

Nevill Sutton:

Nevill Sutton, Porirua City Aquatics' Head Coach retired this month and is moving to Rarotanga with his wife Jo-Ann to begin the next chapter in his life.

Nevill began his working life as a schoolteacher, and then started coaching before and after school in Porirua.

In the 1980s he became a full time coach and learn to swim teacher, taking on the contract to run the Cannons Creek Pool. This was at a time when council's contracted out the running of their pools. Later he took on the contract at the Tawa Pool and continued teaching learn to swim and coaching there until the council took over the running of the pool in 1997.

At that time Nevill coached swimmers from both the Tawa Swimming Clubs and Mana Swimco (as PCA was named then). Although the swimmers swam for two clubs they travelled together to National and other events. With Nevill's encouragement the squad had camps, trips away, 24 hour swims at the Tawa Pool and a very successful trip to the Queensland Champs in 1995.

When Nevill lost the Tawa contract he ran learn to swim at the Khandallah and Tawa Primary School pools.

Fortunately for Nevill, Te Rauparaha Arena opened in 1997/8 and he formed the Porirua Swimming Club. This began his many years of coaching at the Arena.

In 2009 Mana Swimco (based at Cannons Creek) needed a Senior coach, and Porirua SC needed a feeder club. With the future in mind the clubs merged to become Porirua City Aquatics with Nevill as Head Coach.

Over the years Nevill has been President of the NZ Swim Coaches Assn, on the SNZ Board, has coached on NZ teams, mentored many coaches, and coached swimmers who have been selected in NZ Teams, broken NZ Open and Age Group Records as well as numerous Wellington records – all things he can be very proud of.

Bronagh Ryan's achievements with Commonwealth Games and Oceania selections as well as NZ open Short Course records, and Ben Walsh's numerous Age Groups titles and NZ records are something he can be very proud of. Nevill also coached Todd Morton to his 8 NZ Golds and 2 NZ records at NAGs in 1995

Nevill along with other Wellington Coaches and with Swim Wellington were instrumental in setting up various

training and racing opportunities for Wellington Swimmers in the 1990s – things like Talent ID and Development Squads, the Achievers Squad and Swim Wellington's regular team trip to Australian Age Groups. All things that put Wellington Swimming on the map.

Porirua City Aquatics hosted a very well deserved retirement function for Nevill that saw a number of current and past swimmers of all ages, their parents and others who had worked with Nevill come along to have a chat and wish him well for the future.



Have-a-Go Race Night – 8 September:

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

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.

Parumoana Interschool Sports:

Dash Swim School and PCA jointly organised the Parumoana Interschool Swimming Sports for years 5 and 6 swimmers on 22 August and years 7 and 8 on 24 August. Over the years this has become a big event on the school calendar as club mates compete against each other to earn points for their schools.

Parumoana School's cluster includes Adventure, Discovery, Papakowhai, Paremata, Pauatahanui, Postage, Pukerua Bay, Whitby Collegiate and St Therasas.

Leading up to the meet some schools ran trials lead by parents on Sunday morning, while others held training sessions for their teams to familiarise themselves with the Cannons Creek Pool.

Schools were limited to two entrants per event, with the fastest six swimmers from the heats contesting the final. The racing was close and keenly contested – with swimmers enjoying heaps of very vocal support from their school mates, especially in the hotly contested relays.

Papakowhai was the stand out school this year winning the Cups for both Years 5 and 6 and Years 7 and 8.

Placing	Years 5 and 6	Years 7 and 8
1 st	Papakowhai	Papakowhai
2 nd	Plimmerton	Plimmerton
3 rd	Discovery	Adventure
4 th	Pauatahanui	Whitby Collegiate
5 th	Pukerua Bay	Pukerua Bay
6 th	St Theresa's	Discovery
7 th	Paremata	Pauatahanui
8 th	Adventure	Paremata

Both meets ran very smoothly thanks to the efforts of experienced PCA parents and Dash Swim school staff. A big thank you goes to all the teachers and parents who transported the swimmers, managed the teams and officiated at the meet.

Also thanks to Nathan Thomas for announcing on both days and the Porirua City Council for donating the pool time. This is quite a big event to organise and PCA and

Dash should be very proud of the way the meet ran on the day.

Meet Reports:

Gold Coast Meet – 30 July:

PCA hosted this Gold Coast Meet at Tawa Pool on Sunday 30 July.

Our team of 49 did very well. For many it was their first big meet, having only swum at club race nights up to now – well done to Hannah McMaster, Oakley Estall and Yujie Wang.

The Raumati Swimming Club won the Personal Best Trophy with 79% of their swimmers swimming a Personal Best. PCA swimmers achieved 53% and Tawa 44%. Otaki Titans were at the meet with only three swimmers and therefore weren't eligible for the trophy. It was great to see a number of swimmers establish a time for a new stroke/distance. During the meet there were some massive PBs – Alyssa Bai 30 sec in 400 free, Indigo Eastham 29 sec in 100 free, Indie Spalding 42 sec in 400 free and Lawrence Wang 26 sec in 200 back.

Learnings from the meet:

- Disqualifications. These should always be treated as a learning opportunity. At all meets the club will receive a DQ slip for each infringement. These are handed to the swimmer's coach who should discuss the infringement with the swimmer.
- Swimmers who wish to scratch during a meet must tell the Team Manager in the first instance, as TM is the only one who can scratch swimmers. At some meets (not Gold Coast) there is a penalty in doing this. At this meet, a swimmer scratched themselves, which meant this worked against the club in the PB calculation.
- Swimmers need to sit with the team and not disappear to the see their friends/families making it very difficult for the Team Manager to send them to the marshall. PCA doesn't expect TM's to go hunting swimmers. Parents who pre-empt the TM sending swimmers off can also make the TMs job more difficult.
- Some swimmers entered back to back races which is always a risk at any meet leaving swimmers rushing to their next race without a break. It is unwise to enter two 200m at a Gold Coast meet as these races are often combined. At the meet the 200 fly was cancelled which added to the issue.

It was great to hear from our TMs that all our team were very well behaved and represented the club well. A big thank you to team managers Karen Johnston, and Zhenzhen Jia who was new to the TM job.

Thank to all the officials, marshalls, office ladies and runners, especially those who didn't have their own swimmers competing.

Lastly a big thank you from the Aotea College swimmers to everyone who purchased sausages and lollies with the profits going towards their school relay entry fees for the NZ Secondary School Champs.

NZSC 2023 Report :

At the start of August PCA took a team to Hawkes Bay for the NZ Short Course National Champs. We had 8 swimmers who worked exceptionally hard to meet the tough qualifying times for this event, Joe Reiher, Felix Thomas, Eric Yuan, Holly Sorenson, Frederick Mills, Lauren Crawford, Karmen Zhou & David Zhu. We also had two Team Managers - Rose Crawford and Rong Yuan, Coach – Elouise Thomas, one official - Brent Harris and Janine Sorenson and Jasmine Hardy-Mills to be the cooks.



It was a 7 day trip, 5 days of competition with morning and evening sessions. The morning sessions were the heats and age group racing/finals and then in the evening were the open finals which are for the top 30 swimmers from the morning heats regardless of age getting to race in A, B or C finals. PCA ended up 32nd out of 66 clubs in the age group points results, an impressive result for our 8 swimmers.

There was an awesome atmosphere at the pool and our team put in impressive performances. We had some wonderful results including 4 Medals, some great PBs and 3 swimmers qualifying top 30 to make the Open Finals.

Individual results can be found below as the end of the newsletter

It was also great to be able to enter some relays as well. We had a team in both the Men's 4x50 Freestyle relay (David, Eric, Felix and Joe) and the 4x50 Medley relay (Eric, Joe, David, Felix). The relays were swum at the end of the open finals evening sessions so made for a later night, but our swimmers did the club proud, who finished an amazing 25th and 18th respectively.

It was great to see the relationships between the swimmers grow over the week. A big thanks to Brent for Officiating the entire meet, Elouise coaching and supporting our swimmers, Janine and Jasmine for cooking and Rong for team managing.

Rose and Rong
Team Managers

Wellington Distance Champs:

PCA had a team of 12 swimmers compete in these annual championships which were held at Coastlands Pool on 26 August. The only events on the programme were 800m (32 lengths) and 1500m (60 lengths) freestyle. An 800m race takes about 10 minutes while a 1500m takes around 20 minutes.

For many PCA swimmers this was their first time of competing these distances and they did the club proud. 1500m results - **Girls 13yrs**, Lauren Crawford Gold Medal, Holly Sorenson Silver. **17yrs and over**, Dannielle Rule 4th. **Boys 12yrs**, Asher Thomas Gold. **13yrs** Justin Wang Bronze, Freddy Mills 4th. **14yrs** Daniel Tuketsky Bronze, Felix Thomas 4th, Travis Carnegie 5th. **16yrs** Joe Reiher Gold. 800m – **Boys 12yrs** Cody Chen Gold. **Girls 17yrs and over** Jade Lin Silver.



A big thank you goes to all the team manager, parents and officials who gave up their time to help run the meet, and especially Julia Wang who assisted Viv with the medal presentations.

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 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.

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 Jessie Guo on 021-518-967 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:

Sunday Learn to Swim	03-0547-0205093-01
Squad Fees	03-0547-0205093-02
Everything Else	03-0547-0205093-00

If you are unsure which account you should be using, please contact president@swimporirua.co.nz.

Upcoming Events:

2 September – Wairarapa Tier 2 (SC) Masterton – Entries Closed.

8 September – PCA Race Night (SC) – Cannons Creek Pool – Entries on Night

16 September – SWN Relays (SC) – Coastlands – Entries by Club

18 September – PCA In-House League (SC) – Canons Creek Pool

23 – 24 September – SWN Junior Champs (SC) WRAC – Entries Close 17 September

Report of Best Times:

If you require a list of your times, please email Elouise Thomas 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 (Vacant) Contact President
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 (Blair St Just)021-782-591
Uniforms (Jessie Guo)021-518-967
Newsletter e-mail info@swimporirua.co.nz

Swimming NZ Short Course 2023 Swimmer Results

Swimmer/Student	Event	Ranking for age group in New Zealand	Open age group ranking in New Zealand
Freddy Mills 13yr boys	50 Breast	6th	
	100 Breast	4th	
Lauren Crawford 13yr girls	200 back	9th	
	50 Back	12th	
Felix Thomas 14yr boys	50 Breast	14th	
	100 Medley	19th	
	50 Butterfly	12th	
	50 Freestyle	16th	
	100 Freestyle	24th	
Joe Reiher 16yr boys	50 Breast	2nd/Silver	18th
	100 Breast	2nd/Silver	13th
	200 Breast	4th	14th
	50 Freestyle	27th	
Karmen Zhou 14yr girls	50 Breast	8th	
	50 Butterfly	3rd/Bronze	
	50 Freestyle	13th	
David Zhu 17yr boys	100 Butterfly	4th	16th
	50 Freestyle	15th	
	50 Butterfly	8th	23rd
	200 Butterfly	1st/Gold	
Eric Yuan 15yr boys	50 Butterfly	5th	
	100 Butterfly	4th	
	100 Backstroke	14th	
	50 Freestyle	23rd	
	200 Butterfly	4th	26th
Holly Sorenson 13yr girls	100 Medley	7th	
	50 Breast	11th	
	50 Butterfly	8th	
	100 Freestyle	8th	
	50 Freestyle	13th	
Relay - Eric, David, Joe and Felix	4x50 Free	25th	
Relay - Eric, Joe, David, Felix	4x50 Medley	18th	