

Membership Renewal:

All members should have received an email (one email per email address) on Sunday 25 June, advising that membership renewals will occur on 1 July, and swimmers who need to pay a subscription should have received an email advising on how much the subscription for the coming year to 30 June 2024 will be.

If you (or your child/swimmer) do not want to continue as a member of PCA please reply to the email you received, advising who wishes to cease their membership.

If you have not received an email, please send an email to info@swimporirua.co.nz with your details.

Any queries regarding the new membership year should also be sent to info@swimporirua.co.nz.

New Officials:

Congratulations to Tracey Lu, Novia Guo, and Blair St Just who all qualified as IOTs (Inspectors of Turns) over the recent Wellington Champs, and to Elouise Thomas who also qualified as a JOS (Judge of Stroke).

Helping at Swim Meets on Pool Deck:

Unlike many other sports, swimming requires the active participation of parents on the field of play to help run the meet.

While some parents choose to train as IOT's or more senior roles, and accept the responsibilities and restrictions that this places on them while at a swim meet, many parents contribute by being on pool deck timekeeping.

Timekeeping is a very important job as swimmers entries to Regional and National Competitions and placings in finals are determined by their time, and if timing pads are installed and they fail (or if there are no timing pads) then the time used is the one taken by the timekeepers.

In order to ensure that timekeepers are focused on the job at hand and are in their place for the start of each race, timekeepers are required to follow the instructions of the Chief Timekeeper (as delegated by the Referee), not leave the pool deck without permission and not to use a mobile phone or any other electronic device.

All people on the pool deck during the competition are subject to the authority of the Referee (not just the swimmers) and are required to follow all instructions.

As with any sport the instructions and decisions of the Referee are final, and any discussion or appeal needs to be held off pool deck.

The Referee does have the right and authority to have people removed from the pool deck who are not following instructions or are not performing their role.

With everybody on pool deck being where they should be, doing what they should be doing, the chances of anything going wrong for a swimmer is reduced and they can concentrate on getting the correct time that they have trained many hours for.

Change of Time for Sunday Sessions - July:

Please note that all Sunday Sessions in July that would normally run from 8:00am to 9:00am will run from 9:00am to 10:00am.

July School Holidays:

There will be no squad or club swimming Matariki Day, Friday July 14.

Monday 3, Friday 7 and Monday 10 July 2023 will be devoted to distance badge swimming.

Club and squad swimmers are welcome to join in.

Distance Badges.

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 kilometer (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

On both Mondays three lanes will be available from 6pm to 6:30pm and then we'll have the whole pool until 8:30pm. On Friday 7th 6 lanes will be available from 6:00pm to 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 those swimming distance badges for the first time.

- 6:45 for those swimming 200m, 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 – Term 3:

Our next course of lessons will start on 6 August 23 and finish on 17 September 2023.

Class times are 9.15am and 10am with all levels held at each time slot. Please arrive 15 minutes earlier on the first day to complete the enrolment process. The cost is \$45.00 for the course of 7 lessons. Please bring the correct money, PCA does not have eftpos

Please note Swimmers must be at least 5 years old, 1.1m tall and long hair must be tied back.

Team Managers:

As those who enter meets know PCA appoints a Team manager for most Wellington Meets and some away meets depending on the size of the team. We are now looking to increase our pool of possible team managers who can be appointed.

To be a team manager you need to become a member of PCA – there is no cost, and be Police Vetted, a simple process, done in conjunction with Swimming NZ.

New team managers would initially work with and learn from an experienced manager. If you would like to join our list of possible team managers please email Viv on president@swimporirua.co.nz.

At meets it is PCA expectation that swimmers will sit with the team, and the manager is responsible for sending the swimmers to the marshal, scratching swimmers if required, collecting disqualification forms, lodging protests as required – in short, work with the coach to ensure the wellbeing of the swimmer to give them the opportunity to swim well. It should be remembered meet organisers will only interact with team managers, and not with individual parents.

Cup and Trophies:

While most of the Cups and Trophies presented at the Prize Giving relate to swims at the club champs a number can be earned for achievements during to year.

Swimmers might like to think about the following when entering meets:

- **Time Trial Trophy** awarded to the swimmer who makes the biggest improvement in a year in 200m freestyle. Swimmers must swim the event four times to be eligible. Points are earned on a graduated scale where someone improving their time and swims around 2m50 will earn more points per second than someone who swims around 3m50.
- **Personal Best Trophy.** This is very similar to the time trial trophy but covers all strokes and distances with no requirement on the number of times a stroke/distance is swum. Again this is a graduated points scale.
- **Distance trophies** These trophies are awarded to the swimmer who achieves the fastest time for the following distance – Girls 800m freestyle, Boys 1500m freestyle. There are trophies for 12 years and under and 13 years and over – four trophies in total.
- **Nicols Trophies** – there is one for Girls and another for Boys. These are decided on by the committee and go to swimmers who show good sportsmanship, attendance, try hard, are good role models and respectful, and have an appreciation of our club values – PCA – Proud, Community and Attitude.

Meet Reports:

College Sport Wellington Swim Champs (CSW):

CSW Regional Swim Champs were held at the Huia Pool on Friday 26 May. For PCA swimmers, as for all swimmers, it was quite a different experience lining up to swim with club mates all representing their different schools.

Results. Swimmers winning an event won a Gold Medal.

Girls 14 years and under

Lauren Crawford, Aotea. 2nd 100 back, 3rd 50 back, 12th 100 medley. **Audrey Chew, St Marys.** 4th 200 free, 6th 100 breast, 14th 100 medley, 17th 50 free. **Charlotte Harrison, Aotea.** 6th 100 back, 21st 50 fly, 22nd 100 medley. **Holly Sorenson, St Orans.** 6th both 50 fly and 50m free, 7th both 100 medley and 100 free. **Trinaya Bharath, Whitby Collegiate.** 28th 100 medley, 16th 100 free, 15th 50 breast. **Karmen Zhou, Queen Margarets.** 5th 100 breast, 8th 100 medley, 6th 50 breast, 12th 50 fly. **Camille Zhou, Whitby Collegiate.** 4th 100 fly, 5th 50 free, 8th 50 fly.

Boys 14 years and over.

Felix Thomas, Aotea. 11th 100 medley, 2nd 50 fly, 4th 100 free, 9th 200 free, 4th 50 free. **Travis Carnegie, Aotea.** 16th 100 medley, 6th 100 free, 5th 50 back, 7th 200 free, 13th 50 breast. **Frederick Mills, Aotea.** 4th both 50 and 100 breast, 14th 50 free. **Lewis Parker, Aotea.** 5th 100 breast, 6th 50 breast, 7th 50 free. **Victor Yu, Wellington College.** 6th 100 fly, 7th 50 fly, 8th 200 free, 18th 50 free. **Eric Yuan, Scots College.** 1st 100 fly, 2nd both 100 free and 100 back. **Jayden Ng, Newlands College.** 13th 100 medley, 8th 100 breast, 7th 100 free, 11th 50 breast. **Daniel Turetsky, Whitby Collegiate.** 8th 100 free, 18th 100 medley, 14th 50 breast, 19th 50 free. **Aaron Zhang, Wellington College.** 9th 100 free, 10th 200 free, 17th 50 free. **Boyi Zhang, Wellington College.** 14th 100 free, 12th 200 free, 25th 50 free.

Girls 15 years and over

Jade Lin, Whitby Collegiate. 4th 100 breast, 13th 50 fly, 12 50 breast. **Dannielle Rule, Aotea.** 2nd 100 breast, 6th 50 breast, 7th 100 medley, 8th 50 free. **Alyssa Dreamer, Aotea.** 3rd 100 breast, 10th 100 medley, 11th 50 breast.

Boys 15 years and over

David Zhu, Wellington College. 1st 100 fly, 2nd 50 fly, 10th 50 free. **Jordan Spark, Aotea.** 2nd 100 back, 15th 100 medley, 23rd 50 free. **James van der Voort, Wellington College.** 9th 100 medley. 9th 50 fly, 8th 50 back,

A big thank you goes to those who organised and managed their school teams, provided transport and officiated at the meet.

Dannevirke Autumn Meet:

Fifteen PCA swimmers entered this meet which was held in Palmerston North on 28 May.

Congratulations to Rebecca who with a time of 1m03.82 took 0.02 seconds off a very long standing Wellington record set by Hilary Todd from the Tawa Club way back in July 1993.

Nathan Hu was also in record breaking form breaking three records. He improved his own records in 100m freestyle with a time of 1m.02.06 and 100m medley, time of 1m10.78. His previous records were 1m03.83 and 1m11.22 respectively and broke Charie Dickison's 100m backstroke record of 1m12.38 with a time of 1m11.75.

All the PCA swimmers achieved personal best times. Some were really impressive, like Eric Yuan's PB of 46 seconds PB in 200 medley, which showed he hadn't swum that event for a very long time! Others to swim PB's of more than 15 seconds were Charlotte Thiebaut (200m back, 200m breast) and David Zhu in 50 breaststroke.

A big thank you goes to Rong Yuan for managing the team and those who helped at the meet.

Kiwi West Meet:

Three PCA swimmers competed at the Kiwi West's meet in Feilding over Queens Birthday weekend, with those 12 and under swimming in the morning and the older swimmers in the afternoon.

All three should be very proud of their swims.

- Eight year old, Jessica Macrae won Silver medals in the 50m and 100m freestyle. Medals were on offer for the morning meet only.
- Holly Sorensen, with three wins and two second placings was Swimmer of the Age for Girls 13 years and won the \$40.00 cash prize.
- Lauren Crawford improved her 400m freestyle time by a mammoth 19.95 seconds.

Matson Trophy Meet, Coastlands 11 June:

What a fun meet this was, with so much noise from the supporters for the Grand final and the relay final.

Eight of the ten finalists were from PCA. Hugo Pearce won the grand final, just splits ahead of Emma Ng, Mackenzie Wright (Raumati) was 3rd, Lawrence Wang 4th, Boyi Zang 5th, Lincoln Thomas 6th, Lewis Parker 7th, Asher Thomas 8th, Niamh O'Hara-Smith (Otaki Titans) 9th and Aaron Zang 10th. All the finalists received prizes donated by the Matson family.

In the relay Raumati B were won the final, with PCA D second – both of these teams received a cake of chocolate each. Well done to the PCA team of Noah McGee, Domi Dai, Abigail Parker, Lawrence Wang, Felix Thomas and Holly Sorensen.



In the Matson trophy events (swum over 100m freestyle) everyone swum in the heats, and then some swum in the repechage round, and others went straight into the semi-final where they were joined both the top five swimmers from each repechage. Then the fastest four from the semi's went into the final. All rounds were re-handicapped, meaning those who made it through had to swim up to their best each round.

Well done to all our semi finalists – Eliot Pearce, Emma Ng, Julia Wang, Nathaniel Wood, Hugo Pearce, Madison D'oliveira, Amokura Olsen, Oscar Feng, Lincoln Thomas, Jackson Crawford, Lawrence Wang, Boyi Feng, Asher Thomas, Oscar Hodge, Aaron Zang, Lauren Crawford, Lewis Parker and Felix Thomas.



Congratulations to all those Pb'd or established new times in the 50m races.

Big thank you goes to those who officiated, especially the starter Graham Seagull (PCA). Starting handicapped events is always a challenge. Thanks to Nathan and Karen the team managers, and to Rose for helping at the desk.

Swim Zone Racing Meet 17 June:

Twenty four PCA swimmers took part in this designated meet.

For many it was the first time they had swum at the Huia Pool but looking at the results and the number of impressive Personal Bests they embraced the new environment.

As a designed meet, times swum could be used as qualifying times for National Meets although many of our team used the meet to record last minute qualifying times for the Wellington Winter Champs.

Those to swim PBs in excess of 20 seconds were; Ite Alaifea, Justin Wang and Zarna Parish, all in 200m breast and Freddy Mills 400m free.

Congratulations to all those who achieved PBs.

A big thank you goes to our officials, team managers and the PCA coaches.

Swim Wellington Winter Champs:

Coastlands Pool, Kapiti, 23 to 25 June.

This was quite a different meet than any other with no spectators watching due to the limited space.

Many parents officiated and covered PCA duties which allowed them to watch some of their swimmer's races. PCA's team of 59 swimmers was the biggest club team at the meet.

This set PCA up well to win both the Mana Swimco Cup for the most team points over all ages and the Eycline Cup for the most points for those 12 and under. All swimmers finishing in the top 10 earned points for the team.

The meet attracted swimmers from all around the Wellington region, as well as Manawatu, Taranaki and few from Auckland – just over 300 swimmers all together.

For the first time Swim Wellington offered Visitors medals. These were presented to the first two visitors finishing in the top three in an event, and then the top three Wellington swimmers received a regional medal.

Rebecca Yu did an amazing swim in the 11 years 100m freestyle with a time of 1m02.83 to break her own Wellington record by 0.99 seconds. Congratulations Rebecca.

If you follow the club on Facebook, you see many happy swimmers on the podium.

Individual results are attached to the newsletter.

A big thank you to everyone who helped out, the officials, duty people, managers and coaches, and especially those (Graham Seagull, Brent Harris and Gillian Kalafatelis) who continue to support our sport even though they no longer have swimmers competing.

Thanks also to the many parents who drove their swimmers to and from the meet were only able to watch the live stream.

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 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 crakers@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:

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

8 July – SWN Tier 1 Meet (SC) – Coastlands – Entries Close 2 July.

20 – 23 July – NZ Secondary Schools (SC) – WRAC – Entries Close 4 July.

30 July – Gold Coast Ribbon Carnival (SC) – Tawa – Entries Close 24 July.

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)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 info@swimporirua.co.nz



Swim Wellington Winter Champs – 23 – 25 July – Results

Name / age	Gold	Silver	Bronze	Other Top 10 finishes
Jasper Hu 9yrs	11			
Lawrence Wang 9		2	3	5
Chao Wang 9	1	3	4	2
Alistair Bai 9			2	6
Lincoln Thomas 9		1		7
Oscar Feng 8				3
Michael Winton 9				2
Jiya Lokuge 10	9	4		
Justin Feng 10	1	7		
Seb Pyne 10			2	
Nathan Hu 11	13	1		
Oscar Hodge 11		6	8	
Jonathan Cui 11		7	4	
Jackson Crawford				2
Asher Thomas 12	2		1	2
Patrick Reiher 12			3	6
Cody Chen 12		1		2
Freddy Mills 13	1	2	4	3
Jayden Ng 13		1		5
Victor Yu 13	1			3
Justin Wang 13		2	3	3
Nathan Wood 13				1
Felix Thomas 14		1	6	4
Lewis Parker 14				6
Daniel Turetsky 14				4
Eric Yuan 15	1	2		2
Jordan Spark 15				2
Joe Reiher 16	3	3	1	2
David Zhu 17 and over	2	1		1
Ana Han 9	1	1	2	1
Charlotte Theibaut 10	4	4	3	1
Elizabeth Yang 10		2	2	5
Kirsten Young 10				2
Amokura Olsen 10				2
Rebecca Yu 11	12		1	
Dora Shen 11	2	10		
Zarna Parish 11		3	1	1
Emma Harrison 11			2	4
Courtney Higham 11				1
Alyssa Bai 12	6	6	1	
Camille Zhou 12		5	2	2
Iite Alaifea 12	1		1	5
Indie Spalding 12				3
Abigail Parker 12				2
Madison D'Oliveira 12				1
Holly Sorenson 13	3	2	2	1

Name / age	Gold	Silver	Bronze	Other Top 10 finishes
Lauren Crawford 13	4	2	1	1
Charlotte Harrison 13		1		5
Pippa Percy 13				2
Lily-Ann Alderson 13				2
Karmen Zhou 14	2	1		1
Jade Lin 16	1	1	1	2
Dannielle Rule 17 and over		2	1	1

My apologies if any result has been missed – collating these results was not a small task! Viv