

### Christmas and New Year Break:



Our committee and coaches would like to wish everyone a very Merry Christmas.

Please buckle up, drive safely, and take care, especially around water. While our members can swim well in the pool, we all know rivers and beaches can be very unforgiving for even the strongest swimmers.

We look forward to seeing you all back at the pool in the New Year.

### 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 have been 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 at 9:00am to

10:00am, from 11 February sessions will change back to 8:00am to 9:00am

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

### 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.**

### Learn to Swim:

Our next course of lessons will start on 11 February 2024 and finish on 24 March 2024.

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.

## Swimming Wellington Annual Awards:

These Awards were presented at the end of November/beginning of December. Some were presented pool side at Cannons Creek and others at the Wellington 13 and over Long Course Champs, 1/3 December at WRAC.

**Mrs Eileen Adams was presented with Swim Wellington Volunteer Coaches of the Year Award for 2023.**



As we all know Eileen makes a huge contribution to PCA, coaching on Monday and Friday nights, as well as Sunday mornings and then teaching learn to swim (in the water) at each of our term learn to swim courses. I am sure no one would disagree this award is truly deserved!

**Elouise Thomas was presented with Swim Wellington's Club Contributed of the Year for 2023.**



During the year Elouise has been the PCA's Official Co-ordinator, organising the officials for meets, the Club Secretary – both positions she has stepped away from to become the Club Race Secretary, one of the biggest jobs in the club keeping track of entries, results and times, swimmers eligibility to attend meets, club records and as well Elouise coaches and is currently helping to organise the Senior Squad January camp. Another Award truly deserved.

It was great to have these awards presented at Cannons Creek in front of the swimmers Eileen coaches. The following Awards were presented the Kilbirnie.

**Gerusio Matonse was named Swim Wellington's Juniors Coach of the Year.**



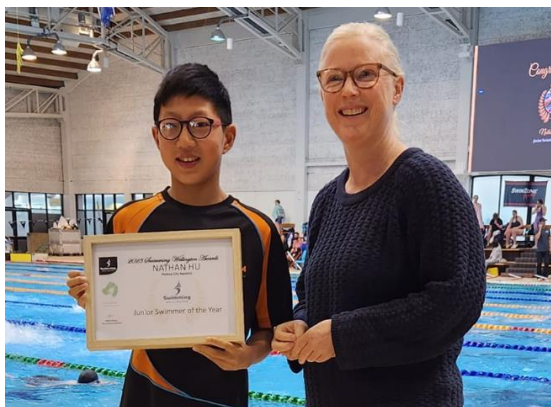
Prior to becoming PCA's Senior Squad Coach on Nevill Sutton's retirement Gerusio coached with success our Juniors Squad at Cannons Creek, and it was great to see his knowledge and skills recognised by Swim Wellington.

Also to be recognised was PCA's eleven year old **Nathan Hu** who was presented with Swim Wellington Selectors trophy for breaking the most Regional Records of any Wellington Swimmer during the Year. Nathan broke an amazing 27 records. He was closely followed by PCA's Rebecca Yu with 23 records.





**Nathan Hu** was named **Swim Wellington's Junior Swimmer of the Year** recognising his outstanding results at the Wellington Juniors Champs.



**Porirua City Aquatics** was named **Swim Wellington Club's of the Year**.



All of our club members have contributed to this award in one way or another. This award covers growth of the club, diversity and inclusion, our in house events, community involvement by way of the learn to swim courses PCA runs as well as organising Inter school sports. Swimmer's results contributed, with PCA being the top club at the SW Short Course Champs, Junior Champs and Junior Festival. This award also recognises the club committee, coaches, volunteers and the assistance PCA provides to meets run throughout the region.

## Meet Reports:

### 100m HANDICAP MEET 20 November:

The trophy competed for at this meet was donated to the club by the Law family in 1973 years ago and has been swum for ever since.

This year's meet proved to be exciting as ever with over 70 swimmers competing and enjoying plenty of load support from the grandstand.

Round one had everyone swimming in the heats over 100m freestyle, with the first two or three placegetters moving into one of the six semi-finals. The winner of each semi-final then made up the final. Each round was

re-handicapped and often finish placings were separated splits of a second.

Congratulations to our all the finalists especially the winner Lily-Ann Alderson, who finished just 0.57seconds ahead of Archer Thompson, with Hugo Pearce 3rd, Dannielle Rule 4th, Nathaniel Wood 5th and Matthew Bleach 6th. Each finalist received a rosette and block of chocolate.



Finalists from the left Dannielle, Nathaniel, Lily-Ann, Archer and Hugo with Matthew in front.

As swimmers dropped out, they were put into one of six relay teams. Teams then swam a heat to establish a time and later a handicapped final. To stop team swimming slowly in the heat, teams breaking their heat time by more than four seconds in the final were disqualified. Unfortunately Team 4 were disqualified for swimming an amazing 9 seconds faster in the final. Team 2 won, with Team 5 second and Team 6 third. Only 1.93 seconds separated these three teams.

A big thank you goes to all those who officiated and helped out at the meet. It was great to have an experienced announcer who could explain the format along the way – Thank you Nathan.

As with many meets and especially given the work that goes on behind the scenes organising this type of meet, it was disappointing that a number of swimmers entered and didn't turn up. Thank you to those who did advise they needed to scratch.

### Swimming Wellington Summer Champs (LC) - 13yrs and over:

This meet was held at Kilbirnie Pool over three days with heats in the morning and finals at night. The 400m, 800m and 1500m races were run as timed finals. Racing in the mornings to make the top 10 for the finals and then repeating the swim in the afternoon was a learning curve and something swimmers need to get use to in readiness for the 5 days 2024 National meets.

The highlight of the meet for PCA and for the first time ever was winning the top Wellington Club Award for the

most club points. Every finalist earned points for the club. PCA finished with 895 points, ahead of Tawa 771.50pts. Pirates were third 745pts, Capital 687 and Swim Zone 641pts.

The swimmer with the most points in each age group won the Swimmer of the Age Group prize – a \$50 voucher from Swim Hub. Congratulations to Lauren Crawford who was Swimmer of the Age Group for Girls 13yrs.

Freddy Mills broke the Boys 50m breaststroke club record with a time of 32.82sec. The previous record was set by Ben Walsh, time 33.76 set in Jan 2011

Individually there were some amazing swims, with PCA swimmers on the podium often. Visitors medals being awarded to the top two visitors if they finished either first, second or third in a race. Wellington medals being awarded to the fastest three Wellington swimmers meaning often there were five medallists in the podium. As a result it becomes very complicated to give an accurate individual medal summary.

The following swimmers were the fastest overall at the meet for their age in some events. Lauren Crawford 13yrs, 50 back, 100 back and 800 free. Freddy Mills 13yrs, 50, 100 and 200 breast. Joe Reiher 16yrs 50, 100, 200 breast and 200 medley. Holly Sorenson 13yrs, 200 medley. Justin Wang 13yrs 400 medley. Nathaniel Wood 14yrs (multi class) 100 breast. Victor Yu 13yrs, 200 fly. Karmen Zhou 14yrs, 50 and 100 fly. Congratulations to Matt Harrison who passed his Inspector of Turns (IOT) test during the meet.

A big thank you goes to all those who helped out when they didn't have swimmers competing – Brent, Viv, Graham Seagull and Tracey Liu.

Also thank you to those who time kept, announced, officiated, did door duty etc, and our team managers, Rose Crawford, Tracey Reiher, Karen Johnston. You were all awesome!

Lastly thank you to those PCA supporters who saved the day by answering the many calls for more timekeepers and helpers – positions other clubs were unable to fill. Thank you, Swim Wellington often tell me how much they appreciate PCA stepping up.

## 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](mailto: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](mailto: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](mailto: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](mailto: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
<b>Everything Else</b>	<b>03-0547-0205093-00</b>

If you are unsure which account you should be using, please contact [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz).

### Upcoming Events:

**15 December** – Family Fun Night – Cannons Creek

### Report of Best Times:

If you require a list of your times, please email Elouise Thomas the Race Secretary at [race@swimporirua.co.nz](mailto: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)	..... <a href="mailto:info@swimporirua.co.nz">e-mail</a>
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 <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>

