

New Training Aids:

A big thank you goes to Greg Parish for making up some noodles that attach to the lanes to help our Arena swimmers improve their underwater work.



Raffle for Cannons Creek Equipment Costs:

**CHRISTMAS
FUEL
RAFFLE**

GOLD \$200
SILVER \$60
BRONZE \$40

Tickets \$5 each
Bring along \$5 to support

PCA
Porirua City Aquatics

Tickets go on sale November 2023
Raffle will be drawn 15 December at

FAMILY FUN NIGHT

Have-a-Go Race Night:

Friday 17 November 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

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

Important:

- 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.

Gold Coast Paekakariki Shield and Chocolate Meet Tawa Pool:

Sunday 26 November, 3:00pm warm up for a 3:30pm start.

This is a relay meet with individual 50m races. Ribbons and Chocolate bars will be awarded to all those recording new or best times. Maximum of two individual

races. The relays will be selected from those who have entered.

This is an ideal meet for new swimmers, especially those who enjoyed Race Night.

Entries are done through the SNZ database/Fastlane and close Sunday 19 November.

If you are new to on-line entries full instructions are on our website. Our best advice is not to leave entering until the last minute!

Family Fun Night: (Final Club Night for Year)

Friday 15 December 2023
Cannons Creek Pool
6:00pm warmup, 6:30pm start.

Traditionally this has been an evening of fun races for the whole family.

The programme includes:

- monster whirlpool
- width kick for younger family members
- family relays (teams of three from one immediate family)
- friends relays (teams of three)
- adults kicking races
- piggy back races
- three legged swimming races
- an adults 50m sprint for those who wish to re-live their swimming days.

Note – For safety reasons all children under 5 must be accompanied by an adult or swimmer over 14yrs in the pool

While it is hoped that parents will take part, this is not compulsory. Apart from the 50m sprint, all other events are for non-swimmers. If you can carry a child on your back – please bring your togs along and join in!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

Christmas/January School Holidays:

The final swimming night for club lane swimmers and Tadpoles who swim on Monday, Friday and Sunday Mornings at Cannons Creek will be Friday 15 December.

Orcas, Sharks, Swordfish and Seals training will finish on 20 December.

Orcas, Sharks and Swordfish training will recommence the 15 January 2024.

All squad timetables will be emailed to the parents of the swimmers in those squads.

Normal club swimming, as well as training for the Seals and Tadpoles will recommence the week beginning Monday 29 January 2024. Sunday morning club swimming will restart on 4 February 2024.

There will be no squad swimming on Waitangi Day Tuesday 6 February.

Meet Reports:

Waitohu Meet:

Held at Coastlands Pool on 28 October.

Twenty three PCA swimmers entered this meet.

This was the first meet the Otaki Titans Club had ever hosted and they should be proud of their efforts. The highlight for many was winning a spot prize. These sponsored gifts went to those lucky enough to have their number drawn in the spot prize draw.

It was good to see our swimmers try new events and/or swim events they hadn't swum for a while.

Lily-Ann Alderson did a massive 78 second in 200m back – clearly she hadn't swum this for a while, while Freddy Mills (100m fly) and Indie Spalding (400m) both took over 10 seconds off their times.

A big thanks goes to all those who officiated, managed our team and coach Heli for her guidance.

Gold Coast Chocolate Carnival:

Held at Coastlands Pool on 5 November.

Forty five PCA swimmers took part in this meet.

For a number this was their first time racing outside club events held at the Cannons Creek. Understandably many swimmers were nervous, especially with diving but everyone coped well and took the new experience in their stride.

As with all Gold Coast Meets the Personal Best Trophy was up for grabs. Otaki Titans were the winners with 89% of their swimmers who already had a time, improving on that time. PCA was second with 74% followed by Raumati 68% and Tawa 65%.

All those swimming a PB or establishing a new time received a PB ribbon and a chocolate bar – it was great to see all those happy faces when they collected their winnings.

A big thanks goes to coach Heli and managers Rose and Karen for encouraging our swimmers and putting the swimmers at ease.

Thank you to our officials and timekeepers especially those who didn't have swimmers competing at the meet.

For these meets all Gold Coast clubs (PCA, Tawa, Otaki Titans and Raumati) are required to supply timekeepers.

PCA normally has the biggest team competing and it was great to see a number of our parents answer Viv's plea "We need more timekeepers" and fill the empty chairs left by the smaller teams. Running a meet with two timekeepers on each lane is possible but it does take extra time as the times need to be averaged. With three timekeepers the middle recorded time becomes the official time which is fast and easy.

Thank you everyone.

Swimming NZ Junior Festival – All Stars:

11 and 12 November at WRAC.

Porirua City Aquatics is part of the All Stars region for this Swimming NZ meet targeting swimmers twelve years and under.

The All Stars region covers Wairarapa, Manawatu Wellington and Whanganui.

Meets were also held in Cambridge/Aquaknight's region, Auckland/Harlequin's region and Timaru for the South Island/Makos during November..

This was a big meet with racing over four sessions including kick races, numerous relays and the normal individual events.

The PCA team of 30, the biggest club team at the All Stars meet, swam extremely well with many podium and top 10 finishes.

Congratulations to Nathan Hu for breaking the Wellington records for 11 yrs 200m medley and 50m butterfly. Rebecca Yu also broke the Wellington record for 11yrs 100m freestyle.

Other swimmers recording PBs were Dominic Dai 8yrs, Oscar Feng 9yrs, Bede Mills 9yrs, Sophia Nguyen 11yrs,

Deserving a special mention are Ashley Lui, 200 medley Jackson Crawford, 200 breaststroke and Anna Han, 100 fly who all recorded PB's in excess of 20 seconds! Amazing!

In the relays PCA won every relay and often took a second or third placing as well.

PCA often had three or four relay teams entered in each event, which added to everyone's excitement.

Individual and Relay results are attached at the back of the newsletter.

PCA managers did a great job organising the swimmers, especially when there were so many relays – a big thank you goes to the managers (Rose, Catherine, Haiou, Novia and Zhenzhen) and all those who officiated and helped with club duties.

PCA provided the chief timekeeper for 3 of the four sessions, and a number of extra people jumped in to help when other club's didn't have the numbers.

Thanks also to those who helped out even when they didn't have swimmers competing.

PCA gave a gift of appreciation to the Meet director and Office Staff – these people worked tirelessly in the background at every session to ensure the meet ran smoothly.

Thanks to Jackson Crawford and Mackenzie Carnegie for making the thank you speeches!

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 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:

17 November – PCA Race Night (SC) – Cannons Creek Pool – Entries on Night.

20 November – PCA 100m Handicap (SC) – Cannons Creek Pool – Entries Closed

1 – 3 December – SWN Summer Champs (LC) – WRAC – Entries Close 26 November

15 December – Family Fun Night – Cannons Creek Pool

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

Results - Swimming NZ Junior Festival All Stars – 11 – 12 November 2023

Individual results were:

<i>Name</i>	<i>Age Group</i>	<i>First</i>	<i>Second</i>	<i>Third</i>	<i>Other Top 10 finishes</i>
lite Alaifea	12yrs	3	1		6
Alistar Bai – 10 yrs	10 & Under		1	4	4
Alyssa Bai	12yrs	9			2
Mackenzie Carnegie	12yrs				2
Cody Chen	12yrs			4	4
Jackson Crawford	11yrs			1	5
Justin Feng	11yrs		1		8
Anna Han – 9yrs	10 & U	1		2	6
Emma Harrison	12 yrs		1		3
Oscar Hodge	11 yrs		6	3	
Jasper Hu – 9yrs	10 & U	10	1	1	
Nathan Hu	11 yrs	13			
Ashley Liu	11 yrs				4
Sam Olliver	12 yrs				6
Amokura Olsen	10 yrs				2
Patrick Reiher	12 yrs		2	1	5
Dora Shen	11 yrs		5	4	1
Indie Spalding	12 yrs		1	2	6
Lincoln Thomas – 9 yrs	10 & U			1	6
Chao Wang	10 yrs	2	2	3	6
Lawrence Wang – 9 yrs					9
Michael Winton – 9 yrs	10 & U				7
Kristen Young	10 yrs		1	1	4
Rebecca Yu	11 yrs	10			
Camille Zhou	12 yrs		5		2

In the relays PCA won every relay and often took a second or third placing as well.

	<i>First</i>	<i>Second</i>	<i>Third</i>
Mixed 6 x 50 (a boy and a girl from each age group)	A team	B Team	
Girls 6 x 50 (2 girls each age group)	A team		
Boys 6 x 50 (2 boys from each age group)	A team		B team
Mixed (2 boys and 2 girls) 4x 25 kick	A team	B Team	
Boys 4x 25 kick	A team	B Team	
Girls 4 x 25 kick	A Team		B Team (equal with Tawa)
Mixed (2 boys and 2 girls) 4x 50 medley	A team	B Team	
Boys 4x 25 medley	A team		See note below
Girls 4 x 25 medley	A team		B Team
Mixed (2 boys and 2 girls) 4x 50 freestyle	A team	B Team	
Boys 4 x 50 freestyle	A team		
Girls 4 x 50 freestyle	A team		B team

Note: Boys 4x 25 medley PCA B, while presented with the third place ribbons actually finished 4th when a soft touch on the electronic pads was missed. In the spirit of the meet the boys kept their ribbons.