

Easter Weekend:

There will be no club or squad sessions over Easter Weekend, 29 March to 1 April.

Sunday Morning Club Sessions – Time Change:

On the Sundays where there are no learn to swim sessions, the club sessions will start an hour later and will be from 9:00am to 10:00am.

Sunday Morning Club Sessions – March to June:

31 March – Easter Weekend – No Session
7 and 14 April – 9:00am to 10:00am
21 April – Middle of School Holidays – No Session
28 April – 9:00am to 10:00am
5 May to 23 June – 8:00am to 9:00am
2 June – Kings Birthday Weekend – No Session

PCA Novice Carnival:

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

Entries Close 31 March.

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.

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

School Holidays - 13 to 28 April:

Club Sessions:

Sunday 7 and 14 April – 9:00 am to 10:00 am
Sunday 21 April – No Session
Sunday 28 April – 9:00 am to 10:00 am

Monday 15 and 22 April will be devoted to distance badge swimming. Club and squad swimmers are welcome to join in.

Friday 19 April – 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 7:00pm.

Those who would normally come to a later group should come at 7.45pm.

Three lanes are booked from 7:00pm to 8:30pm. Tadpoles and Seals can come to either session.

We can’t get the pool earlier as PCA’s Seniors will be training. As some of our coaches will be away can parents step up and help. As we have three lanes this will allow for diving, but extra supervision is required to maintain safety.

Friday 26 April – swimming is cancelled as it is hoped the many club and junior squad swimmers will be entering PCA's Div III meet at the Tawa pool. See notice in this newsletter.

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

On the two Mondays we will have half the pool until 6:30 pm and then the whole pool until 8:30 pm.

Swimming times – please come at the times set out below. It makes it very difficult when swimmers turn up at 6pm to swim 1K.

6:00 pm for those swimming distance badges for the first time.

6:45 pm for those swimming 200m, 400m, 800m and 1500m

7:15 pm 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 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!

All Squads will be emailed their Holiday time table.

Ring me if you have a query, just ask - Viv 027 645 1146.

Porirua City Aquatics Div III Meet:

Saturday 27 April 2024 Tawa Pool.

Session one 9:00 am warm up for a 9:30 am start.

Session 2 1:30 pm warm up for a 2:00 pm start.

This meet is open to all developing swimmers / up and coming swimmers, meaning swimmers who have qualified for the 2024 National Age Groups and Div II meet and/or NZ Opens may not enter the events they are nationally qualified to swim. Also those under 12 who were top finishers at Junior Festival and the Wellington Champs may not enter.

The flyer has times listed and normally these would be qualifying times, but for this meet if you swim **faster** than these times you can't enter.

The purpose of this meet is to give developing swimmers a chance to shine, win medals and gain finalist ribbons.

PCA has successfully run this meet for over 30 years and we will be expecting to have the biggest team there – it is a club fundraiser, and we also be expecting to see swimmers from all around the region, including Manawatu to enter as they have done in the past.

Entries, via SNZ database, close at midnight on 22 April 2024.

It is the PCA's expectation that our National swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website.

Swimming NZ Opens and National Age Groups (NAGs):

The Swimming NZ Open Championships (which is also an Olympic qualifying meet) will be held at the Hawke's Bay Regional Aquatic Centre in Hastings from 9 to 13 April, and National Age Groups (NAGs) will be held at the same venue from 15 to 19 April.

PCA will have a team at NAGs.

Both events will be live streamed (free) through the Whakaata Māori YouTube channel.

Please be aware of scam links on facebook pages that look similar to the Swimming NZ facebook page, or links that slip through to articles on the Swimming NZ facebook page.

Any link that offers live streaming for these two events and request your credit card details is a scam.

Meet Reports:

Swim Wellington 2024 Open Water:

PCA's team of 10 swimmers had an extremely successful time at Swim Wellington's Scorching Bay Open Water Challenge with everyone winning a placing medal.

PCA was represented in three distances. 500m, 1.25k and 2.5k. All participant's received a participant medal, and then Gold, Silver and Bronze medals were presented to the first three male and females in the various age groups/distances..

2.5k event. 16/34 years. Joe Reiher and Dannielle Rule both won Golds. 11/15yrs Lauren Crawford Gold, Holly Sorenson, Silver.

1.25k. 11/15yrs Justin Wang, Gold. Patrick Reiher, Silver. Cody Chen, Bronze. 16/34yrs Jade Lin Gold. 11/15yrs Charlotte Harrison Gold.

500m 11/15yrs Emma Harrison Gold.
Coach Matt Harrison swam a great race to finish 5th in the Masters 1.25k event.

Thanks to Swim Wellington for organising the event and a special thank you to Nathan Thomas the announcer who did a fantastic job.



Our swimmers from the left – Joe, Justin, Patrick, Cody, Dannielle, Holly, Lauren, Charlotte, Emma and Jade.

Gold Coast Meet – Tawa – 18 February:

The thought of winning Chocolate and Ribbons for achieving a Personal Best or New Time was obviously the carrot our swimmers needed to enter this meet. PCA's team of 59 swimmers was one of the biggest we have ever had swim at a Gold Coast.

PCA came away with the Personal Best trophy with 66% of our swimmers achieving a PB, just ahead of Tawa with 65% and Raumatī with 37%.

It was great to see so many swimmers swimming new events and/or taking part in their first official meet. Well done Grace Avei-Ulu. Emilia Bleach, Lucy Bryant, Matthew Bleach, Cody Chen, Dominic Dai, Indigo Eastham, Sasha Eastham, Jackson Ellis, Ashley Jackson, Charlotte Jackson, Blake Kinvig, Tai Lewis, Melody Liu, Jessica Macrae, Hannah McMaster, Luca McMaster, Emma Ng, Minh Nguyen, Amokura Olsen, Quinn Spalding, Lincoln Thomas, Archer Thompson, Daniel Turetsky, Jade Wang, Michael Winton, Nathaniel Wood, Aaron Zang and Boyi Zang.

A big thank you goes to all those who officiated, especially those who answered the call for timekeepers when other clubs didn't fill their quota. Thanks to the door people, those involved in the administration, and marshalling, also thanks to Heli for coaching, the team managers and the BBQ cooks.

Away Meets:

Rebecca Yu achieved amazing results at the Auckland Junior Champs 1-3 March 2024.

Rebecca won the Gold Medals and broke the Wellington records in her three freestyle events. Her time in the 50m free of 28.84 broke the previous record of 29.30 set in 2019. Her 100m time of 1m02.02 broke the 2010 record of 1m05.20 and in 200m she swam 2m16.11 breaking the 2011 record of 2m19.81. She also took out a Gold medal in 50 butterfly and a Silver in 200 butterfly.

Congratulations Rebecca.

Meanwhile Lawrence Wang swam at the Manawatu Champs on the same weekend record 4 Personal Bests times in his eight events, placing Second in the 10 and under 100 freestyle and third in the 100m breaststroke.

Congratulations Lawrence.

Swim Wellington – Open Water Challenge:

PCA's coaches were to the fore at this open water swim held on 2nd March at Hataitai Beach, Evans Bay.

Distances covered 500m, 1.25ks, 2.5ks and 5ks, in three age groups - Juniors, up to 15yrs, Open, 16-34yrs and Masters, 35 plus.

Swimming in the Masters category Elouise Thomas won the Gold Medal for 500m while Matt Harrison won a Silver in the 1.25 swim.

The Harrison family had a very successful day with Emma winning Silver in the Junior 500m swim and Charlotte, the Gold medal for the Junior's 1.25k swim. Also to win Gold were Patrick Reiher, Juniors 1.25k, Joe Reiher Open 2.5k and Lauren Crawford, who braved the swim without a wetsuit to win the Gold in the Juniors 2.5k.

Justin Wang started his 2.5k powerfully without a wetsuit only to be beaten by the conditions.

Lincoln Thomas and Julia Wang both swam an excellent 500m race.

Thanks especially to Elouise who kept Lincoln company and then returned to the water to finish the race with Julia.

Thanks to Swim Wellington for organising the event, and especially Nathan Thomas for his announcing expertise.

Swim Wellington National Qualifier:

Twenty two PCA swimmers took part in this National Qualifier Meet at the Kilbirnie Pool on 9 March.

National Qualifier meets, used to be called Tier one meets and are fully officiated enabling swimmers to break Wellington/NZ Records and use time recorded to qualify for National meets.

During the meet some amazing times were swum in the 400 freestyle with Maddy St Just taking 48.30 seconds off her time and Daniel Turetsky breaking his time by 18.20seconds.

Congratulations to the following, who broke club records during the meet. Lauren Crawford, 14yrs 1500 free, Alyssa Bai, 12yrs 200 butterfly and Patrick Reiher, 12yrs 50 breaststroke. Patrick's was an impressive swim, with a time of 35.62 taking 0.90sec off the previous record set way back in 2009.

A big thank you to all our coaches, technical officials, team managers and duty people,

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:

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

9 – 13 April – SNZ Opens (LC) – Hastings – Entries Close 26 March.

15 – 19 April – SNZ NAGs (LC) – Hastings – Entries Close 2 April.

27 April – PCA Div III (SC) – Tawa – Entries Close 20 April.

7 May – SNZ Div II (SC) – Hamilton – Entries Close 23 April.

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