

PCA Ponchos:

PCA has a few hooded Poncho's left from our original order.



100% Cotton, terry towel on the inside and cut pile on the outside
Thick, warm and plush.
Zip compartment in the front with two independent pockets
Hidden zip pocket inside for valuables
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

To order contact Viv on president@swimporirua.co.nz

New Qualified Technical Official:

Congratulations to Gayle Harrison who qualified as a Regional Inspector of Turns (IOT) at the recent Wellington Junior Champs.

College Sport Wellington 2022 Sports Awards:

Congratulations to the following members who have been nominated by Aotea College for this years College Sport Wellington awards.

Jessica McManaway (Servcie to Sport – Girls)
Felix Thomas and Joe Reiher (Swimming)

Have-a-Go Race Night - Friday 18 November:

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 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 to gain valuable medley racing experience. Any queries, please speak to your child's coach or email president@swimporirua.co.nz

As with all swim meets volunteers are required to help run the meet, and will be called for on the night. It is PCA expectation that all swimmers entering any meet will provide a volunteer when required.

Important:

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

PCA 100M Handicap – Monday 21 November:

Monday 21 November 2022 at Cannons Creek Pool, 6:00pm warmup for a 6:30pm start.

This replaces all Junior Squad training at Cannons Creek.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter, this is a really fun event.

Entries close on Monday 14 November 2022

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle.

Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (*We are awake to those who think they can swim slow in the heats to win the final!*)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To run this event, three timekeepers are needed on each lane. Parents and caregivers of those entering must be available to help on the night if required.

To enter write your name on the list on the noticeboard or email president@swimporirua.co.nz.

Late entries cannot be accepted.

Gold Coast Meet – Sunday 27 November:

For those who have enjoyed PCA race nights should look at the next Gold Coast meet to be held on Sunday 27 November, Tawa pool, 3pm warm up, as the next step in their competitive pathway.

Gold Coast meets are very relaxed. Swimmers are not disqualified but should be told of any issues so they can improve for their next swim.

The club will appoint Team Managers (the number will depend on the size of our team) to look after the swimmers at the meet.

The flyer is on PCA website.

The meet includes 50m races and relays.

Those recording a Personal Best in the 50m race will receive a ribbon and a chocolate bar.

The relay teams will be selected from those who enter.

Entries are placed through the SNZ database and close on Sunday November 20.

Full *How the enter a Meet* instructions are on PCA's website.

Please enter early, in case you strike an issue and haven't got time to sort it out.

Meet Reports:

Paul Kent Memorial Meet – 18 September:

This was a first meet outside the wellington region for our young swimmer Charlotte Thiebaut who was our sole PCA representative at the Paul Kent meet organised by the Levin swimming club.

Amongst hordes of kids from clubs of the Manawatu and Whanganui regions, and in a very lively atmosphere, Charlotte was somehow impressed to be joining some bigger/older kids in her 4 races.

Her aim was to refine her breaststroke techniques and get a last chance to race at club level before the regional wellington junior champs the following weekend.

Despite not achieving PBs in her 3 breaststroke races (the learning curve of competing outside her comfort zone) she was still glad to end the day with 3 first places in the "9yo and under category" in 50-100-200BR. She also found the pace to beat her PB in the 100 backstroke and finish second in that age group.

Charlotte enjoyed her day, coached for the occasion by her dad, and realised how swimming in a unfamiliar place can be rewarding and rich in broadening a young swimmer's horizons.

Wellington Junior Champs – 24 to 25 September:

This was a busy weekend for our swimmers and their families, as well as PCA's loyal officials who continue to support these meets even though they don't have swimmers competing.

PCA's achievements were fantastic – something to be proud of! Congratulations to all the swimmers and PCA coaches – Steven, Todd, Matt and Elouise.

Some of the highlights for Porirua City Aquatics were:

- Our team of 45 was the largest club team at the meet. The meet attracted swimmers from Auckland, Waikato, Taranaki, Hawkes Bay, Manawatu Nelson and Wanaka.
- PCA won the Porirua City Aquatics Cup for the club achieving the most club points. All swimmers finishing in the top 10 for their event/s earn points for

this trophy. PCA scored 2121.50 points 2nd was the Coast Club from Auckland 908.50 pts, third was the Capital Club with 656.50 pts. Pirates were the only other Wellington club to finish in the top 10 clubs – they were 10th with 179 points.

- Four PCA swimmers earned the most points for their age group and were named “Swimmer of their Age Group”. Each received a \$50 T3 voucher. Congratulations to Jasper Hu (Boys 9 year and under) Rebecca Yu (Girls 10 years) Nathan Hu (Boys 10 years) and Alyssa Bai (Girls 11 years)
- Rebecca Yu set new club records for 10 yrs 50m and 200m free, while Nathan Hu broke amazing 11 club records – 10yrs 50m, 100m and 200m freestyle, 50m, 100m and 200m backstroke, 100m and 200 breaststroke, 50m and 100m butterfly and 200 medley.
- Rebecca also broke the Wellington records in both 50m and 200m freestyle.
- Nathan Hu broke seven Wellington records. Five of these were his own records - 50 free, 100 free, 50 back, 50 fly and 100 fly. In the 200m medley his time of 2m35.15 broke Charlie Dickinson’s record of 2m36.70 set in Jan 2021. In the 200m breaststroke Nathan took 0.70 seconds off David Robati’s record with a time of 2m59.14. David set this record when he swam for our club, then known as Mana Swimco way back in July 1993. Congratulations Nathan.
- In the 10 year old boys age group on at least 12 occasions PCA swimmers won the Gold, Silver and Bronze medal – what a nice sight that was on the podium!
- Lewis Clareburt was in attendance and allowed swimmers to try on his Commonwealth Games medals and have a photo taken with him – what a popular person he was!

Individual Results:

Name	Age	Gold	Silver	Bronze	Top 10	PB's
lite Alaifea	11		1		4	7
Alyssa Bai	11	10	1	1	1	11
Cody Chen	11			3	9	8
Lauren Crawford	12			3	3	5
Jonathan Cui	10		12		1	7
Justin Feng	10					
Oscar Hodge	10		1	11	1	9
Jasper Hu (9 & U)	8	4	3	1		5
Nathan Hu	10	13				10
Jiya Lokuge	10			1	8	3
Freddy Mills	12			1	5	6
Dora Shen	10	1	3	2	4	9
Holly Sorenson	12		3	1	7	2
Charlotte Thiebaut	9	2		1	2	6
Asher Thomas	12		2		1	7
Chao Wang (9 & U)	8		1	3	3	3
Justin Wang	12			1	4	4
Lawrence Wang (9 & U)	8		1	1	5	5
Elizabeth Yang	9			3	4	5
Rebecca Yu	10	13	1			9
Camille Zhou	11		3	1	4	2

Top 10 finishers – Alistair Bai 7, all PB times, and one by 23 seconds. Jackson Crawford 6 & 7 Pbs. Justin Feng 6 & 2PBs, Anna Han 1, Charlotte Harrison 4, 5 Pbs, Emma Harrison 2, 3 PBs, Courtney Higham 1, 2 PBs. Jayden Ng 1 & 7PBs. Finn O'Donnell 1 & 1PB, Jed O'Donnell 1 & 5 PBs, Sam Olliver 1 & 1 Pb. Zarna Parish 3 & 2 Pbs. Pippa Percy 1 & 5Pbs. Patrick Reiher 1 & 1PB. Lincoln Thomas 4 & 2 Pbs. Michael Winton 4 & # Pbs and Vixctor Yu 4 & 3 Pb's

Others to achieve personal bests were Lily-Ann Alderson 6, William Lim 1, Will Parsons 5, Molly Percy 2, Nikolas YeQing 2, Boyi Zang 1 and William Zhou 1.

No Time Meet – 20 October:

Thirteen swimmers from PCA joined swimmers from Tawa and Raumati to swim in Tawa club's 'No time' meet.

The meet was run to enable swimmers without a time in any event to establish one so they could enter the upcoming SNZ Junior Festival if they wish

Congratulations to everyone who took part.

For some it was their first meet while others swam longer distances like 200m backstroke, medley and/or breaststroke for the first time.

It is always great to see swimmers proudly carrying their best time ribbons.

Our team was Alistair Bai, Justin and Oscar Feng, Anna Han, Eden Jackson, William Lin, Bede Mills, Elise Siwalette, Charlotte Thiebaut, Julia Wang, Michael Winton and Camille and William Zhou.

Learnings we can take from the meet were:

- Swimmers are not advised to enter back to back races at any meet, especially when you can not be sure how many heats of any event there may be.
- In freestyle it is ok to stop and put your feet on the ground either during the race or at the turn as long as you don't take a step. In other strokes you don't have this option and may get disqualified if you stop.

Thank you to everyone who officiated, also Dennis Wang the team manager and others who helped run 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 to make an arrangement.

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:

11 – 13 November – SNZ All Stars Junior Festival (SC) WRAC – Entries Closed.

18 November – Have-a-Go Race Night (SC) Cannons Creek – Entries on Night

21 November – 100M Handicap (SC) Cannons Creek – Entries Close 14 November

27 November – Gold Coast Paekakariki Shield (SC) Tawa – Entries Close 20 November

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