

Club Swimming Sunday Mornings:

From 15 September to Sunday 20 October the club sessions will run from 9:00am to 10:00am.

Labour Weekend (October):

There will be no club or squad swimming sessions on Sunday 27 and Monday 28 October.

PCA In-House League:

The second night of the PC In-House League is on Monday 2 September at Cannons Creek Pool.

Squad and Club swimming sessions will be cancelled on Monday so that everybody can join in.

You can come along and join a team if you were unable to make the first night.

Details on the website.

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.

There will be a Sausage Sizzle – Cash Only.

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.

Parumoana Interschool Sports:

Dash Swim School and PCA jointly organised the Parumoana Interschool Swimming Sports for Years 5 & 6 swimmers on 27 August with Years 7 & 8 held the following day. Over the years this has become a big event on the school calendar as club mates compete against each other to earn points for their schools.

Parumoana School's cluster includes Adventure, Discovery, Papakowhai, Paremata, Pauatahanui, Postage, Pukerua Bay, Rangikura, St Therasas (Yr 5 & 6 only) and Whitby Collegiate (Yr 7 & 8 only)

Leading up to the meet some schools ran trials lead by parents on Sunday morning, while others held training sessions for their teams to familiarise themselves with the Cannons Creek Pool.

Schools were limited to two entrants per event, with the fastest six swimmers from the heats contesting the final. The racing was close and keenly contested – with swimmers enjoying heaps of very vocal support from their school mates, especially in the hotly contested relays.

Papakowhai was the standout school again this year winning the Cups for both Years 5 & 6 and Years 7 & 8.

Although Plimmerton were presented with the Yr 5 & 6 Cup on the day, a recount showed an error and Papakowhi were the actual winners.

Year 5&6 results:

Placing	School	Points
1 st	Papakowhai	155
2 nd	Plimmerton	150
3 rd	Discovery	96.5
4 th	Pauatahanui	73
5 th	Paremata	49
6 th	St Theresa's	41.50
7 th	Adventure	41
8 th	Pukerua Bay	10

Year 6&7 results:

Placing	School	Points
1 st	Papakowhai	218
2 nd	Whitby Collegiate	128
3 rd	Plimmerton	109

Placing	School	Points
4 th	Pukerua Bay	64
5 th	Discovery	40
6 th	Adventure	13
7 th	Rangikura	13
8 th	Paremata	8
9 th equal	Postgate & Pauatahanui	3

A big thank you to all the teachers and parents who transported swimmers, managed teams and officiated at the meet. It is interesting at the Year 7 & 8 event while there were a number of spectators we did struggle for timekeepers. Thanks to Euan Andrews for jumping in to be the starter and Jessca Douglas who was the chief timekeeper. Both were new to these roles and did a great job.

Thanks also to Nathan Thomas for announcing on both days and to the Porirua City Council for donating the pool time. This is quite a big event to organise and PCA and Dash should be very proud of the way the meet ran on the day. The atmosphere especially at the Year 5 & 6 meet was electric!

Squad Liaison Positions disestablished:

The committee has decided to disestablish the position of squad liaison for both the senior and junior squads.

These positions have been around for a long time to provide a point of contact for parents on what is happening in the squad and provide a link between the parents and the committee.

The aim of this position was also to keep the amount of administration time that our paid coaches are required to undertake, so that they can concentrate on the swimmers and keep costs down.

These have historically been filled by a parent of a swimmer in the relevant group of squads.

The expectation of this position has changed over time with some members expecting that the position has had more authority than it actually has.

While the committee investigates how this could work better the contacts for any queries relating to the Squads are as follows:

Junior Squad – President (Viv Morton)
Senior Squad – Vice-President (Brent Harris)

Any queries that you have related directly to your swimmers coaching can be directed directly to the relevant coach, preferably by appointment outside of any squad session.

Contact details are at the end of this newsletter.

Complaints:

Members are reminded that any formal complaints relating to the Swimming NZ Code of Conduct and Membership Protection Policy need to be made in writing to the secretary (secretary@swimporirua.co.nz) within 14 days of the event/s occurring for it to be accepted for investigation.

The club uses the Swimming New Zealand complaints policy and process.

The latest copy of the policy and process is on the Swimming NZ website [here](#).

Members are also reminded that it is your responsibility to be aware of the Swimming NZ Member Protection Policy and the process for making a complaint.

During July/August PCA had swimmers completing around the country:

Three PCA swimmers competed for their school at the **2024 NZ Secondary Champs in Auckland**. Alyssa Bai broke three club records and while Karmen Zhou broke one.

Thirteen swimmers complete at the SwimZone meet at the Huia Pool on 3 August. Congratulations to Nathanel Wood who broke a Para club record. Thanks to our team managers and officials.

Rebecca and Victor Yu swum at the **Manawatu Champs in Palmerton North**.

Meet Reports:

Swimming Wellington Junior Sprint Challenge:

This meet held at the Tawa Pool on 27 July was new on the Swim Wellington (SW) calendar and turned out to be exciting with single gender 50m races run in all strokes plus a 100m medley event, held in age groups from 9 and under up to 12years.

The meet attracted 124 swimmers all around the Wellington area, plus a few swimmers from Manawatu. PCA team of 30 was the biggest club team there.

The Capital club won the Eyeline Cup for the top club on the points table. Capital swimmers earned 895 points, PCA were a close 2nd with 865.50 points. Tawa was 3rd on 298.50.

All swimmers who finished the top 10 in their races earned points and received ribbons. It should always be remembered that points gained by those placing 4th to 10th are extremely valuable in the final count.

The top 3 in each event received medals while SW Junior Sprint Challenge Caps were presented to the highest scoring individuals in each age groups.

Congratulation to the following PCA Cap winners. Emma Ng – girls 9yrs & under, Anna Han - girls 10yrs, Justin Feng – boys 11yrs, Kristen Young – girls 11yrs and Rebecca Yu girls 12yrs.

Individual results were:

Name	Age	Gold	Silver	Bronze	Top 10
Emma Ng	9/u	2	2		
Julia Wang	9/u		1	3	1
Melody Liu	9/u				3
Xi Wang	9/u				3
Addison Parish	9/u				3
Quinn Spalding	9/u				3
Peixin Tian	10				4
Jessica Macrae	10				2
Anna Han	10	3			1
Ella Au	10		1		4
Chao Wang	10	1	2	1	
Alistair Bai	10		1	2	2
Lawrence Wang	10				5
Michael Winton	10			1	4
Oscar Feng	10				4
Lincoln Thomas	10		1	1	
Jackson Ellis	10				3
Kristin Young	11	3	1		1
Elizabeth Yang	11		1	3	1
Ashley Liu	11				4
Amokura Olsen	11				3
Justin Feng	11	2	2		1
Rebecca Yu	12	3	1	1	
Emma Harrison	12	1			2
Sofia Nguyen	12				1
Jackson Crawford	12				3

Also to swim well were Angela Yu, Olivia Mitchell and Dalton Nguyen

In the medley relay PCA A team of Rebecca Yu, Emma Harrison, Chao Wang and Alistair Bai were second behind the Capital team. Our C team (Justin Feng, Elizabeth Yang, Ashley Liu and Lawrence Wang) was 4th and PCA B were disqualified.

Learnings from the Meet:

- Bringing just one towel is not enough when swimmers are racing more than one race – bringing two or three towels is far more sensible.
- Swimmers should always keep their feet warm. Warming up and then walking around with nothing on their feet renders the warmup pointless. Shoes and socks are needed - Ugg boots are ideal.

While this was a Swim Wellington Meet, PCA was to the fore in ensuring the meet ran well.

A big thank you goes to:

- all those who timekept and officiated, especially those from PCA whose children have long since retired. PCA's Brent Harris was the Technical Director, Gillian Kalafatalis Referee, Graham Seagull Starter and Elouise Thomas, Judge of Stroke. Matt Harrison and Sam Yu were Inspectors of Turns (IOTs) and Nathan Thomas the announcer.

- our team managers Rose Crawford, Jaymi Ng, Carla Spalding and Jessie Guo, and coaches Lucy Borlase and Steven Zhu for seeing our swimmers get to their races and for providing racing advice.
- three of PCA's senior swimmers who each did a wonderful job – Jayden Ng and Justin Wang clocked up many steps escorting swimmers to their races, while Lauren Crawford worked tirelessly on the ribbon table.
- Rose Crawford who photographed all the medal presentations for SW.
- Easyswim Swim School for loaning out their podium.
- PCA for loaning their announcing equipment.
- Jackson Crawford for making a thank you speech Louise Tresch (Swim Wellington's Events Manager) and presenting her with flowers. Louise is the chief organiser of these meets and sadly she is leaving SW.

While the flyer and information sent out prior to the meet mentioned spectators would need to go upstairs due to limited space and only swimmers, coaches, officials and team managers were to be on pool deck, some spectators, including, sadly some from PCA, were less than polite to the meet organiser when asked to move off pool deck.

Using the Tawa Pool for this meet was not ideal but it was the only pool available. Initially Coastlands was booked, then SW were advised of their maintenance closure. Both WRAC and Huia pools were not available, so SW was left with no other choice, other than cancelling the meet.

Gold Coast Woollahra Trophy:

Held at Coastlands Pool on 11 August.

PCA's team of 35 did really well to win the Woollahra Trophy. The personal best tally plus the results from the relays contributed to the win.

Individually 64% of our team swum personal bests. Those taking more than 10 seconds off their previous best time are to be Congratulated – well done to Livvy Andrews, Sean Andrews (for his three events!) Jessica Harris and Peixin Tian. Well done also to Ella Rapson-Bennett, Charlotte Dai and Adalyn Dong who all swum well in their first meet.

Relays were held in two age groups 12 and under and 13 and over. PCA entered three teams in each age group. Teams first swum a heat to establish a time and later swum a handicapped final. Teams who improved their final time by more than two seconds from the heats were disqualified. This rule stops teams swimming slow in the heats to win the final.

Otaki titans fell victim to this rule in the 12 and under final which allowed PCA A to win, with PCA B placing second. In the 13 and over relay both PCA A and C were

disqualified, leaving our B team the winners with Raumati second.

A big thank to goes PCA for organising most of this meet. While Raumati and Otaki were to be the meet organisers PCA organised the officials and the entries. Thank you, Elouise Thomas and Blair St Just. Also thanks to our team managers James, Zhenzhen and James and everyone who officiated, again many from PCA stepped up to officiate on the night when other clubs hadn't provided their quota of officials. In fairness though the PCA had more than twice as many swimmers as other teams.

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:

1 September – Gold Coast Matson Trophy (SC) – Coastlands – entries Closed

2 September – PCA In-House League (SC) – Cannons Creek

7 September – Pirates National Qualifier (SC) – Coastlands – Entries Close 1 September

13 September – PCA Race Night (SC) – Cannons Creek – Entries on Night

21 September – SWN Junior Champs (SC) – Coastlands – Entries Close 15 September

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 Coachborlasel@swimporirua.co.nz
Senior Squad Coach.... matonseg@swimporirua.co.nz
Officials Co-ordinator (Blair St Just)021-782-591
Uniforms (Jessie Guo)021-232-1533
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