

### Kings Birthday Weekend. 3 to 5 June:

There will be no club or squad sessions over Kings Birthday Weekend.

Sessions will be held as usual on Friday Night (2 June), and resume on Tuesday (6 June)

### Tri-Series:

Congratulations to PCA's David Zhu who has been selected to represent NZ at the Tri-Series competition to be in Hastings in September.

Teams taking part will be State teams from Western Australia and Victoria, Oceania which will include Fiji and other Pacific Islands, with the 32 NZ swimmers selected split into two teams (NZ Black and NZ White)

### Annual General Meeting:

The Annual General Meeting was held prior to the Prizegiving at Te Rauparaha Arena on Sunday 21 May.

The following are the Officers and Committee Members for the next twelve months.

President	Viv Morton
Vice-President	Brent Harris
Secretary	Yvonne Macrae
Treasurer	Anna Armstrong
Race Secretary	Elouise Thomas
Club Captain	Vacant
Registrar	Brent Harris
Hon. Auditor	Jeanette Adams

Committee: Blair St Just, James Alderson, Jessie Guo, Jay Mi Ng, Novia Guo, Jasmine Hardy-Mills, Karen Johnston, Janine Sorenson.

During the meeting presentations were made to Veronica Rule, Carla Spalding, Laurent Thiebaut and Haiou Wang.

Veronica has been a committee member since 2020 while the others joined in 2021.

Each of these people have made a big contribution to PCA, in particular Veronica who has looked after our uniforms and Haiou who became our Race Secretary which is probably the biggest job in the club, and what a fantastic job she has done!

Also to retire from the committee was Eileen Adams. Eileen doesn't wish people to know how long she has been on the committee, but we all know it is a very long

time – probably before most of those reading this were born! Eileen has made a remarkable contribution over the years. She has been the secretary, an official, she organised Learn to Swim education and training – the list goes on and on. The good thing is she has only retired from the committee and intends to continue coaching and teaching learn to swim.

### Prize Giving:

While most of the cups and trophies presented at the prize giving were based on performances at the club champs, the following were awarded for performances during the year.

**Leaders Real Estate Cup – Swimmers the Year** – David Zhu

**Southern Cross Cable Network Cup – Junior Swimmer of the Year** – Nathan Hu.

**Record Trophy** – to be swimmer who broke the most club records during the year – Nathan Hu.

**Pru Young Memorial Cup – Top performance of the year** – Bronagh Ryan – for winning open medals at NZ Short Course Meet in August 2022.

**Personal Best Trophy** for making the most improvement over all stroke/distance over the year – Oscar Hodge.

**Time Trial Trophy** for making the biggest improvement on 200m freestyle over the year. This event must have been swum four times - Emma Harrison.

**Junior Boys Long Distance Trophy** – the club's best 1500m swim of the year – Justin Wang.

**Nicols Trophies** – for sportsmanship, attitude, being a good role model, attendance – Girls, Dannielle Rule. Boys, James van der Voort.

**The Volunteer Cup** – recognises a volunteer who has made a huge contribution to the club over the year – Sharon Armitage-Duckett for the great work she does organising our Learn to Swim programme.

The names of our age group champs, cups and trophy winners can be found on our website.

## Have-a-Go Race Night - Friday 30 June 2023

### Cannons Creek Pool.

6:00pm warm up, 6:30pm start

**Note; Maximum of 4 swims per swimmer.**

Race night is open to all our club members and especially those who swim on Friday and Monday nights, Sunday morning or are in our Junior Squads. Entries will be taken on the night. This meet is not about winning - it is about "Having a Go", learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as entry times for other meets. Because of race night Tadpoles and Seals training is cancelled. Swordfish training will be held as normal. Swordfish are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those who may like gain valuable medley racing experience. Any queries, please speak to your child's coach or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

As with all swim meets volunteers are required to help run the meet, and will be called for on the night. It is PCA expectation that all swimmers entering any meet will provide a volunteer when required.

Please Note:

- only new swimmers and those 8 years and under may enter the 25m backstroke and 25 freestyle.
- Parents of those entering MUST make themselves available to assist at the meet as required.

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing.

## Meet Reports:

### Raumati Meet:

Coastland's pool was stretched to accommodate 188 swimmers plus spectators and officials for this Tier 2 meet on April 29.

PCA had the biggest club team at the meet with 47 swimmers competing, many of whom were trying to get last minute qualifying times for Swimming NZ Div II meet that is to held in Wellington in May.

Congratulations to Nathan Hu and Rebecca Yu who both broke Wellington records. Nathan in 50m backstroke and 100m medley and Rebecca in 200m freestyle.

Most of our swimmers looked impressive and did some amazing PBs – Improvements in 200m free were amazing. Charlotte Thiebaut 43 seconds, Eric Yuan 32 sec. Aaron Zhang 17 sec. Boyi Zang 15 sec. Joseph Reiher 14 sec. while Victor Yu took 14 sec. off his 200 fly time.

Also to look impressive were Travis Carnegie and Lauren Crawford who both swam their first official 800m freestyle. Racing 800m and 1500m is a huge step and something to be encouraged. Lauren came away with a Div II QT for her efforts.

Thanks to coaches, Todd, Matt and Gerusio for all their advice to the swimmers, Rong Yuan and Karen Johnston (our team managers) and all those who officiated.

### Learnings to take away from this meet:

Electronic touch pads were being used, and along with over the top starts, meaning swimmers from the previous race remained in the water until the next race has started.

Two things swimmers must remember in these situations.

- They must stand away from the touch pad and stand still while holding the lane rope while they are waiting for the next race to start, to ensure they don't accidentally tigger the touch pad and/or distract the swimmer.
- When touch pads are being are being used they must exit the pool at the side and not climb up and over the touch pads.

## Swimming NZ – Div II Competition:

PCA's team of 9 swimmers joined swimmers from all around NZ to compete in this meet that was held at the Kilbirnie Pool from 16 to 20 May.

As four of our team had competed at National Age Groups (NAGS) in April they were restricted to only swimming events they didn't qualify to swim at NAGS, and then everyone had to meet the event qualifying times to race.

Just qualifying is a tremendous achievement, well done to Lauren Crawford, Jayden Ng, Victor Yu, Lewis Parker and Dannielle Rule, and our NAGS swimmers Felix Thomas, Freddy Mills, Eric Yuan and Joe Reiher.

Being a five day meet with heats in the mornings and finals at night was a huge learning curve for all the swimmers, officials, coaches, managers and their families.

Another *learning* from the meet was the need for 1<sup>st</sup> and 2<sup>nd</sup> reserves (that is those placing 11<sup>th</sup> or 12<sup>th</sup> in the heats) to report to the marshall in the evening just in case one of the finalists didn't front. *This is a requirement at any meet which follows a heats/final format. Reserve swimmers need be prepared to swim the final unless they scratch during the morning session, within the time frame.*

For a small team PCA finished 25<sup>th</sup> on the club points table with 247. Full credit to Tawa swimming club who topped the table with 1004 points.

Results – races were in separate age groups 13, 14, 15 and the combined age group of 16, 17 and 18.

Well done to our finalists.

**Lauren Crawford 13yrs**, 9<sup>th</sup> 800m free, 5<sup>th</sup> 50m back, 6<sup>th</sup> 200m back (with a massive 10 seconds PB over her two swims) and 8<sup>th</sup> in 100 back.

**Victor Yu 13yrs**, 4<sup>th</sup> 200m fly, 8<sup>th</sup> 100m fly.  
**Freddy Mills 13yrs**, 1<sup>st</sup> 100m breast, 9<sup>th</sup> 200m free, 10<sup>th</sup> 50m free, 100m medley and 50m fly,

**Felix Thomas 14yrs**, 5<sup>th</sup> 100m free, 6<sup>th</sup> 100m fly and 100m medley, 7<sup>th</sup> 50m back and 8<sup>th</sup> 50m breast.

**Lewis Parker 14yrs**, 5<sup>th</sup> 50m breast, 10<sup>th</sup> 100m breast.

**Joe Reiher 16yrs**, 3<sup>rd</sup> 100m medley, 9<sup>th</sup> 100m free.

**Dannielle Rule 16yrs**, 6<sup>th</sup> 100m back, 7<sup>th</sup> 50m back and 200m back, 10<sup>th</sup> 50m fly.

All our team including Jayden Ng recorded some impressive PBs often missing out on making a final by fractions of a second.

A big thank you to Steven Zhu and Nevill Sutton for the coaching support they gave the whole team, Jasmine Mills and Rose Crawford the team manager, Elouise Thomas and Brent Harris for officiating (Brent officiated all ten sessions).

Thanks also to those who covered our club duties, or volunteered for duties and then found they weren't required.

### 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 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 June** – Gold Coast Matson Trophy (SC) – Coastlands – Entries Close 5 June.

**17 June** – SZR Tier 2 Meet (SC) – Huia – entries Close 11 June.

**23 – 25 June** – SWN Winter Champs (SC) – Coastlands – Entries Close 18 June

**30 June** – PCA Club Night (SC) – Cannons Creek – Entries on Night

## Report of Best Times:

If you require a list of your times, please email Elouise Thomas 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)	.....027-645-1146
Vice-President (Brent Harris)	.....027-489-1120
Secretary (Yvonne Macrae)	.....021-177-1916
Treasurer (Anna Armstrong)	.....021-768-054
Race Secretary (Elouise Thomas)	.....022-140-5068
Squad Liaison	
Junior Squad (Viv Morton)	.....027-645-1146
Senior Squad (Rose Crawford)	.....021-701-109
Johnsonville Squad (Novia Guo)	.....021-869-669
Officials Co-ordinator (Elouise Thomas)	.022-140-5068
Uniforms (Veronica Rule)	.....021-0255-3366
Newsletter	..... e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>