

### Cups and Trophies

If you were presented with a Cup or a number of Cups and/or Trophies at our last Prize Giving then it is time to give them a clean and return them to the person listed below.

To clean your cup/s please use a silver polish, like 'Silvo' and a soft cloth or paper towel. 'Silvo' can be purchased at the supermarket. Please do not use a hash cleaner like Brasso or a bathroom cleaner. A soft cloth will ensure you don't add anymore scratches to the cup.

Cups should be returned to the following:

- Te Rauparaha squad – Janine Sorenson.
- Johnsonville Squad Novia Guo or Haiou Wang.
- Juniors Squads who swim at Cannons Creek – Laurent Thiebaut.
- Club swimmers – Eileen Adams.

### SNZ TAC Appointments:

Congratulations to Jasmine Hardy-Mills who has been appointed to the Swimming New Zealand Technical Advisory Committee (TAC).

The TAC is a committee of two technical officials from each zone (one with 10yrs or less experience and one with more than 10yrs experience) to advise the CEO of SNZ about Technical Official matters including rules, and training of technical officials.

Jasmine joins Hugh Allan (National Referee from the Tawa club) on the committee.

Thanks to Greg Forsythe (Capital) who was on the previous TAC that covered Wellington and Hawkes Bay Poverty Bay Regions.

The previous TAC was disbanded due to the change in terms of reference from setting the Swimming NZ rules based on the rules from World Aquatics (previously FINA) and providing training and the qualification of National Technical Officials, to now advising the CEO on what the rules should be, and how training should be managed.

### Novice Carnival Lucky Lane Prizes:

It is our aim to give every Novice swimmer at Lucky Lane Prize and usually PCA has been lucky enough to have items donated from our swimming community.

These may include drink bottles, frisbees, balls, vouchers, novelty items – maybe you or your employer has give aways that could be shared.

Sponsorship will be acknowledged at the meet.

If you can help please email Viv, [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### PCA Novice Carnival:

Sunday 2 April 2023 at Cannons Creek Pool.  
1:30pm, warm up for a 2:00pm start

Come along and "HAVE A GO" – an introduction to racing

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting swimmers newer club members and swimmers who have not raced in three or more zone or interclub events. All swimmers 8 years and under are considered 'Novice swimmers' and are eligible to enter. Swimmers 9 and over who have qualified to swim at the Wellington Champs may not enter. Events run with in our club for our club members only (race nights, Club Champs, In House league etc) are not counted as meets for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager. Parents should sit away from the team.

All those competing will receive a 'participant' ribbon. Swimmers will swim each event they enter once, and the times will be collated, should there be more than one heat, to rank the swimmers – in swimming this is known as timed finals. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard and on the flyer which can be found on our website. Entries close on 26 March. While the flyer asks swimmers to enter through Fastlane PCA swimmers who don't have a log-in should contact Viv

It would be great if PCA was the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 027 645 1146.

## PCA Values:

Over recent weeks some swimmer's behaviour at training could be improved, the beginning of the year does seem timely to remind everyone of the club's values.



### Proud



- Positive and encouraging
- Focused and committed
- Passionate for swimming

### Community



- Our Whanau
- Working together
- Caring for each other

### Attitude



- Respectful of all
- Achieve our goals
- Celebrate all successes

## Meet Reports:

### Wellington Summer Champs:

This meet was held over the Wellington Anniversary Weekend in January at WRAC

While most families were on holiday in January, our 13 and over competitive swimmers were back in the pool training for the Wellington Long Course Championships held at Kilbirnie over Anniversary weekend. This was a long course meet, held in a 50m length pool – meets swum in 25m pools are known as short course meets. For many of our twelve swimmers this meet was a huge learning curve with multi-age heats swum in the morning and then the fastest 10 heat swimmers competed in the evening final. The longer races (400m, 800 and 1500m) were swum as timefinals.

Thirty two teams were represented at the meet, with many coming from the South Island to race in a 50m pool. 50m racing in the South Island is limited and expensive.

PCA finished 14<sup>th</sup> on the top team points table, and was the 6<sup>th</sup> Wellington Club. Pirates (Wellington) were the

overall winners. All finalists contributed to the team scores.

Individually PCA had some really good swims with David Zhu (16yrs) breaking the Wellington record for 50m butterfly – his time of 25.78 was under the previous time of 26.14seconds set in April 2019.

PCA finalists were:

Name/age	Gold	Silver	Bronze	Other Finals
Lauren Crawford - 13				4
Charlotte Harrison - 13				1
Freddy Mills - 13		1	1	2
Lewis Parker - 14				2
Will Parsons - 13				1
Joe Reiher - 16	1	4		3
Dannielle Rule - 16			1	4
Felix Thomas - 13	2	1	2	3
Eric Yuan - 14	3			
Karmen Zhou - 13			3	2
David Zhu - 16	2			

Daniel Turetsky also swum and did 3 PBs in his five races.

A big thank you goes to all those who supported our swimmers, coaches Nevill, Steven and Matt, our timekeepers and other officials, and those who did our club duties.

Thank you to Elouise Thomas who organised our helpers and then officiated most of the meet, and our many officials who turned up even when they didn't have swimmers competing.

Jackson Crawford and Patrick Reiher, both too young to compete made special memories at the meet, rubbing shoulders and chatting to some of NZ's Commonwealth Games swimmers when they helped in the presentation area – an experience they will always remember.

### Swim Wellington Tier 1 Long Course Meet:

This meet was held at WRAC on Friday 17 February.

Tier 1 meets are usually restricted to swimmers 13 and over, but as a first this meet was open to swimmers 12 years old, to give swimmers value racing experience and official times in the long course/50m pool.

As a designated meet (meaning a full deck of officials were in place) many swimmers were chasing qualifying times for the upcoming National Meets - Age Groups which are to be held in Hastings from 12/16 April and SNZ's Division II meet to be held in Wellington 16/20 May 2023.

PCA's team of 23 was the biggest we have ever had at a Tier one Meet, with most swimmers achieving personal best long course times.

David Zhu was in outstanding form breaking the Wellington record for 16 year old 100m butterfly with a

time of 56.75. The previous time of 57.19 was set in April 2018.

Our thanks go to the team managers, coaches and all those who officiated and took care of PCA duties.

## 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 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:treasurer@swimporirua.co.nz)

### Upcoming Events:

**11 March** – Karori Pirates Tier 2 Meet – WRAC – Closed  
5 March

**19 March** - Gold Coast – Coastlands - Closes 12 March  
Open to all swimmers. The flyer is on our website, under Calendar 2023 Meets. The relay teams will be selected from those who enter the meet.

**26 March** - Club Champs - Tawa Pool - Closes 19 March.

Note – club swimming from 8-9am at Cannons Creek is cancelled on this day.

Open to all club members. This is the club's pinnacle event for the year. Not everyone can win a cup or trophy but this is a good meet to establish a time and try new events. Best time ribbons will be available for all those achieving a PB or a new time. The club is covering all the meet costs.  
The flyer is on the website.

**2 April** - Novice Carnival - Closes 26 March.

This meet is targeting our very newest swimmers. All those under 8 years old are considered Novice swimmers. Swimmers 8yrs and over may NOT swim in this meet if they have swum in three or more interclub meets.

**23 April** PCA's Div III - Tawa Pool

Watch the notice board for details about this meet. This meet is targeting up and coming swimmers. Those who meet certain times may not enter – meaning those you often read about in the club newsletter winning heaps of medals at the Wellington Champs and/or breaking Wellington records are excluded. This is a great meet for others to shine at.

### Report of Best Times:

If you require a list of your times, please email Haiou Wang the Race Secretary at [race@swimporirua.co.nz](mailto: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](mailto:info@swimporirua.co.nz)