

Matariki Holiday:

There will be no club or squad sessions on 28 June due to the Matariki holiday.

Change to Sunday Morning Club Swimming:

Sunday 30 June the Club Sunday Session will be from 09:00 to 10:00.

There will be no club swimming on Sunday 7, 14 and 21 July as Cannons Creek pool will be closed for maintenance.

Subscriptions:

Emails regarding subscriptions due from 1 July will be emailed this weekend.

If you do not receive an email please email info@swimporirua.co.nz with your details. We have a number of emails bouncing as the details on the membership forms are sometimes difficult to read.

If you are stopping swimming and wish to resign from the club please email info@swimporirua.co.nz with your details.

You will be unable to enter any meets after 1 July if you have not paid your subscription in full.

July School Holidays:

Cannons Creek Pool will be closed for maintenance from 6pm on Friday 5 July and will re-open on Monday 22 July.

Club night from 6:00pm on 5 July is cancelled.

The Seals and Tadpoles can join the Swordfish at their session on 5 July from 5:00pm-6:00pm. Three lanes will be available. All these groups are required to pay door entry when they enter the pool. Please remember Cannons Creek is a cash-less facility.

During the holidays the only club sessions available for those who normally swim on Monday and Friday nights and Sunday mornings will be at Te Rauparaha Arena on the two Monday's of the holidays, 8 and 15 July.

Swimmers who normally swim at 6:00pm on Monday and/or Friday should come at 7:00pm, and those who swim in the later groups session will be from 7:45pm to 8:30pm.

All swimmers are required to pay door entry.

The club has booked three lanes for these sessions.

Squad swimmers will be emailed their holiday timetable.

Junior Squad Coaching:

This week we welcomed Lucy Borlase to PCA as the new coach for our Junior Squad replacing Heli Dave who finished on 27 July.

Heli and her husband have an exciting time ahead with a new baby due in November. I know Heli was sad to be leaving. She has often mentioned what lovely swimmers we have in the club and how she has enjoyed being part of our PCA whanau. A big thank you goes to Heli for her coaching and input over the last 10 months.

Lucy comes with extensive experience in competitive swimming having raced for over a decade.

Before she went to Milwaukee in 2021 she swam with the Pirates club based in Karori.

She has competed up to National level and was often a regional medallist.

In America she continued racing wrapping up her career earlier this year.

She comes to PCA with heaps of experience having worked under different coaches and now brings all her experience and knowledge to share with our Junior Squads.

Welcome Lucy!

Committee Members:

I apologise for missing Blair St Just off the committee listed in the last newsletter.

As you all know Blair has been doing a wonderful job organising PCA officials for the past year and will continue in the role this year.

We would also like to welcome Rose Crawford and Euan Andrews to the committee.

Learn to Swim – Term 3:

Our next course of lessons will start on Sunday 28 July and finish on Sunday 8 September 2024.

Class times are 9:15am and 10:00am with all levels held at each time slot.

On the first day swimmers arrive at least 15 minutes earlier than their class time to complete enrolment process.

The course fee is \$45.00 – is to be made on the first day -cash only, no eftpos, or deposited into account number 030547-0205093-01. Please use your swimmers name as the reference and include L2ST3.

Please note Swimmers must be at least 5 years old, 1.1m tall and long hair must be tied back.

Team Managers:

PCA would like to train up more team managers to manage our teams at local meets.

With so many different meets on the swimming calendar, it is important we keep growing our pool of managers.

Prospective managers will need to become a club member and be prepared to be Police Vetted – both of these things come at no cost and are easy to organise. Initially trainees would work with an experienced manager to learn the ropes.

As people gain confidence and experience, they may become lead managers. It is the lead manager who sends out the email to the swimmers in advance of the meet.

The Team Managers for away meets are selected from the Team Managers who volunteer for local meets as the experience knowledge gained in Team Managing at local meets is required for National Meets.

Interested parents should contact Viv on president@swimporirua.co.nz

Meet Reports:

Race Night – 14 June:

Obviously this Friday night was a very busy night in the area with three school discos, football photos and PCA's Race Night, but this didn't deter the swimmers enjoyment at our Have-a-Go night.

About 30 swimmers attended, many first timers and it was great their smiley faces as they achieved their ribbons.

Many of the regular 'racers' tried new distances and events as they gained more racing experience.

A big thank you goes to Lincoln Thomas who gave me a very firm 'Sure' when I asked him to swim 200m freestyle to support Alyssa Brown, the only entrant.

'Having a Go' extended beyond the swimmers with many new parents stepping to timekeep – I am sure they found it less daunting that they thought it would be!

FYI There are three timekeepers on each lane and very rarely does everyone record exactly the same time. The official time is the middle time and if only two watches start then the times are averaged. This give plenty of leeway if someone's watch fails.

Thanks to Nathan Thomas our very experienced announcer who explained so many details over the meet (FYI Nathan is Chairman of Swim Wellington's Board).

Also thanks to the ladies on the desk who organised the entry cards, and Brent Harris and Elouise Thomas who refereed and started the races. It was a big day for them as they had both officiated at College Sport Swim Championships held at the Huia Pool in the morning.

Lastly, lets not forget Doug, Mark and Greg who stood in the rain to cook the sausages! Thank you.

Swim Wellington Short Course Champs:

For the third year in a row Porirua City Aquatics won the Mana Swimco Cup for topping the club points table at this meet. Pirates (Karori) were second with Capital third. These two clubs juggled their position throughout the meet, while PCA put their stamp on the top position from the start.



Individually our team of 33 had some excellent swims.

Everyone finishing in the top 10 in their events contributed to club points. The points those placing 4th to 10th earn are very important and contribute so much to the club's overall placing.

Rebecca Yu – 12yrs, won an amazing 12 Gold Medals, and was one of the lucky swimmers to win a spot prize. Spots prizes of \$25 or \$50 were given out during the meet. Alyssa Bai was another often seen at top of the podium with 6 Gold Medals. Both achieved Gold Medals in every event they entered.

Two visitor medals were presented to visitors finishing in the top 3 in each event, with the top three Wellington swimmers receiving regional medals. Often five medals were presented for one event.

Swimmers get a huge buzz when they win a race and stand alone on the top of the podium. Often swimmers receive a Regional Gold medal when they are second to a visitor in a race.

Those to OWN the podium were Lite Alaitea, Lauren Crawford, Indie Spalding and Asher Thomas – twice each. Alyssa Bai eight times, Jayden Ng and Joe Reiher - once. Holly Sorenson four times, Eric Yuan and Karmen Zhou three times. Rebecca Yu twelve times.

PCA was extremely strong in the girls 13-year-old age group with Indie Spalding, Camille Zhou, Lite Alaifea and Alyssa Bai often sharing all the medals between them. Matching uniforms on the podium is always a good sight!

Results:

Swim Wellington Short Course Champs Results

	Age	Regional			Overall
		1	2	3	Top 10
Jackson Crawford	12				3
Sam Oliver	12				6
Cody Chen	13			4	7
Patrick Reiher	13		3		1
Asher Thomas	13	3	2	1	2
Jayden Ng	14	2	5	2	
Justin Wang	14		1	5	3
Victor Yu	14				4
Boyi Zang	14				
Daniel Turetsky	15				6
Lewis Parker	15		2	2	3
Felix Thomas	15		5	2	1
Aaron Zang	16				3
Eric Yuan	16	3	1	1	1
Joe Reiher	17+	1	3		5
Rebecca Yu	12	12			
Emma Harrison	12		1	2	4
Sofia Nguyen	12			1	1
Courtney Higham	12				1
Camille Zhou	13		4	2	2
Lite Alaifea	13	2	2	2	2
Alyssa Bai	13	8			
Abigail Parker	13				
Indie Spalding	13	1	1	3	4
Holly Sorenson	14	4	6		
Lauren Crawford	14	3	1	1	2
Maddy St Just	14				4
Charlotte Harrison	14		1		4
Karmen Zhou	15	6	1		
Jade Lin	17+		2	1	6
Danielle Rule	17+		2	2	4
Mao	15				2

Nathaniel Wood (14yrs) had some great swims, achieving 4 PBs from 4 events

A big thank you goes to all those who officiated and helped at the meet.

Thanks to Blair St Just for organising officials and helpers for the four sessions.

Working in the presentation area is extremely busy for me (Viv) and even a plea from the announcer didn't move spectators to help out. A big thank you to Carla

and Quinn Spalding, Emma Ng, Lincoln Thomas, Rose and Jackson Crawford for coming to my rescue.

Thanks also to the team managers, and the coaches Steven Zhu, and especially Heli Dave, Matt Harrison and Todd Morton for filling in for Gerusio who was down with Covid. Gerusio did follow the meet on meet mobile and was in touch with the swimmers throughout.

Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$200.00 for club members. That is, those who swim in the Tadpoles squad and those who swim at the club sessions on Friday and/or Monday nights and/or Sunday mornings.
- \$160.00 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 Viv Morton on 027-645-1146 or email president@swimporirua.co.nz

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, shorts and ponchos 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:

30 June – Gold Coast (SC) – Tawa – Entries Closed.

27 July – Swim Wellington Junior Spring Challenge (SC) at Tawa – Entries Close 21 July

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](mailto:)
Race Secretary (Elouise Thomas).....022-140-5068
Junior Squad Coachborlase@swimporirua.co.nz
Senior Squad Coach.... matonseg@swimporirua.co.nz
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