

Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

2023 Start Dates:

Normal club sessions will resume on

- Monday – 30 January
- Friday – 3 February
- Sunday – 12 February

No Club Swimming on Sunday 5 or Monday 6 February due to Waitangi Day Long Weekend.

Learn to swim will start on Sunday 12 February.

Learn to Swim:

PCA's Term four Learn to Swim course finished on 11 December, with a number of swimmers graduating with the intention of joining our club programme in 2023.

Also finishing at Learn to Swim were two of our most valuable instructors.

Luke Martin began teaching in our programme in 2019 when he was a competitive swimmer and continued once he had hung up his racing togs. Volunteering every Sunday morning during the school term is a huge commitment, something that PCA was very grateful Luke was prepared to do.

Also finishing is Maria Tierney. Maria started volunteering at the desk over twelve years ago, when her own children were taking lessons and then moved on to teach the beginners in the water confidence group. Maria has seen many children go through our programme during her time, and PCA is extremely thankful to her and her family for her enormous contribution to improving the swimming skills of those in our community.

Our next course of seven lessons will begin on 12 February with classes at 9.15am and 10am.

Meet Reports:

Gold Coast Meet – Tawa – 27 November

Our PCA team of 32 swimmers were very successful at the Gold Coast's Paekakariki Shield Meet on 27 November, winning both the Paekakariki Shield and the Personal Best Trophy.

Unlike other clubs PCA was able to cover most of the age group relays and won the Paekakariki Shield with 47 points to Tawa's 16. A bit of a hollow victory really, but it was good to see our swimmers step up and learn about relay swimming in a real racing situation. Our team manager did comment that all the swimmers were eager to swim the relays and had a no fuss attitude about the stroke they swam in the medley relays – special mention was made of Indigo Eastham who did 25m fly, something she has only done before using flippers and Eliot Pearce who got a last minute call up and just got in there and did it! Thanks especially to Joe Reiher and Dannielle Rule who anchored the Flying Squadron relay, without these older swimmers PCA would not have had a team.

PCA won the Personal Best Trophy with 52% of our swimmers achieving a personal best. Tawa were second with 46% and Otaki Titans 3rd on 36%. The thought of winning a Chocolate Bars as well as a PB ribbons seemed to be the driver behind this result!



For many this was their first Gold Coast Meet – well done Greta Eagar, Rosella Edgar, Blake Kinvig, Jessica Macrae, Eliot Pearce, Elise Siwalette and Darcy Whakakura.

A big thank you goes to all those who helped out at the meet - the officials and timekeepers and those who did other duties, and our team managers Rose and Karen who got our swimmers into their teams and to the marshal.

Background.. The Gold Coast Zone has been around for 50 years and has never waived from their goal of providing affordable, simple meets, regularly for members of Otaki Titans, Raumati, PCA and Tawa Swimming clubs.

Each club has a turn at hosting a meet and PCA had their turn on Sunday. As hosts the club's Race Secretary runs the computer at the meet and does all the preparation work (psych sheets, time slips etc).

Over a year various historic trophies (like the Paekakariki Shield) are competed for. When other Wellington clubs struggle to provide meets where both swimmers can learn about racing and gain times, and officials, including timekeepers can gain valuable meet experience, PCA is very grateful to be part of the Gold Coast and the opportunities it offers our members.

The Gold Committee is currently Hugh Allen (Tawa) Marco Cecioni (Raumat/GC Treasurer) Seuga Frost (Otaki Titans) and Viv Morton (GC chair) and Brent Harris from PCA.

Swim Wellington Relay Champs:

The Swim Wellington Relay Championships held at WRAC on Saturday 3 December proved very successful for the PCA team of 66.

The programme included age group and open freestyle and medley relays, plus two freestyle relays that tested club's depth.

The atmosphere throughout the meet was fantastic - loud and noisy as club's supported their teams. Often

the races were extremely close which meant to noise levels raised another notch.

Cups and trophies up for grabs in many of the relays, and medals for the first three placing teams in all events. PCA certainly came away with more than their share of Silverware.

The very first relay, for the Walker and Hall Trophy is one that tested clubs' depth by requiring 5 swimmers, one from each age to group (9 and under, 10/11, 12/13, 14/15 and 16 and over) to swim 100m freestyle each. PCA A team won 8 second ahead of the Capital team – well done to Jasper Hu, Nathan Hu, Felix Thomas, Sunny Zheng and David Zhu, with our B team taking out the Bronze medal (Chao Wang, Rebecca Yu, Lewis Parker, Cameron Wilkinson and Joe Reiher). The Walker and Hall Trophy is one of SW treasures and was first swum for in 1911.



PCA also won the Karori Shield, the second relay to test a clubs depth. This relay required a boy and girl from each age group swimming 50m each, and again PCA came away with the Gold and Bronze medals – the winning team was Jasper Hu, Nathan Hu, Felix Thomas, Cameron Wilkinson, David Zhu, Elizabeth Yang, Rebecca Yu, Karmen Zhou, Alyssa Bai and Dannielle Rule. Bronze medallists were Chao Wang, Oscar Hodge, Lewis Parker, Sunny Zheng, Joe Reiher, Anna Han, Dora Shen, Lauren Crawford, Camille Zhou and Jade Lin

Probably the best supported relay of all was our Golden Oldies Team (30 years and over) who came away with a Bronze Medal – Well done to Todd Morton, who swum an impressive 27seconds for 50m, Elouise Thomas, Lynaire Parish and Scott Lucas.



Age Group Relay results were:

| Age | Placing | Team |
|-------------------------|---------|--|
| 9 & U Boys | Gold | Alastair Bai, Jasper, Hu, Chao Wang & William Zhou |
| 9 & U Girls | Gold | Milan Vos, Julie Wang, Elizabeth & Anna Han |
| 11 & U Boys | Gold | Nathan Hu, Cody Chen, Jonathan Cui and Oscar Hodge |
| | Bronze | Jackson Crawford, Patrick Reiher, Ovin Angamma & Justin Feng |
| 11 & U Girls | Gold | Camille Zhou, Dora Shen, Alyssa Bai & Rebecca Yu |
| | 4th | Charlotte Thiebaut, Zarna Parish, Ashley Liu, Teagan Vos |
| 13 & U Boys | Gold | Freddy Mills, Asher Thomas, Felix Thomas & Lewis Parker |
| | 5th | Will Parsons, Jayden Ng, Justin Wang & Victor Yu |
| 13 & U Girls | 4th | Lauren Crawford, Karmen Zhou, Pippa Percy & Maddy St Just |
| 15 & U Boys | Silver | Cameron Wilkinson, Asher Thomas, Eric Yuan & Sunny Zheng – <i>Capital won by just .22 seconds</i> |
| Open Mens | 4th | Cameron Wilkinson, Joe Reiher, David Zhu & Sunny Zheng |
| Open Womens | 7th | Dannielle Rule, Jade Lin, Karmen Zhou & Alyssa Dearmer |
| Freestyle Relays | | |
| 9 & U Boys | Gold | Alastair Bai, Jasper, Hu, Chao Wang & William Zhou |
| 9 & U Girls | Silver | Elise Siwalette, Milan Vos, Elizabeth & Anna Han |
| 11 & U Boys | Gold | Nathan Hu, Cody Chen, Jonathan Cui and Oscar Hodge |
| | Silver | Sam Olliver, Patrick Reiher, Ovin Angamma & Justin Feng |
| 11 & U Girls | Gold | Camille Zhou, Dora Shen, Alyssa Bai & Rebecca Yu |
| | 5th | Charlotte Thiebaut, Zarna Parish, Ashley Liu, Teagan Vos |
| 13 & U Boys | Silver | Freddy Mills, Asher Thomas, Felix Thomas & Lewis Parker <i>Capital regained this Gold after a successfull protest</i> |
| | 5th | Will Parsons, Jayden Ng, Justin Wang & Victor Yu |
| 13 & U Girls | Silver | Lauren Crawford, Karmen Zhou, Camille Zhou & Alyssa Bai |
| | 7th | Pippa Percy, Charlotte Thiebaut, Zarna Parish, Maddy St Just |
| 15 & U Boys | Silver | Cameron Wilkinson, Freddy Mills, Eric Yuan & Sunny Zheng |
| Open Mens | 5th | Cameron Wilkinson, Joe Reiher, David Zhu & Sunny Zheng |

| Age | Placing | Team |
|-------------|---------|--|
| Open Womens | 7th | Dannielle Rule, Jade Lin, Karmen Zhou & Alyssa Dearmer |

An enormous thank you goes to Haiou Wang and Rose Crawford for organising the entries and sending out all the communications prior to the meet.

Thanks to Rose and Novia, the team managers for getting the teams to the marshall and Steven and Todd for their coaching advice.

A number of PCA parents helped out with announcing, door duties and officiating – thank you.

Lastly, running the presentation area for this meet, as I do for most SW meets, with all the medals, Cups and Trophies and various other Awards that were presented on the night was full on – Thank you to my PCA helpers Bob Zheng, Dennis and Julia Wang – we made a great team and ‘got there in the end’

Viv Morton

100m Handicap – 5 December 2022:

It was exciting to be able to swim this event again after two years of Covid cancellations, and like meets of the past the racing was close and the support, loud.

Congratulations to all the finalists, especially the winner Zane Tongia-Gardiner who finished just 0.07 seconds ahead of Hugo Pearce. Maddy St Just was 3rd, Dannielle Rule 4th Alan Wong 5th and Abigail Parker 6th. Only 5 seconds separated the finalists. The finalists each received a rosette (in club colours) and a block of chocolate.





Leading up to the final there was 11 heats with the placegetters going through to swim in one of the 6 semi-finals. Those winning their semi-final then made up the final.

Congratulations to all the semi-finalists many of who missed making the final by splits of a second. Well done Sean Andrews, Isabel Dowd, Merearihi Gardiner, Zane Tongia Gardiner, Quinn Spalding, Phoebe Lang, Maisy Suter, Indigo Eastham, Eliot Pearce, Julia Wang, Emily Love, Hugo Pearce, Iris Chen, Lincoln Thomas, Asher Thomas, Allan Wong, Raymond Wong, Lewis Parker, Alyssa Dearmer, Felix Thomas, Dannielle Rule, Teagan Vos, Courtney Higham, Jacob Gibson, Finn O'Donnell, Logan Simmons, Zarna Parish, Patrick Reiher, Maddy St Just, Indie Spalding, Justin Wang, Lauren Crawford, Jayden Ng and Freddy Mills,

Those who didn't make the final were divided into six relays team. Each team swum twice, once to establish a time and then in the handicap final. To ensure no team swum slow in the heats, hoping win the final, teams beating their heat time in the final by more than four seconds would be disqualified. Unlike previous years, every team swum a well judged race.

Team 6 was first, team 4 second, and team 3 third. Just 2.5 seconds separated these teams

Many swimmers made huge improvements on their 100m times. Unfortunately times swim in a handicap events are not official so swimmers should be looking to swim 100m freestyle in their next meet.

Thanks to the many people who helped out by officiating at this meet – your help is appreciated.

It was disappointing that a number of swimmers entered this meet and didn't turn up especially given the preparation work required. Thank you to those few who did advise they could no longer come. In one heat four of the six entrants were 'no shows'. Swimmers are reminded that must let someone know (for this meet it would have been Viv) if they need to withdraw.

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 prorated 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:

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|----------------------|--------------------|
| 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:

21 – 23 January 2023 – SWN Summer Champs (LC) – WRAC – Entries Close 15 January 2023

17 February 2023 – SWN Tier 1 (LC) – WRAC – Entries Close TBA

18 February – SWN Harbour Challenge (Open Water)

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:

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|---|---|
| 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 |