

Family Fun Night – 12 December:

Cannons Creek Pool, Monday 12 December, 6:00pm warm-up for a 6:30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes

- monster whirlpool
- width kick for younger family members
- family relays (teams of three from one immediate family)
- friends relays (teams of three)
- adults kicking races
- piggy back races
- three legged swimming races
- an adults 50m sprint for those who wish to re-live their swimming days.

Note – For safety reasons all children under 5 must be accompanied by an adult in the pool

While it is hoped that parents will take part, this is not compulsory. Apart from the 50m sprint, all other events are for non-swimmers. If you can carry a child on your back – please bring your togs along and join in!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

Christmas / January School Holidays:

The final swimming night for all those who swim at Cannons Creek will be Friday 16 December. This includes our Sunday, Monday and Friday swimmers and Junior Squads.

Orcas, Sharks and Swordfish training will recommence the week beginning 16 January 2023. Swimmers in these Junior Squads and PCA Senior Squad January timetable will be emailed.

Normal club swimming, as well as training for the Seals and Tadpoles will recommence the week beginning Monday January 30, 2023. Sunday morning club swimming will restart on February 12, 2023.

There will be no swimming on Sunday 5 February or on Waitangi Day Monday 6 February.

Pool Etiquette at Swim Meets

This is just to remind everyone a few important points about pool etiquette, take time to read it – you may learn something, especially if you are new to the sport.

Firstly everyone must to be **quiet** after the Referee has blown his/her whistle and the swimmers are on the blocks for the start of a race. Everyone deserves a fair start, especially the swimmer furthest away from the starter who may have difficulty hearing the starters instructions. Timekeepers also need to hear the instructions so they can start their watches.

Secondly, no one is to walk about, especially in the starting area after the Referee has blown the whistle at the start of the race. Any movement and/or noise can be off putting to the swimmers and may cause a false start.

Officials do have the swimmers best interest at heart, please respect their requests.

Marshalling is the most important and the most difficult job at a swim meet. Swimmers must learn to listen to the marshal and if they don't they may miss their race. As some meets do not have printed programmes it can be very easy for a chatty swimmer to miss their name and then their race.

Managers, Coaches and Parents are not allowed in the marshalling area, if swimmers are listening to them they are not listening to the Marshal.

Swimmers waiting behind the block for their race should be careful not to get in the way of the officials.

Swimmers should also remember not to leave the pool at the end of a race until the referee has blown the whistle (2 short blasts) or the next race has started. If electronic timing is being used swimmers must exit the pool from the side and not climb over the touch pads.

At many meets **over the top starts** are used. At the end of a race swimmers remain in the water until the next race has started. Those in the water must not chat to others in the water, move or do anything that may distract the swimmer on the block.

If you have a query or cannot follow a procedure or ruling, then you can ask your team manager in the first instance, they in turn can refer the query to the Technical Director or the Referee. Only a Team Manager or Coach can approach the Technical Director or Referee with queries, and it is not appropriate to approach any other official. No one should leave a meet with an unanswered question.

Coach Profile:

Matt Harrison – Assistant Junior Coach and Volunteer Coach

Matt's first memory of swimming is as a child in Gloucester pool, in England. He then went on to be a founding member of the Dursley Swimming Club.

Matt's swimming took him on a Greek adventure with his wife Gayle (PCA's newest IOT*) in 2002. They spent seven days swimming between, and walking across, the Greek Islands as part of the Greek Cyclades swimming holiday. They explored sea caves, tunnels, arches and islets and beautiful landscapes both above and below the water.

Matt enjoys seeing the swimmers he coaches improve over time. Matt still likes to get in the pool and tries to swim once a week

Matt is the father of Charlotte, Orca Squad and Emma in the Swordfish



Meet Reports:

Tier 1 Meet

Nine PCA swimmers gained valuable long course experience when they competed at the Tier One Meet held at Kilbirnie on 29 October.

Tier one meets offer a wide range of events and are restricted to swimmers 13 years and over.

All the PCA team achieved at least one long course Personal best time, with Felix Thomas taking an amazing 37.17 off his 200m backstroke time.

Thanks to the team manager Fenli Chen, Nevill Sutton for his coaching advice and those who officiated at the meet and covered our duties.

SNZ All Stars Junior Festival:

This Swimming NZ meet was held at Kilbirnie on 11/13 November.

Wellington and Manawatu make up the All Stars Region.

Meets for other regions The Makos, Harlequins and Aquaknights have been held in recent weeks.

The meet was about Participation and Fun, with no qualifying times and an emphasis on Pbs.

Medals were replaced with 2m long ribbons and PCA certainly received a large share on the ribbons on offer.

There were individual kick races and kick relays

PCA had a team of 47, the largest in the region by far, but sadly this was cut over the four sessions with Covid. It was a great when PCA were able to take over the whole 10 lanes of the shallow end pool for warm up at most sessionsalthough on a couple of occasions they shared the pool with NZ Commonwealth Games swimmers Lewis Clareburt and Zac Reid. Lewis and Zac were then happy to join the team for photos and a chat.



PCA entered 29 teams in the 12 relay events, giving some swimmers a very busy schedule over the four sessions. Our teams were First in 9 relays, Second in 6 and third in 7 races. PCA took out 1st, 2nd and 3rd in the 12 and under kick relay – How impressive!

Thanks to our coaches, Nevill, Steven, Matt and Todd.

Our team managers especially those who took on an extra sessions when Covid raised it head, and all those who time kept, and covered duties – even at times helping other clubs out.

As always there are learnings that can be taken from the meet.

- Relays names can be changed at the beginning of session, but changes cannot be made after that unless for injury.

- Once swimmers have completed their relay swim, they must exit the pool immediately, although the last swimmer is to stay in the pool, until the whistle is blown as happens in any race.
- Swimmers needed to exit from the side because of the touch/electronic pads, but had to be careful not to interfere with the teams competing in the lanes they are moving through.
- Relays must be swum in the listed order.

Congratulations to Rebecca Yu who broke Wellington records for 10 years 100m and 200m freestyle. Her times of 2m20.96 and 1m05.52 were well with the previous times of 2m24.66 set by Rebecca in Sept, and 1m07.05 that has stood since 14 March 2020.

PCA podium finishers were - lite Alaifea, Ovin Angamma, Alyssa Bai (11 wins and a second from 12 races), Jackson Crawford, Lauren Crawford, Jonathan Cui (11 podium finishers from 15 races) Emma Harrison, Oscar Hodges (11 wins and 1 third from 12 races) Jiya Lokuge, Freddy Mills, Dora Shen (Dora placed in all her 9 races) Holly Sorenson, Indie Spalding, Asher Thomas, Chao Wang, Justin Wang, Rebecca Yu (10 wins and the third from 12 races) Camille Zhou (12 podium finishers from 13 races)

Well done to Lily-Ann Alderson with an impressive 45s PB in 200 breaststroke.

Have-a-Go Race Night - 18 November:

Numbers were down on previous race nights and some thought we would be finished early, but swimmers took the opportunity to enter as many races as they could and we kept going until 8:00pm.

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. With the smaller numbers we were only able to have two timekeepers per lane which created a bit of extra work for the timekeepers.

The usual standard for timekeeping with manual watches is to have 3 timekeepers per lane and the official time is the time that is the middle time. With two watches (usually only happens if a watch fails) the rules allow for the time to still be recorded as official and the time is the average of the two watches, so a bit of mental arithmetic was required.

Thanks to the volunteers on the desk looking after the cards for the swimmers, the marshalls and Brent Harris for refereeing and starting.

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:

27 November – Gold Coast (SC) – Tawa – Entries Closed.

3 December – Swim Wellington Relays (SC) – WRAC – Entries Closed

5 December – 100m Handicap – Cannons Creek (SC) – Entries Closed

12 December – Family Fun Night – Cannons Creek (SC) – Entries on Night

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