

Annual Membership Subscriptions:

All swimming members who need to pay the club subscription should have received an email on 28 June advising of the amount of the annual sub that was due from 1 July, and the amount to be paid if there was a balance on their account as of 30 June.

Payment is due by 31 July.

Membership of the club for swimmers is the first requirement to be able to swim in club or squad training sessions.

The club subscription includes all levies charged by Swimming NZ and Swimming Wellington, which allows the swimmer to enter swim competitions.

If you did not receive an email, or wish to resign your membership, please email info@swimporirua.co.nz.

Reminder emails will be sent out at the end of July to any members who still owe subs.

More details (how to pay, or about spreading payments) is in the standard subscription section in the newsletter (after Meet Reports).

Any member who has not paid their subscription by 31 July (unless they have an agreed payment plan) will be unable to attend club or squad training sessions.

Sunday Morning Club Swimming:

From Sunday 28 July Club Swimming Sessions will be from 08:00am to 09:00am

NZ Short Course Swimming Champs:

This meet will be held at the Sir Owen G. Glenn Aquatic Centre, Auckland, from 20 - 24 August 2024

PCA will be there in force with 17 swimmers qualifying for this meet – this is PCA's biggest team ever to compete a National Championship Meet. In 2023 PCA's team of 8 finished 32nd in the club rankings.

Congratulations to all those who qualified – Asher Thomas, Aylssa Bai, Camille Zhou, Cody Chen, Eric Yuan, Felix Thomas, Holly Sorenson, Ite Alaifea, Jayden Ng, Joe Reiher, Justin Wang, Karmen Zhou, Lauren Crawford, Lewis Parker, Nathaniel Wood, Patrick Reiher and Indie Spalding, Travelling with the team are managers Elouise Thomas, Rose Crawford, Tracey Reiher, coach Gerusio Matonse.

Brent Harris will be officiating for the five days.

The meet will be live streamed for those wishing to follow PCA's progress. Details on our Swimming NZ website.

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 – payment is to be made on the first day -cash only, no eftpos, or deposited into account number 030547-0205093-01 before the first day. 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.

PCA In-House League:

5 August, 2 & 23 September - All Monday nights

**Cannons Creek Pool
6:00pm Warm Up – 6:30pm Start**

Entries Close Wednesday 31 July

Three Fun Nights – Open to All Club Members

This event replaces all club and squad training on these dates.

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 5 August – swimmers having a birthday during the series, will continue to swim in the lower age group.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, they will be expected to come along

with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering make a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who just forget or don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Viv Morton at president@swimporirua.co.nz please include your age as at 5 August in your email. Entries close on 31 July.

Things to remember:

- For the smooth running of league, swimmers are to sit with their teams.
- Parents and supporters are to sit on the top rows of the grandstand and leave the bottom two rows free for the teams.
- Leading a team becomes difficult when swimmers sit with their parents and leaders need to search for their swimmers.
- Our leaders try very hard to give all team members an equal number of races. The number of heats on the programme for each event is matched to the age and numbers in the teams, which means not every 9 year old, for example will get the swim in every race available for 9 years olds.

Have-a-Go Race Night:

Friday 13 September - 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 and/or Tadpoles, Seals, Swordfish and Sharks squads.

Entries are 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 normal training is cancelled. Swordfish training will be held as normal, although these swimmers are welcome to join

race night after training – 200m medley is on the programme as event 1, especially for those and who may like gain valuable medley racing experience.

Any queries, please speak to your child's coach or email president@swimporirua.co.nz

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.

Meet Reports:

Gold Coast Meet – Tawa – 30 June 2024:

Eighty five swimmers took part in the meet with PCA having the biggest team of 38. Other swimmers came from Tawa, Raumati and Otaki Titans clubs.

The emphasis at Gold Coast Meets is all about Personal Bests, achieving PB ribbons and trying new events. Well done to all those who swam – PCA won the PB trophy with 70.7% of swimmers achieving a PB. Tawa achieved 67%, Raumati 58.3 and Otaki Titans 43%

Individually there were some amazing PBs. Sean Andrews took more than 15 seconds off each of his three events, Indigo Eastham did a 17 sec PB in 100m free while sister, Sasha reduced her 50m breaststroke time by 20sec.

The standout for PBs was Jackson Ellis who reduced his 200m freestyle time by 1m43seconds. Sam Olliver took 23 seconds off his 200m breaststroke time while Amokura Olsen took 32 sec. off her 200m free time. Well done.

Thanks to those who officiated and to Blair St Just for organising our officials.

It was great that PCA parents stepped up when Tawa could not fill all their duties (Lynaire Parish as Chief timekeeper and JayMi's husband who did door duty). Also to Tarryn and Carter Higham, James Alderson for being on call to distribute the DQs and be a runner.

Learnings from the meet:

- Please bring the correct money to pay at the door.
- Ask your club team manger if you or your swimmer can't remember what they have entered. Programmes are not available at Gold Coast Meets.
- Try to avoid entering back to back races and/or two 200m events at a Gold Coast Meet, as these events are often combined.
- The club is given DQ forms for every infringement - swimmers should talk with the coach if they were DQ'd.

- If you have an issue with a DQ then you should discuss the DQ with the Coach or Team Manager who can explain the DQ and also talk to the Technical Director or Referee if they are unsure. DQ's are only signed off by a Referee after questioning the Official who saw the infraction and are not signed off unless the Referee is convinced that the DQ should be given. In the case of a DQ for a false start, the Referee and Starter must both agree before the swimmer is DQ'd. If you want to protest a DQ then the Team Manager can file this on your behalf. You need to provide the \$100 cash protest fee, which is not refundable if the protest is not allowed. Video of the race is not able to be seen by the Referee with regards to any protest.

Hawkes Bay Poverty Bay SC Champs:

A team of eight PCA swimmers travelled to Hastings in the first weekend of the school holidays to compete in the 2024 Hawke's Bay Poverty Bay Winter Short Course Champs, held at the Hawke's Bay Regional Aquatic Centre.

For the junior swimmers, this was a great opportunity to test themselves against the eastern region swimmers, while for the senior swimmers it was a great opportunity to achieve National Qualifying times (QTs) with long distance races and the chance for multiple swims in 50m and 100m races with heats and finals for these events – which doesn't come up often!

Overall, the team achieved 58% pbs in their 73 races, 35 of which were finals.

As visitors (not from the region), any top three age group placings for events were awarded with ribbons and in total the team achieved 17 first, 8 second and 5 third placings. The senior swimmers also gained eight new QTs for the upcoming 2024 NZ Short Course champs and Asher Thomas achieved a new 13 year boys PCA short course 50 Breaststroke record.



Congratulations to the team of Xi and Chao Wang, Emma and Jayden Ng, Justin Wang, Lincoln, Asher and Felix Thomas and huge thanks to their families for taking

the time to bring and support them. Lots of fun and great to see the hard work of the coaches and swimmers paying off.

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@swmporirua.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:

27 July – Swim Wellington Junior Sprint Challenge (SC) – Tawa – Entries Close – 22 July

3 August – SZR National Qualified (SC) – Huia – Entries Close – 28 July

5 August – PCA In House League (SC) – Cannons Creek – Entries Close 31 July

11 August – Gold Coast Woollahra Trophy (SC) – Coastlands – Entries Close – 4 August

20 – 24 August - SNZ Short Course Champs (SC) – Auckland – Entries Close 6 August

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:info@swimporirua.co.nz)
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
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