

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:

Our next course of Learn to Swim will start on Sunday 12 February and conclude on Sunday 26 March.

All levels will run with classes at 9:15am and 10:00am.

On the first day swimmers should arrive at least 15 minutes earlier than their class time to complete the enrolment paperwork.

The course fee is \$45.00 – payment can be made on the first day (cash only – no eftpos) or deposited into account no 030547 0205093 01 – please use the swimmers name as the reference and include L2ST1

Enrolments will be taken over the first day.

Tier 1 Meets – Change of Age Qualification:

Please note that Tier 1 Meets are now open to competitive registered swimmers aged 12 yrs and over (previously 13 yrs and over).

As designated meets this gives swimmers aged 12 additional opportunities to gain times for national meets for when they turn 13.

The first Tier 1 is planned for Friday 17 February at WRAC – further details are on our calendar page – entries close on 12 February.

Gold Coast Chocolate Carnival - 12 February:

Tawa Pool – 3:00pm warm up.

Entries are now open for this meet on SNZ Database. This is an ideal meet for all of swimmers from the newest member through to those who would like to update their times.

There will be PB Ribbons and a Chocolate Bar for all those recording a new or personal best time.

It would be great to see a big team from PCA enter.

New Technical Official Qualifications:

At the recent Swim Wellington Champs over Anniversary Weekend the following members gained Technical Official Qualifications.

Jasmine Hardy-Mills – Regional IOT (Inspector of Turns)
Graham Seagull – Regional JOS (Judge of Stroke)

Congratulations and thank you for volunteering your time as a Technical Official.

PCA Club Champs:

Sunday 26 March 2023 at Tawa Pool.

Club Championships are the premier meet on any club calendar and with the diving ban in place at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metre Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 26 May 2023, over two sessions (2pm warm up for a 2.30pm start, then 5pm warm up for a 5.30pm start).

The short break between sessions provides an opportunity to picnic in the park next door? – we are also planning to have a sausage sizzle running.

See the flyer on our website and/or noticeboard for full details. By hiring the Tawa Pool our swimmers will be able to dive, if they wish. All 25 races will start in the water.

Over the years some fifty-odd cups and trophies have been donated to PCA to be swum for at the Championships.

The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophies events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. The points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all the other swimmers participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and

Trophies will be presented at our Prize Giving. The date will be advised later.

As many of the age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, as happens at Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with most meets entries must be done on-line through Swimming NZ's database. For newer swimmers this is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on info@swimporirua.co.nz.

Entries close on 19 March 2023 – late entries will not be accepted.

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton president@swimporirua.co.nz or Haiou Wang our race secretary, email race@swimporirua.co.nz

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:

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:

12 February – Gold Coast (SC) – Tawa – Entries Close 6 February

17 February - SWN Tier 1 Meet (SC) – WRAC – Entries Close 12 February

18 February - SWN Harbour Challenge – Wellington Harbour (Fergs Kayaks)

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