats contesting the final. The racing was close and keenly contested – with swimmers enjoying heaps of very vocal support from their school mates.

Papakowhi won the Cup for years 5 and 6 with Plimmerton second and Discovery 3rd. In the years 7 and 8 Papakowhai and Plimmerton were 1st and 2nd with Adventure third.

A big thank you goes to all the teachers and parents who transported the swimmers, managed the teams and officiated at the meet.

Also thanks to Todd Morton for announcing on both days and the Porirua City Council for donating the pool time.

This is quite a big event to organise and PCA and Dash should be very proud of the way the meet ran on the day.

Meet Reports:

SNZ Short Course – 23 – 27 August – Auckland:

At the end of August PCA took a team to Auckland for the NZ Short Course National Champs.

The team consisted of eight swimmers - Joe Reiher, Bronagh Ryan, Felix Thomas, Cameron Wilkinson, Eric Yuan, Sunny Zheng, Karmen Zhou & David Zhu. Two Team Managers -Tracey Reiher & Andy Wilkinson, and one official - Brent Harris..

Unfortunately neither coaches - Nevill or Steven were able to come on the trip. An upside to this was that our team got to connect with the Raumati Raptors club and their 2 coaches - Sammy and Emma were there to help out our swimmers with any advice or guidance and timing of sprints in the warm ups and splits for the races. The managers and swimmers all really appreciated everything Sammy and Emma did to help our team and it was great to build a relationship with another Wellington Club. We even had a team "mascot" - Sammy's daughter Harriet who turned 1 on second day we were there. The whole team enjoyed having Harriet to wave and smile at and play with when not racing.

The trip was a 7 day trip with 5 days of competition with morning and evening sessions. The morning sessions were the heats and Age Group racing/finals and then in the evening were the open finals which are for the top 30 swimmers from the morning heats getting to race in A, B or C finals.

There was an awesome atmosphere at the pool and our team put in impressive performances. We had some wonderful results including 7 Medals, some great PBs and also 3 swimmers qualifying top 30 to make the Open Finals.

It was also great to be able to enter some relays as well. We had a team in both the Men's 4x50 Freestyle relay (David, Eric, Cameron, Sunny) and the 4x50 Medley relay (Cameron, Joe, David, Sunny). The relays were at the end of the open finals evening sessions so made for a later night, but our swimmers did the club proud, especially the Medley team who finished an amazing 12th out of 23 teams. Our team consisted of 14-16 year olds and to give you some perspective they were up against a number of teams full of adults (including recently returned Commonwealth Games athletes) which makes the result really impressive.

There was a great team spirit within our team. Everyone watching each other's races with lots of shouts of encouragement and congratulations on great swims. The team bonded really well over the course of the week and it was great to see everyone enjoying each other's company and everyone being included. This was reflected on the last day of competition when we didn't have anyone swimming in the open finals in the evening the team decided we would go and do something fun in the afternoon so we went to 10-pin bowling where we had 2 lanes - Porirua vs Johnsonville. It was clear from the first few frames that Porirua were going to come out on top. Lots of laughs and fun had by all though. Then the laughter continued as they played some of the arcade games (David vs Eric in a dance off was especially entertaining!) and then they all paired up and played some games of pool.

It was great to get to complete the full trip this year after the lockdown last year put a stop to the competition after just 1 session and we all had to get back home the next day. The 6 swimmers from last year all came this year

too, so it was great for them all to get to swim their events.

It was a very busy week but a great experience for all.

I'm sure all these swimmers will be keen to go to Hawkes Bay for next year's event.

A full list of results is attached to the back of the newsletter.

Tracey and Andy
Team Managers

Gold Coast Meet - 4 September:

PCA had a very small team of just 12 swimmers take part in this meet at Coastlands.

For Hugo Pearce and Addison Parish this was their very first Gold Coast Meet and they both did very well.

Many swimmers tried new events which is always exciting, some gaining qualifying times for the Wellington Junior Champs that will be held later this month.

On the best time percentage tally PCA 62% of our team swum PBs, and while this was a good result, we were just edged out of winning the trophy by Otaki Titans and Tawa who both achieved 66.6%. Raumati achieved 48.5%.

Thanks to Laurent Thiebaut, PCA's team manager and all our supporters, especially those who timekept and officiated.

PCA/Tawa Hardcore Meet – 10 September:

PCA and Tawa club jointly hosted the Hardcore Meet at Kilbirnie on 10 September.

This was a club fundraiser with entries received from 160 swimmers from Manawatu, Wairarapa and all around the Wellington Region.

For many in the PCA team of 53 this was a huge learning curve as it was the first time they had swum in a 50m pool.

Technical difficulties with the touch pads in the 50m races plagued the night, but there many learnings taken out of the meet.

Self marshalling was in play – a first for some swimmers. Self marshalling means swimmers are not marshalled, instead they line up behind the blocks and get themselves to their heat.

With the electronic score board operating swimmers and supporters could easily follow the events, and swimmers soon learnt they had to exit the pool from the side as the touch pads were in place.

At the end of the meet a draw was held and four \$50 cash prizes were given away. Congratulations to PCA's Maddy St Just who was lucky enough to be a winner. A big thank goes to Nevill, Steven and Todd for their coaching advice and to the team managers who saw no one missed a race.

Also thank you

- to those who provided amazing food for the officials. This is well known in the swimming world that officials are well fed at meets that PCA hosts at Kilbirnie, and this year was no exception.
- to those who officiated and helped run the meet by covering duties.
- to the Tawa club for their help and guidance.

Well done to Nathan Thomas for showing great skills as the announcer.

Finally the biggest thank you goes to our Race Secretary Haiou Wang who spent hours setting up the meet and ensuring it was in format that 'worked' with the Kilbirnie software.

In-House League - 12 September – Final Night:

The final night in this series proved to be as loud as ever with swimmers briskly walking alongside their swimmers as they swum, encouraging them.

The winning team on the night was Team 5.

Team 5 were also the overall series winners.

Just over 100 points separating all the teams meant this would have been one of our most closely contested series ever.

Team Results:

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	163	168	140	125	172	170
Overall points	507	522	457	474	560	524
	4th	3rd	6th	5th	1st	2nd

The success of the series is very much in the hands of the team leaders and the team spirit they foster with in their team.

I thought at one stage Cameron was going to fall in the pool he was getting so excited!

Thank you to our wonderful team leaders - James van de Voort – team 1. Cameron Wilkinson, team 2. Joe Reiher, team 3. Lucy Campbell, team 4. Alyssa Dearmer, team 5 and Dannielle Rule, team 6.

Thank you also to the judges – I know there were some very close calls, and to the administrators Rose and

Jasmine, and the officials Matt, Elouise, Brent and the announcers Karl and Nathan.

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

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

