

Coaching Changes:

With Nevill Sutton's retirement Gerusio Matonse has moved to the Arena and will be coaching PCA Senior Squad as well as having an involvement with the Junior Squads leading up to the Wellington Champs.

Last week we welcomed Heli Dave to our coaching team.

Heli will be coaching the Junior Squads at Cannons Creek.

She has recently been teaching Learn to Swim in Hamilton and has experience coaching competitive swimmers in India.

Heli comes with a number of Swimming and Sports qualifications and is currently working through a Swimming NZ Coaching course.

Treasurer / Bookkeeper Position Vacant:

The club is still looking for a Volunteer to be our Club Treasurer or Bookkeeper.

The Treasurer role is to oversee the accounts and is an executive position on the committee.

If you have bookkeeping skills (but don't want to be Treasurer) and are available for 4 to 5 hours per month to keep our books up to date then we would like to hear from you, please email president@swimporirua.co.nz.

The Squad and Membership transactions are handled by the President and Registrar, so only tagging of transactions to accounts, paying invoices (through online banking) and reconciling the bank accounts each month are all that is required.

The club uses Xero accounting package.

The bookkeeper would not be required to attend committee meetings unless they were interested.

This is a job that can be done from home and any specific training is available as required.

Plans for Next School Holidays:

Sunday 1 October – No swimming
Sunday 8 October – Swimming will be 9:00am to 10:00am

Monday 25 September, Friday 29 Sept. and Monday 2 October 2023 will be devoted to distance badge

swimming. Club and squad swimmers are welcome to join in.

Friday 6 October – Club swimming will be at the Arena – all swimmers will need to pay door entry at reception. Those who normally come at 6:00pm, and anyone younger than 9 years old, should come at 7pm. Those who would normally come to a later group should come at 7.45pm. Three lanes are booked from 7pm to 8.30pm. Tadpoles and Seals can come to either session. We can't get the pool early as PCA Seniors will be training.

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

On Monday 25th we will have the whole pool from 6:00pm. On Friday 29 September and Monday 2 October three lanes will be available from 6:00pm 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 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

Sunday Morning Swimming:

From 24 September Sunday sessions will be 9:00am to 10:00am and will return to 8:00am to 9:00am on 29 October.

With the low numbers who usually attend on the middle weekend of the school holidays (Sunday 1 October) this session will be cancelled.

There is also no Sunday swimming at Labour weekend.

Monday Night Swimming – Term 4:

With daylight saving upon us and the lighter evenings PCA would like all Year 7 and 8 club swimmers who have belonged to the club for more than one year to move to the 7.20-8pm session on Monday nights.

This will ease the congestion in the lanes that has been experienced during term 3 and allow our coaches to provide a better level of coaching.

Correction – Wellington Distance Champs:

In the last newsletter it was stated that Holly Sorenson won a Bronze Medal in Girls 13 years 1500m race, when she actually won the Silver medal.

PCA apologises for this error.

Porirua City Aquatics and Tawa Swimming Hardcore Meet:

14 October 2023, Wellington Regional Aquatic Centre (WRAC) Kilbirnie, 4:30pm warm 5:00pm start.

Entries close on Sunday 8 October 2023.

Every Wellington swimming club is allocated one meet a year to host at the Kilbirnie Pool and this is our chance to show others what a great meet PCA and Tawa can run.

The meet will be held long course meaning the pool will be set up with 50m lengths, which gives swimmers a great opportunity to swim in a big pool.

The meet is targeting all club and squad swimmers. Swimmers may enter a maximum of four events. Only two events may be entered on a No time.

This is a designated meet, meaning times swum may be used as National and Regional qualification times.

As hosts we are expecting to have the biggest team at the meet.

PCA and Tawa will be covering all the duties and will need everyone's support to ensure it is a success. Families of those entering will be called upon to provide food for the officials.

Details will be emailed out the week leading up to the meet.

There will be a draw at the end of the meet and four lucky swimmers will receive \$50 in cash providing they have competed in three events and are at the pool to receive their prize.

Porirua City Aquatics Learn to Swim - Term Four:

Our next course of lessons will start on 29 October 23 and finish on 10 December 2023.

Class times are 9:15am and 10:00am 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.

Meet Reports:

Race Night – 8 September:

PCA's Have-a-go Race Night on 8 September gave many people the opportunity to do just that and 'Have-go-Go'

It was great to see the 40-50 swimmers 'Having-a-go', often challenging themselves racing new strokes and distances they had never competed in before. Well done to the many first timers. Smiley faces winning lots of ribbons is the gauge of success. A big thank you goes to the three girls who stepped up as late entries in the 200m freestyle to ensure Lawrence Wang, the only entrant didn't race alone.

A number of older and experienced swimmers took an easy option and swum 25m races when they are more than capable of swimming 50s and 100s – maybe something to think about for next time?

'Having a Go' extended beyond the swimmers with Megan D'oliveira and Jasmine Hardy-Mills both taking on new roles doing a great job. Megan was starter and Jasmine referee.

At the beginning of the meet finding timekeepers was a challenge. A big thank you to everyone who stepped up, especially the first timers – I am sure they found it less daunting than they thought it would be!

FYI There are three timekeepers on each lane and very rarely does everyone record the exact same time down to the one hundredth of a second. The official time is the middle time and if only two watches start then the times are averaged. This gives plenty of lee-way if someone's watch fails.

Thanks to Nathan Thomas our very experienced announcer who explained so many details over the meet (FYI Nathan is Chairman of Swim Wellington's Board).

Also thanks to the ladies on the desk organising the entry cards and the BBQ cooks.

Wellington Relay Championships:

Sixty four swimmers presented PCA at this meet held on 16 September, at Coastlands.

At times the meet was electric and the atmosphere fantastic. It was so noisy as swimmers supported the clubs with many races being so close.

Probably the PCA team that received the most support from all the spectators was PCA's Golden Oldies Team.

The team needed to consist of two female and two males 30 years and over. PCA was the only entrant in the race and WOW did they swim well. Elouise Thomas, Megan Carr and Blair St Just all did a great 50 freestyle and then coach Gerusio showed us all how Butterfly should be swum finishing in an amazing 29 seconds for 50m. Their Trophy and Gold Medals were truly deserved.

Results were:

Mixed 5x100m freestyle relay (one person from each age group) Gold medal - Jasper Hu, Nathan Hu, Freddy Mills, Eric Yuan and David Zhu. Silver - Chao Wang, Rebecca Yu, Holly Sorenson, Felix Thomas and Joe Reiher.

Medley relay results.

Boys 9yrs and under - Gold - Jasper Hu, Lawrence Wang, Chao Wang, Alistair Bai. Girls 9yrs and under medley. Gold – Julia Wang, Emma Ng, Anna Han and Melody Liu. Boys 11yrs and under. Gold – Jonathan Cui, Nathan Hu, Oscar Hodge and Justin Feng. Girls 11yrs and under. Gold – Dora Shen, Zarna Parish, Rebecca Yu and Elizabeth Yang. Bronze - Kristen Young, Isabel Dowd, Ashley Liu and Sophia Nguyen. Boys 13 and under. Gold - Freddy Mills, Asher Thomas, Victor Yu and Jayden Ng. Silver – Justin Wang, Patrick Reiher, Cody Chen and Boyi Zang. Girls 13yrs and under. Gold – Lauren Crawford, Lite Alaifea, Holly Sorenson and Alyssa Bai. Bronze – Charlotte Harrison, Lily-Ann Alderson, Camille Zhou and Pippa Percy. Boys 15yrs and under. Bronze Felix Thomas, Lewis Parker, Eric Yuan, Daniel Turetsky. Mens Open. Bronze – Eric Yuan, Joe Reiher, David Zhu and Felix Thomas.

Freestyle relay results

Boys 9yrs and under - Gold - Jasper Hu, Lawrence Wang, Chao Wang, Alistair Bai. Silver – Michael Winton, Oscar Feng, Domi Dai and Lincoln Thomas. Bronze – Hunter Press, Dalton Nguyen, Eliot Pearce and Lucas D'oliveria. Girls 9yrs and under medley. Gold – Julia Wang, Emma Ng, Anna Han and Melody Liu. Boys

11yrs and under. Gold – Jonathan Cui, Nathan Hu, Oscar Hodge and Justin Feng. Girls 11yrs and under. Gold – Dora Shen, Kristen Young, Rebecca Yu and Elizabeth Yang. Boys 13 and under. Gold - Freddy Mills, Asher Thomas, Victor Yu and Jayden Ng. Silver – Justin Wang, Patrick Reiher, Cody Chen and Boyi Zang. Girls 13yrs and under. Gold – Lauren Crawford, Camille Zhou, Holly Sorenson and Alyssa Bai. Boys 15yrs and under. Silver Felix Thomas, Lewis Parker, Eric Yuan, Daniel Turetsky.

Mixed 10x50m freestyle relay (a boy & a girl from each age group) Gold medal – Anna Han, Jasper Hu, Rebecca Hu, Nathan Hu, Alyssa Bai, Freddy Mills, Karmen Zhou, Eric Yuan, Danielle Rule and David Zhu. Bronze – Julia Wang, Chao Wang, Dora Shen, Oscar Hodge, Holly Sorenson, Jayden Ng, Camille Zhou, Eric Yuan, Lauren Crawford and Joe Reiher.

In a number of races PCA entered two or three teams with many placing 4th or 5th. It was a big learning curve as some swimmers have never swum at Coastlands before or at a pool where they could dive.

A big thank you goes to our coaches and the team managers – organising the swimmers was a huge job.

Thanks to our Race Secretary, Elouise Thomas for all her hard work prior to the meet.

Also thanks to all those who officiated on the day and helped with other jobs to assist Swim Wellington to run a great meet.

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.

Any family wishing to spread their payments should contact our president at president@swimporirua.co.nz to make an arrangement.

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 Jessie Guo on 021-232-1533 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 info@swimporirua.co.nz.

Upcoming Events:

14 October – PCA/Tawa Hardcore (LC) – WRAC – Entries Close 8 October

28 October – Otaki Tier 2 (SC) – Coastlands – Entries Close 22 October

5 November – Gold Coast (SC) – Coastlands – Entries Close TBA

20 November – PCA 100m Handicap Meet (SC) – Cannons Creek – Entries Close TBA

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)
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)021-232-1533
Newsletter e-mail info@swimporirua.co.nz