

Grant Funding:



We have received a Grant from the Pelorus Trust of \$7,000 towards the cost of hiring pool lane space for our club and squad sessions.

The businesses that contribute to funding to Pelorus Trust through their gaming machines are 888 Sports Bar & Gaming, 207 – 209 Main Road Tawa and Blend N Brew Bar, 10 Cobham Court, Porirua.

Cups and Trophies:

Would all those who were presented with Cups and Trophies at last years prizegiving please return them to the following.

- Johnsonville Squad - Tina Hua
- Senior Squad – Yuri Turetsky
- Cannons Creek Junior Squads – Jaymi Ng
- Cannons Creek Club Swimmers – Viv Morton

Please ensure they are cleaned. 'Silvo' (a silver polish) can be purchased at the supermarket and does an excellent job. Please don't use other cleaners and only soft cloths to prevent scratching the surface.

Cannons Creek Pool Office is now Cashless:

Please remember that the Cannons Creek Pool Office is now cash-less.

The only method of payment for fee topups or purchases is now eftpos or credit cards.

Late Entries for Swim Meets:

Our Race Secretary (Elouise Thomas) and President (Viv Morton) have been receiving an increasing number of requests for swimmers to be entered into race meets (ours and other clubs) after the closing date, and sometimes within a couple of days of the swim meet.

While we would like to see everyone swim, entry deadlines are in place to allow organisers enough time to put the meet together especially when most volunteers have limited time and are working around their day jobs and families.

Please ensure you get your entries in on time and not put pressure on others.

Payments to PCA Bank Accounts:

It would be helpful for our treasurer if bill payers ensured the reference and particulars boxes are completed when making On-line payments.

Often a swimmer's name alone is not sufficient and adding what the payment is for (uniform, subs, NAGs deposits etc) would be helpful.

With squad fees please also add the name of the squad as well, and ensure that it is paid into our account with the suffix of 02.

Bank account details are on the last page of this newsletter.

January Swimming Camp:

17 PCA swimmers were joined by 11 Raumati swimmers for a camp at the beginning of January. For the PCA swimmers, camp started three days earlier from the official start of camp with morning training at Coastlands and evening sessions at the Arena.

Camp was held at the Makino Pool, Feilding's 50m pool, with swimmers staying at Fielding Boys High School. It was great for our swimmers to train long course and outdoors.

PCA appreciates all the hard work that goes into to planning such an event. A big thank you goes to Raumati's coach Emma and Elouise and Rose for their efforts, and to coaches Emma, Sammy and Gerusio for coaching, encouraging and guiding the swimmers.

This is the first time PCA run a senior camp for many years and the swimmers certainly enjoyed the experience. Hopefully this will be the start of regular camps.

A big thank you to the parent helpers (Yuri Turetsky, Rose Crawford, Janine Sorenson and Matt Harrison) who cooked (feeding 30 plus can be a challenge), drove the swimmers to training and helped make the camp a success.

Unfortunately, we still live in a COVID world, and camp was disbanded one day early when COVID appeared.

Below are thoughts from Dannielle and Lauren about their experience.

Camp was awesome fun! It was a great way to spend a week with our teammates. We had to do two sessions everyday plus run back from the pool and dryland. My

best part was definitely completing the 100 x 100s. The thing I enjoyed the most was being with my friends and the food. – Dannielle

Camp was amazing. I loved swimming all week with new people and getting to know how nice they were. The pool sessions were fun especially the 100 x 100s and the Olympic set. The thing I enjoyed the most was the swimming and the people. – Lauren

(FYI 100 x 100 – is swimming 10 kilometers in one session!)

Swimming NZ Junior Festival:

Early in November 2023 Swimming NZ's Juniors Festivals were run at four venues through out NZ. Wellington is part of the All Stars Region and PCA had the largest team at the meet held over two days in Wellington.

This week PCA received this lovely trophy for the club recording the most Personal Best times in the over 200 entries category.

Everyone who swam contributed to this result. Congratulations.



Porirua City Aquatics Club Champs:

Sunday 17 March 2024 – Tawa Pool

Club Championships are the premier meet on any club calendar and with diving banned at Cannons Creek, and

Te Rauparaha Arena pool not measuring a full 25 metres Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 17 May 2024, over two sessions (2:00pm warm up for a 2:30pm start, then 4:30pm warm up for a 5:00pm start). The short break between sessions provides an opportunity to picnic in the park next door – PCA are planning to have a sausage sizzle running. See the flyer on our website and/or noticeboard for full details. By hiring the Tawa Pool our swimmers will be able to dive, if they wish, or they can start in the water. All 25 races will start in the water.

Over the years some sixty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophy events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. Points earned in these races (1st 8, 2nd 5, 3rd 3, and one for all the other swimmers participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving on Sunday 19 May 2024. Full details will be advised later.

As many age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, as happens at Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with most meets entries must be done on-line through Swimming NZ's database. For newer swimmers this is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on info@swimporirua.co.nz Entries close on 10 March 2024 – late entries will not be accepted.

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries see Viv Morton president@swimporirua.co.nz or Elouise Thomas our race secretary, email: race@swimporirua.co.nz

PCA Novice Carnival:

7 April 2024 Cannons Creek Pool
1:30pm, warm up for 2:00pm start

Come along and "HAVE A GO" – an introduction to racing.

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting swimmers newer club members and swimmers who have not raced in three or more zone or interclub events. All swimmers 8 years and under are considered 'Novice swimmers' and are eligible to enter. Swimmers 9 and over who have qualified to swim at the Wellington Champs may not enter. Events run with in our club for our club members only (race nights, Club Champs, In House league etc) are not counted as meets for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager. Parents should sit away from the team.

All those competing will receive a 'participant' ribbon. Swimmers will swim each event they enter once, and the times will be collated, should there be more than one heat, to rank the swimmers – in swimming this is known as timed finals. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard and on the flyer which can be found on our website. Entries close on 31 March. While the flyer asks swimmers to enter through Fastlane PCA swimmers who don't have a log-in should contact Viv

It would be great if PCA was the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 027 645 1146.

Novice Carnival Lucky Lane Prizes:

It is our aim to give every Novice swimmer at Lucky Lane Prize and usually PCA has been lucky enough to have items donated from our swimming community.

These may include drink bottles, frisbees, balls, vouchers, novelty items – maybe you or your employer has give aways that could be shared. Sponsorship will be acknowledged at the meet.

If you can help please email Viv, president@swimporirua.co.nz

Meet Reports:

2024 Open Water:

Seven PCA swimmers took part in the Banana Boat Open Water Swims held at Oriental Parade on 28 January.

The races proved to be quite challenging as the wind picked up, the white caps appeared and the water became quiet choppy.

One seasoned competitor who has swum for many years was heard to say the conditions were the worst he had ever seen!

Our swimmers did the club PROUD with everyone completing their swims. A number of other swimmers were 'boated' back to shore when they had had enough! Keep in mind some of these swimmers were 60 plus – well done to them for entering.

This event also doubles as Swimming NZ All Stars Opens Water Championships.

Results in 3.3k swim.

Lauren Crawford (12/14yrs girls) 2nd overall girls, 1st in a All Stars Championships

Holly Sorenson (12/14yrs girls) 4th overall girls, third in the All Stars Championships

Danielle Rule and Jade Lin (15/19yrs girls) 7th and 10th respectively.

Cody Chen (12/14 boys) 3rd overall and 3rd in the All Stars Championships.

Swimming 1.2k Asher Thomas was 3rd overall and second in the All Stars Championships.

Lincoln Thomas swum in 200m race and did really well.

Lauren and Cody also each received a medal as the fastest for their age in the non-wet suit category.

PCA/Tawa Hardcore Meet - 10 February:

Together Tawa Swimming Club and PCA hosted this at the Kilbirnie Pool, attracting 230 swimmers from all around the region including Manawatu and Wairarapa.

PCA had the biggest team of 49 and as this meet was fully officiated many swimmers were looking to qualify for the up-coming National meets and gain experience racing long course/50m lengths.

Congratulations to all the swimmers especially those who swum a new time or a PB.

Some swam PB's in excess of 10 seconds. Deserving special mention were Ashley Liu, 67seconds in 200 freestyle and 27 seconds, 200m backstroke, and

Lawrence Wang for a 48 improvement in 200m medley. Also in the 10 second improvement category were Lauren Crawford 800 freestyle, Anna Han 200 medley, Emma Harrison 200m breaststroke, Maddy St Just 50 butterfly, Daniel Turetsky 200 breaststroke and Justin Wang 200 free and 400IM.

The final race of the night was 400m medley, a really challenging race, long course. Swimming the event for the first time Joe Reiher finished just .03sec behind the winner in an impressive 5m09.22, while Dannielle Rule did an 8 seconds PB and Holly Sorenson, another first timer swum a great race.

At the end of the meet there was a lucky draw with four swimmers who entered at least 3 events each winning \$50.00 cash. Interest in the draw was high with swimmers needing to be at the pool to win. It was great to see PCA's Nathaniel Wood amongst the winners – other winners were Pirates swimmers, Rylee Broadfoot and Quinn Bailey and Caleb Wilsnach (Tawa).

The Official raffles were won by Megan D'oliveira (PCA) and Mrs Rogers from Tawa.

A huge amount of work goes in to run a meet like this – a big thank you goes to Tawa's Race Secretary Vicki Gibbs for organising the entries and PCA's Blair St Just for organising the officials.

Thanks also to many PCA parents who officiated and covered the numerous duties, our coaches Gerusio and Heli who supported and advised our swimmers and PCA's Team Managers Rose, Karen and Catherine. A special thanks goes to all those who officiated and didn't have swimmers competing.

All swimmers are reminded of PCA basic expectations for all meets.

- Swimmers are to sit with the team and if they leave the team, must advise a team manager.
- Swimmers are to wear PCA branded gear if they own it. Swimmers new to the sport may not own any gear, but those who are regularly entering meets should have some club gear to wear.

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 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:

2 March – Swim Wellington Harbour Challenge (Open Water) – Evan Bay, Hataitai Beach – Entries Close 25 February

9 March - Swim Wellington National Qualifier (LC) – Entries Close 3 March

17 March – PCA Club Champs (SC) – Tawa - Entries Close 10 March

23 March – Raumati National Qualifier (SC) – Coastlands – Entries Close 17 March

7 April – PCA Novice Carnival (SC) – Cannons Creek – Entries Close 31 March

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.....	
Officials Co-ordinator (Blair St Just)	021-782-591
Uniforms (Jessie Guo)	021-232-1533
Newsletter	e-mail info@swimporirua.co.nz