

Treasurer:

A big thank you to the parents of Seb Pyne (Sharks Squad) for volunteering to take over keeping our books up to date.

Vanya will be the Treasurer and Steve will be helping out, both Vanya and Steve are now members of the committee.

Our thanks to Anna Armstrong for her work as treasurer since May 2022 and for keeping the books up to date until we could find a replacement.

Labour Weekend (21 – 23 October):

There will be no club or squad swimming for the Sunday and Monday of Labour Weekend.

Sunday Morning Swimming:

With Learn to Swim starting on 29 October, Club Sunday morning sessions will now start at 8:00am and finish at 9:00am)

New Website:

The club has recently upgraded the website to be more mobile friendly and easier to manage.

The web address stays the same.

Grant from NZCT:

A big shout out of thanks to the NZ Community Trust



We are very grateful to the NZ Community for grant funding recently received to go towards pool hire costs.

NZ Community Trust partners in our area are The Sandbar (Mana) and The Mariner (Titahi Bay).

Please show them our thanks to the NZCT by supporting these venues.

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.

100m Handicap Trophy:

Porirua City Aquatics 100m Handicap Trophy Meet will be held at the Cannons Creek Pool on Monday 20 November 2023,

6:00pm warm up for a 6:30pm start.

This replaces all squad training.

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

Entries close on Monday 13 November 2023

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (We are awake to those who think they can swim slow in the heats to win the final!)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to

'10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To run this event, three timekeepers are needed on each lane. Parents and caregivers of those entering must be available to help on the night if required.

To enter write your name on the list on the noticeboard or email president@swimporirua.co.nz.

Late entries cannot be accepted.

Distance Badge Swimming:

A number of swimmers surprised themselves and their parents with the distances they swum non-stop over the school holidays.

For each distance swum the swimmers earn distance ribbons. (25m equals 1 length.)

Congratulations to the following:

25m, 50m, 100m, Oakley Simmons. **25m, 50m, 100m, 200m**, Izzie Fleming-Hastings, Kieran Hendrickson, Caleb Jackson. **25m, 50m, 100m, 200m, 400m**, Carter Erwin, Aiden Lea, Seven Li, Ava Stempa, Josh Thomson. **400m**, Isabell Seavor-Cross. **25m, 50m, 100m, 200m, 400m, 800m**, Isaac Cook, Paxton Hammond, Bodhi Harper, Alfred Hughes, Percy Hughes, Isaac Jackson, Tai Lewis, Olivia Mitchell, Hunter Rungsimuntoran. **800m**, Emma Ng, Archer Thompson. **25m, 50m, 100m, 200m, 400m, 800m, 1500m**, Kyle Sichampanakhone, Aidan Van Niekerk, Anushka Van Niekerk, Ashlyn Van Nerkerk and Dan Zhang. **800m and 1500m**, Cam Andrews. **1500m**, Lachlan Graumans, Parik Perla, Mahina Shafi.

Those who had completed all their distance ribbons up to 1500m, then challenged themselves to a 1 Kilometer (40 length) time trial earning PCA's 1k time ribbons for their efforts.

Under 30 minutes, Quinn Spalding. **Under 29**, Kevin Liu, Dan Zhang. **Under 25**, Isabel Dowd, Anushka Van Niekerk, Ashlyn Van Nerkerk. **Under 24**, Grace Aveiulu, Jackson Ellis. **Under 23**, Logan Simmons. **Under 22**, Livvy Andrews, Eden Jackson, Max Seefo, Aidan Van Niekerk. **Under 21**, Amokura Olsen.

PCA's senior squad also earned 1k ribbons with their splits taken during a 2k training swim. Their times swum were really impressive – well done everyone.

Under 18 minutes, Lily Ann Alderton. **Under 17**, Mandy Goldsburg, Pippa Percy. **Under 16**, Charlotte Harrison, Lewis Parker. **Under 15**, Cody Chen, Jade Lin, Jayden Ng, Holly Sorenson. **Under 14**, Lauren Crawford, Nathan Hu, Freddy Mills, Danielle Rule, Justin Wang. **Under 12**, Joe Reiher.

A big THANK YOU to everyone who counted the lengths and time kept.

Meet Reports:

Wellington Relay Champs:

When our results report went to print in the last newsletter we weren't aware of four Wellington Regional Relay Championships records our PCA teams set at this meet.

Congratulations to the following teams.

Super 5 (one swimmer from each age group swimming 100m each) Jasper Hu, Nathan Hu, Freddy Mills, Eric Yuan and David Zhu. Their time 5m08.32. Previous record 5m14.62 set by PCA 4.7.20

11 and under 4x50 medley relay. Jonathan Cui, Nathan Hu, Oscar Hodge and Justin Feng. Their time was 2m18.98. Previous record 2m2096 set by PCA 3.12.22
11 and under 4x50 freestyle relay.

The team was the same as for the medley relay. Freestyle relay time 2m02.30. Previous record 2m04.78 set by PCA 3.12.22

Flying squadron 10x 50 freestyle (a boy and a girl from each age group) Anna Han, Jasper Hu, Rebecca Hu, Nathan Hu, Alyssa Bai, Freddy Mills, Karmen Zhou, Eric Yuan, Dannielle Rule and David Zhu. Their time 4m54.19. Previous record 4m59.74 set by Capital 19.6.2008 (with Lewis Clareburt in the team as one of the youngest swimmers!!!)

In House League:

The final meet in the 2023 In-house series of three meets held on 18 September proved to be as loud as ever with swimmers constantly supporting and encouraging their teams.

While leader board changed at each meet the racing was always close and exciting. As can be seen on the point table below. Team 4 were the overall winners. Congratulations to Emma Ng, Hannah McMaster, Aayna Agnew, Lucy Press, Orion Kallahar. Mallory Brown, Ethan Purchase, Ashley Liu, Cooper Olliver, Percy Hughes, Sophia Nguyen, Emily Love, Eden Jackson, Ite Alaifea, Mackenzie Carnegie, Liam Neal, Annabel Mander, Lauren Crawford, Abigail Parker and Jade Lin.

Team	1	2	3	4	5	6
Meet one	161	186	165	201	186	141
Meet two	159	239	193	202	228	168
Meet three	163	183	160	209	177	106
Overall points	483	608	518	612	591	415
	5th	2nd	4th	1st	3rd	6th

The success of the series is very much in the hands of the team leaders and the team spirit they create/encourage within their team.

Thank you to our wonderful team leaders – Travis Carnegie, Team 1. Joe Reiher, team 2. Alyssa Dearmer, team 3. Jade Lim, team 4, Dannielle Rule, team 5 and Felix Thomas, team 6.

Over the three nights 125 swimmers took part in at least one meet – our biggest competition ever!

Thank you also to the judges – I know there were some very close calls at times, and to the administrators, score keepers, officials and the announcer Nathan.

Swim Wellington Junior Short Course Champs:

This meet held at WRAC on 23 and 24 September attracted swimmers from all around NZ. In fact more than half the swimmers came from outside the Wellington region. Auckland's Coast Club brought down nearly 30 swimmers while others came all around NZ.

PCA's team of 35 was the biggest team at the meet and finished up on top of the club points table winning the Porirua City Aquatics Cup (a cup PCA donated in 2018) for the fifth year in a row. Every swimmer who finished in the top 10 in any event earned points for the club.

PCA's Rebecca Yu and Nathan Hu broke 11 club records between them as well as 2 Wellington records each. For Rebecca they were the 11 year old girls 50 butterfly and 100 freestyle and Nathan boys 11 years 50 and 100 butterfly.

At the end of the meet Swimmer of the Age Groups prizes of a \$50 voucher were presented to those with the top points in their respective age groups. Congratulations to Jasper Hu – boys 9 years, Nathan Hu – boys 11yrs and Rebecca Yu - girls 11 yrs.

Visitors medals have been introduced to Wellington Championships meets recently meaning the top visitors received a visitor's medal and the top 3 Wellington swimmers receive the Wellington Gold, Silver and Bronze medals.

PCA's individual medallist were:

Name	Gold	Silver	Bronze
Chao Wang 9yrs	1	5	3
Jasper Hu 9yrs	11	1	
Lawrence Wang 9yrs		3	4
Lincoln Thomas			1
Alistair Bai 9yrs	1	2	3
Seb Pyne 10yrs	3		
Noah McGee 10yrs		1	
Jackson Crawford 11yrs			3
Nathan Hu 11yrs	13		
Oscar Hodge 11yrs	1	6	2
Jonathan Cui 11yrs		5	5
Cody Chen 12yrs		3	4
Patrick Reiher 12yrs		2	
Anna Han 9yrs	3	3	
Emma Ng 8yrs			1

Name	Gold	Silver	Bronze
Elizabeth Yang 10yrs	2	4	
Kristen Young 10yrs			1
Rebecca Yu 11yrs	12		
Dora Shen 11yrs	3	9	
Zarna Parish 11yrs		2	2
Emma Harrison 11yrs			3
Alyssa Bai 12yrs	8	4	
Camille Zhou 12yrs		5	3
lite Alaifea 12yrs	3	1	4
Indie Spalding 12yrs	2	2	1
Mackenzie Carnegie 12yrs			1

Congratulations to Sam Yu who qualified as an Inspector of Turns during the meet.

A big thank you goes to our team managers and coaches who supported and guided our swimmers and everyone who officiated and covered PCA duties at the meet, especially those who helped out even though they didn't have swimmers competing.

A Note from the President.

A big thank goes to the Spalding and O'liveria families, Felix Thomas and others who helped me with the presentation area over the four sessions. With up to five medals presented each race plus handing out top 10 placing ribbons, this area has become a little complicated that is has been previously. It is great to have the support from PCA, Thank you, Viv.

PCA/Tawa Hardcore Meet:

PCA and the Tawa Swimming Club jointly hosted the Hardcore Meet at the Wellington Regional Aquatic Centre (WRAC) on 14 October.

Being the first long course meet for summer season (meaning the pool was set up as 50m lengths) the meet attracted 239 swimmers/over 700 entries. This was huge compared to last year's 160 swimmers.

PCA's team of 60 swimmers was the biggest team at the meet. Our team managers did very well to get all the swimmers to their races on time. For most swimming in the long pool was a huge learning curve. It is great to have fewer turns, but the length does go on forever! Individually there were numerous PBs and many swimmers swum events for the first time.

Congratulations to Nathan Hu who set a new Wellington record for 11yrs 50m butterfly with a time of 31.01, breaking the old record of 31.40 that has stood since 15.2.14.

At the end of the meet all those who swum three or more events were entered in a lucky draw to win one of four \$50.00 prizes. It was great to see Quinn Spalding from PCA amongst the winners along with Charlie Gardner (Masterton), Giacomo Solina (Ngā Tai Tūātea a Taraika) and Arahi Doggett (Kiwi West - Palmerston North)

This was a huge meet to organise and PCA thanks goes to Vicki Gibbs (Tawa's race secretary) for taking the entries and putting the races together, and PCA's Blair St Just for organizing the officials with the Tawa Club.

As this was a fundraising meet PCA asked all swimmers to provide a plate so the officials felt valued, looked after and left the meet well fed! Providing refreshments has always been a point of difference between our meets and other club meets held at WRAC. A big thank you goes to those who did provide food – although it would seem not everyone saw this request.

Thank you to our team managers and coaches, and everyone who assisted at the meet in some capacity, whether it was with duties or officiating. Give yourselves a pat on the back – we ran 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 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 president at 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 027-645-1146 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 treasurer@swimporirua.co.nz.

Upcoming Events:

28 October – Otaki Tier 2 – Coastlands – Entries Close 22 October.

5 November – Gold Coast Chocolate Carnival (SC) – Coastlands – Entries Close 31 October.

11 - 12 November - SNZ All Stars Junior Festival (SC) – WRAC – Entries Close 31 October.

20 November – PCA 100m Handicap (SC) – Cannons Creek – Entries Close 13 November.

26 November – Gold Coast Paekakariki Shield (SC) – Tawa – Entries Close 19 November

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 (Vanya Pyne)	e-mail
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