

Welcome to Competitive Swimming Info:

PCA has published a booklet on our website that contains information that all parents of swimmers who are entering swim meets should be familiar with.

The booklet is available at the link below <http://www.swimporirua.co.nz/images/pdfs/WelcometoCompetitiveSwimming202302.pdf>

Thanks to Rose Crawford and Jasmine Hardy-Mills for putting this together.

April School Holidays:

There will be no squad or club swimming as follows:

- Friday 7 to Monday 10 April (Easter Weekend)
- Sunday 23 April Club Session 8:00am to 9:00am (PCA is holding Div III at Tawa Pool)
- Tuesday 25 April (ANZAC Day)

On Sunday 16 April the normal session will run from 8:00am to 9am.

Friday 14 and Monday 17 April 2023 will be devoted to distance badge swimming. Club and squad swimmers are welcome to join in.

Friday 21 The club sessions will be at the Arena. Swimmers will need to pay the public door entry. Swimmers who normally swim at 6:00pm should come at 7:00pm and all others at 7:45 to 8:30pm.

Distance Badges. Friday 14 and Monday 17.

As many of you know PCA has distance badges swimmers can achieve by completing a distance without stopping, Distances covered are 25m (one length) 50m, 100m, 200m, 400m, 800m, and 1500m. Once a swimmer has completed these distances they can move on to swimming 1 kilometre (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

On Friday 14 April 6 lanes will be available from 6pm to 8.30pm. On Monday 17 April three lanes will be available from 6pm to 6.30pm and then we'll have the whole pool until 8.30pm.

Swimming times – please come at the times set out below. It makes it very difficult when swimmers turn up at 6:00pm to swim 1K.

- 6:00pm for new swimmers and those swimming up to 200m meters.
- 6:45pm for those swimming 400m, 800m and 1500m
- 7:15pm for timed 1K swimmers

To help these evenings run smoothly our coaches will need help from parents counting laps and/or timing the 1k swimmers.

Please note, swimmers may need to wait their turn if the lanes are full, to give everyone the opportunity to achieve their goals.

Parents helping are asked not to interrupt swimmers to update them on their progress or the number of lengths they have to go. Just leave them to get 'on with the job.' Hopefully they are counting themselves anyway!

Ring me if you have a query, just ask - Viv 027 645 1146

Learn to Swim:

Our next course of Learn to Swim will start on Sunday 7 May and conclude on Sunday 25 June.

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

Classes will not be held on Sunday 4 June – Kings Birthday Weekend.

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 for the 7 lessons – 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 L2ST2

Please note that swimmers must be at least 5 years old and 1.1m tall, and long hair must be tied back or a swim cap worn.

SNZ National Age Group Championships (NAG's):

These Championships are the premier event for New Zealand's top swimmers from 13 to 18 years old.

To be eligible to swim at this meet which is to be held in the new pool in Hastings from 12 to 16 April, 2023 swimmers must meet tough qualifying times.

PCA wishes our team of Felix Thomas, Freddy Mills, David Zhu, Eric Yuan and Joe Reiher every success.

A big thank you goes to Elouise Thomas who will be managing the team and Brent Harris who will be officiating at the meet.

Brent is also officiating at SNZ Open Championships in Auckland, 1 to 5 April, although for the first time in many years PCA will not have a swimmer competing.

Prizegiving and AGM:

Please mark your diaries for the Prizegiving and AGM to be held at Te Rauparaha Arena on Sunday 21 May 2023.

Full details will be in next months newsletter.

Meet Reports:

Gold Coast Woollahra Trophy Meet:

Our smaller than usual team of 23 swimmers did very well to bring the Woollahra Trophy home for the second year running from the meet held at Coastlands pool on March 19.

63% of their swim were done in a personal best time compared to Raumati on 64%, Tawa 34% and Otaki Titans on 52%.

Points were then added for the relays which were the highlight of the meet.

Relays in two age groups, 12 and under and 13 and over had teams first swum for a time, and then swum a handicapped final, based on that time.

12 and under Final results – First place, PCA C - Eden Jackson, Eliot Pearce, Hugo Pearce and Phoebe Lang, Second place Raumati C, Third place PCA A - Holly Sorenson, Justin Wang, Sam Olliver and Oscar Hodge who were clear leaders in the heat and started 95 seconds behind the slowest team in the final. PCA B was 4th – Jackson Crawford, Indie Spalding, Lawrence Wang and Maddy St Just.

In the 13 and over relay both Otaki and Raumati thought they could outsmart the organisers and swum a slow heat and take first and second in the final. Obviously they hadn't read the rules which mentioned teams beating their heat time in the final by more than two seconds would be disqualified.

The PCA team of Lauren Crawford, Daniel Turetsky, Freddy Mills and Jayden Ng finished in second place.

With the relay points added the final results were PCA 84 points, Raumati 75, Otaki Titans 65 and Tawa 40.



Learnings from the meet for PCA:

- After each swimmer has swum their leg of a relay they must exit the pool immediately except for the last swimmer who is to remain in the pool until the referee blows the whistle, just like they do for any race.
- Everyone (swimmers, officials and spectators) must keep quiet during the start of any handicap raced until the last swimmer has left the blocks, otherwise it will be hard for those swimmers to hear the starters call.
- PCA had three swimmers turn up who weren't entered in the meet. Maybe they had entered on Fastlane but hadn't seen the process right through or maybe they just hadn't entered. It is PCA's practice to send an email to all entrants a few days prior to a meet advising who is the team manager, what to take to the meet etc. If you think you have entered and don't get an email then you should contact our race secretary Haiou Wang on race@swimporirua.co.nz – on this occasion our swimmers were very lucky their late entries were accepted at the meet - something that very rarely happens!

A big thank you goes to coach Todd, team managers Dennis and Rose, and all those who time kept and officiated.



Thanks also to referee Gillian Kalafatelis and Brent Harris who was at the meet to train new IOTs (Inspectors of turns) Well done to the starter Graeme Seagull (from PCA) for doing such an awesome job 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:

2 April – Novice Carnival (SC) – Cannons Creek – Entries Closed.

23 April – PCA Div III (SC) – Tawa – Entries Close 16 April.

29 April – Raumati Coastlands Classic (SC) – Coastlands – Entries Close 23 April

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