

### Plans for next school holidays:

**Sunday 29 September to Sunday 20 October** Club swimming will be from 9:00am to 10:00am. From Sunday 3 November the sessions will re-vert to 8:00am to 9:00am

**The middle weekend of the school holidays there will be no swimming on Friday 4 October and Sunday 6 October.**

**There will be no swimming on the Sunday or Monday of Labour weekend (27 and 28 October).**

**Monday 30 September and Monday 7 October 2024** will be devoted to distance badge swimming. Club and squad swimmers are welcome to join in.

**Friday 11 October** – Club swimming will be at the Arena – all swimmers will need to pay door entry at reception. We have the three lanes with the diving blocks booked from 7:00 to 8:00pm. We can't get the pool any earlier as PCA Seniors will be training.

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

On the two Monday's will have three lanes for Distance Badge swimming from 6:00pm to 6:30pm and then we'll have the whole pool until 8:30pm.

Swimming times – please come at the times set out below. It makes it very difficult when swimmers turn up at 6:00pm to swim 1K.

- 6:00pm for those swimming distance badges for the first time.
- 6:45 for those swimming 200m, 400m, 800m and 1500m
- 7:15pm 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 asked 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!

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

### Club Goggles:

The club's stock of goggles are available for swimmers to use when they forget to bring their own and these **must be returned after the session.**

We are missing some goggles.

It is not the club's responsibility to supply swimmers with a permanent pair of goggles.

New goggles can be purchased from the pool staff on club nights.

### Grant from NZCT

A big shout out of thanks to the NZ Community Trust.

PCA is really grateful to have received grant funding recently to go towards professional coaches wages.

NZ Community Trust partners in our area are The Sandbar (Mana) and The Mariner (Titahi Bay)

Please show them our thanks by supporting these venues.



### 100m Handicap Trophy Meet:

Monday 4 November 2024, Cannons Creek Pool, 6:00pm warm up for a 6:30pm start.

*This replaces all Junior Squad training at Cannons Creek.*

Due to the council's diving ban – everyone will start in the water.

All swimmers who can swim 100m freestyle should enter – this is a really fun event.

### Entries close on Friday 25 October 2024

To enter swimmers need to have a current 50m or 100m time. Those without a time should speak to their coach and organise a time trial.

In the first round everyone competes in the handicapped heats swum over 100m freestyle. Thirty six swimmers then move through to the semi-finals. These 36 swimmers are the top placegetters from the heats. Depending on how many heats there are, it may be the first 3 or 4 swimmers from each the heat. The winner of each semi-final then competes in the grand final. Each round is re-handicapped.

As swimmers 'drop out' they will be put into one of six relay teams. All teams swim in the relay heats to establish a time and then swim a handicapped relay final. Teams improving their time by more than four seconds will be disqualified. (*We are awake to those who think they can swim slow in the heats to win the final!*)

An explanation of handicapped swimming. Take two swimmers, one is 10 seconds faster than the other. When the race starts the starters shouts 'Go', and then counts the seconds. The slower swimmer starts on 'Go' and the faster swimmer starts when the starter gets to '10' – if both swimmers are swimming up to their best they will finish at the same time.

Imagine six swimmers in a race, all starting at different times and finishing within splits of each other – how exciting!

To run this event, three timekeepers are needed on each lane. Parents and caregivers of those entering must be available to help on the night if required.

To enter write your name on the list on the noticeboard or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz). Late entries cannot be accepted.

### Meet Reports:

### Swimming NZ National Short Course Champs:

PCA took a team of 18 swimmers to Auckland for the 2024 Apollo Projects NZ Short Course Swimming Championships. Dannielle Rule, Joe Reiher, Eric Yuan, Felix Thomas, Lewis Parker, Nathaniel Wood, Karmen Zhou, Lauren Crawford, Holly Sorenson, Jayden Ng, Justin Wang, Alyssa Bai, Camille Zhou, Indie Spalding, lite Alaifea, Cody Chen, Patrick Reiher and Asher Thomas all worked exceptionally hard to meet the tough qualifying times for this event.



Our senior coach, Gerusio Matonse travelled with team as well as three Team Managers – Tracey Reiher, Rose Crawford and Elouise Thomas.

Massive thanks to Jay Mi Ng and Jessie Guo who came up to help with transport and to prepare lunches and dinners for the swimmers, as well as mountains of sushi to fill up the gaps. Also, to Brent Harris for officiating through the meet, driving up essential extras and assisting with transport where needed.

The seven day trip involved five days of competition, with morning sessions having seeded heats and age group finals, and evening sessions involving A, B and C finals for the top 30 swimmers in each event from the morning heats, competing for National placings.

PCA ended up 8th out of 65 clubs in the age group points results and the top Wellington Club, which is PCA's best performance for several years. For Open points, 27th out of 36 clubs and 16th of 21 clubs for Para points – great to have a multi-class swimmer in the team!

We had some excellent results including:

- Of 118 swims, 53% were PBs, 16% were A, B or C finals and 1 a DQ
- 8th club overall in age group points, top club for Wellington region.
- 11 new PCA Club Records
  - lite Alaifea, 13yr Girls, 50 Breast
  - Alyssa Bai, 13yr Girls, 50 Fly
  - Asher Thomas, 13yr Boys, 50 Breast
  - Holly Sorenson, 14yr Girls, 50 Breast, 100 Breast, 50 Fly
  - Karmen Zhou, 15yr Girls, 50 Fly, 100 IM
  - Joe Reiher, 17yr Boys, 50 Breast, 100 Breast (in both heat and final)
- Nathaniel set 5 new 15yr Boys PCA Para records, 200 Free, 200 IM, 100 Back (twice), 400 Free
- Joe Reiher qualified for two A Finals (top 10 overall) 100 Breast (5th in NZ) and 200 Breast (8th in NZ)
- 1st age group placings achieved by:
  - Alyssa Bai – 50, 100 and 200 Fly, 50 Free
  - Holly Sorenson – 100 IM, 50 Breast
  - Asher Thomas – 50 Breast
- 2nd age group placings achieved by:
  - Eric Yuan – 200 Fly
  - lite Alaifea – 50 Breast
- 3rd age group placings achieved by:
  - Justin – 1500 Free

- Joe – 100 and 200 Breast
- Ite – 100 Breast
- Holly – 200 and 100 Breast
- Karmen – 50 Fly, 100 Fly and 50 Free

Individual results are at the end of the newsletter.

### Gold Coast Matson Trophy – 1 September:

The main event at this meet centres around 100m freestyle handicapped races with swimmers first swimming a heat, from there most swum in the repechages, and then went on to join the first two placegetters from the heats in the semi-finals. The top three finishers in the semi-final then swum in the final.

Each round is handicapped back to the faster of swimmer's best time or the time swum on the night....so that a lot of racing in one night.

Between these 'rounds' 50m races were swum in each stroke with swimmers receive ribbons for Personal Bests or new times. PCA had a number of swimmers competing for the first time and/or swimming events. In the 50s 21 swimmers came away with 17 PBs and 11 new times from thirty nine 50m swims. Most swimmers had a very busy night and hardly had time to sit down between their events.

PCA did really well in the 100m handicap final with Charlotte Harrison placing 3<sup>rd</sup>, Lily-Ann Alderson 4<sup>th</sup>, Lauren Crawford 5<sup>th</sup>, Asher Thomas 9<sup>th</sup> and Lincoln Thomas 10<sup>th</sup>. The final was very close with less than 1.2 second separately those from 2<sup>nd</sup> to 7<sup>th</sup>. All placegetters received a big jar of lollies donated by the Matson family while the top three also received gift vouchers.

The Matson Trophy went to Jagger Wilson from Capital, others in the final were Emily Robbie Raumati 2<sup>nd</sup>, 4<sup>th</sup> Nico van Reenen Raumati, 7<sup>th</sup> Zach Hector Raumati, 8<sup>th</sup> Elijah Jennings Otaki Titans.



The Matson Relay Trophy was also up for grabs. Teams of six made up the relays, with teams first swimming a heat to establish time and then competing in the handicapped relay final. PCA won the cup taking out the

first two places with each team member chocolates for their efforts!

Thanks to coach Lucy for all the advice and guidance she gave our team. Also thanks to the team managers ZhenZhen and Jessie and all those who timekept and officiated. Thanks also to Rose for helping Viv work out each round of handicapping.

### Race Night – 13 September:

All 40 odd swimmers who took part in this race night swum well and seemed to enjoy achieving ribbons and recording times. It was great those happy faces as they proudly told me how many ribbons they had won and the events they had swum.

It is always disappointing to see swimmers who have been in the club more than six months not challenging themselves by entering events longer than the 25m! Maybe next time parents will support the club's view that these swimmers should be tackling at least 50m races in backstroke, freestyle and breaststroke rather than the easier 25s.

On the other side of the coin - it was great to see Logan Wilson, and two very new swimmers Nathaniel Siave and Hunter Sciascia swim 100m backstroke, when it looked like the only entrant, Jackson Ellis was going to swim alone.

A big thank you to all those who stepped up to help on the night. Those of you who time kept, started the races, announced, chief time kept, took the entries and managed the cards and saw the cards got from one end of the pool to the other – you all did a fantastic job.

To be honest I was a little worried about the meet, when our regular, experienced officials were unavailable, but why did I need to stress when we have such wonderful parents/supporters within the club. You were such STARS! Thank you Viv

Thanks to Lucy Borlase and Todd Morton who shared to refereeing

### 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](mailto: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](mailto:president@swimporirua.co.nz)

### 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](mailto: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
<b>Everything Else</b>	<b>03-0547-0205093-00</b>

If you are unsure which account you should be using, please contact [treasurer@swimporirua.co.nz](mailto:treasurer@swimporirua.co.nz).

### Upcoming Events:

19 October – Capital National Qualifier (LC) – WRAC – Entries Close 13 October

15 November – PCA Race Night (SC) – Cannons Creek

16 November – Wairarapa National Qualifier (SC) – Masterton – Entries Close TBC

24 November – Gold Coast Paekakariki Shield Relays (SC) – Tawa – Entries Close 17 November

### Report of Best Times:

If you require a list of your times, please email Elouise Thomas the Race Secretary at [race@swimporirua.co.nz](mailto: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)	..... <a href="mailto:info@swimporirua.co.nz">e-mail</a>
Race Secretary (Elouise Thomas)	.....022-140-5068
Junior Squad Coach	..... <a href="mailto:borlasel@swimporirua.co.nz">borlasel@swimporirua.co.nz</a>
Senior Squad Coach	..... <a href="mailto:matonseg@swimporirua.co.nz">matonseg@swimporirua.co.nz</a>
Officials Co-ordinator (Blair St Just)	.....021-782-591
Uniforms (Jessie Guo)	.....021-232-1533
Newsletter	..... e-mail <a href="mailto:info@swimporirua.co.nz">info@swimporirua.co.nz</a>

## 2024 NZSC RESULTS

(Note: overall age group placings in NZ, A, B and C finals placings are overall)

Patrick	13yr Men	10 <sup>th</sup> 200 Breast, 12 <sup>th</sup> 50 Breast, 7 <sup>th</sup> 100 Breast
Cody	13yr Men	13 <sup>th</sup> 200 Breast, 19 <sup>th</sup> 50 Breast, 15 <sup>th</sup> 100 Breast, 7 <sup>th</sup> 1500 Free
Asher	13yr Men	4 <sup>th</sup> 200 Breast, 19 <sup>th</sup> 100 IM, 13 <sup>th</sup> 50 Fly, 1 <sup>st</sup> 50 Breast, 5 <sup>th</sup> 100 Breast, 22 <sup>nd</sup> 100 Free, 8 <sup>th</sup> 50 Free
Justin	14yr Men	11 <sup>th</sup> 200 Breast, 20 <sup>th</sup> 50 Fly, 6 <sup>th</sup> 400 IM, 9 <sup>th</sup> 200 Fly, 3 <sup>rd</sup> 1500 Free
Jayden	14yr Men	19 <sup>th</sup> 100 IM, 14 <sup>th</sup> 100 Back, 13 <sup>th</sup> 50 Fly, 12 <sup>th</sup> 200 Back, 12 <sup>th</sup> 50 Back, 14 <sup>th</sup> 50 Free
Lewis	15yr Men	14 <sup>th</sup> 200 Breast, 8 <sup>th</sup> 50 Breast, 10 <sup>th</sup> 100 Breast, 27 <sup>th</sup> 50 Free
Felix	15yr Men	15 <sup>th</sup> 100 IM, 10 <sup>th</sup> 50 Fly, 7 <sup>th</sup> 100 Fly, 13 <sup>th</sup> 50 Breast, 20 <sup>th</sup> 50 Back, 13 <sup>th</sup> 100 Free, 10 <sup>th</sup> 50 Free
Eric	16yr Men	5 <sup>th</sup> 50 Fly, 5 <sup>th</sup> 100 Fly ( <b>10<sup>th</sup> B Final</b> ), 2 <sup>nd</sup> 200 Fly ( <b>2<sup>nd</sup> B Final</b> ), 16 <sup>th</sup> 50 Free
Joe	17-18yr Men	3 <sup>rd</sup> 200 Breast ( <b>10<sup>th</sup> in A Final</b> ), 10 <sup>th</sup> 100 IM ( <b>6<sup>th</sup> C Final</b> ), 19 <sup>th</sup> 50 Fly, 4 <sup>th</sup> 50 Breast ( <b>2<sup>nd</sup> B Final</b> ), 3 <sup>rd</sup> 100 Breast ( <b>6<sup>th</sup> A Final</b> ), 12 <sup>th</sup> 200 IM
Nathaniel	Open M-C	7 <sup>th</sup> 100 Back, 9 <sup>th</sup> 100 IM, 9 <sup>th</sup> 400 Free, 14 <sup>th</sup> 200 Free, 7 <sup>th</sup> 100 Breast, 18 <sup>th</sup> 100 Free, 5 <sup>th</sup> 200 IM
Indie	13yr Women	8 <sup>th</sup> 100 Back, 16 <sup>th</sup> 100 IM, 9 <sup>th</sup> 200 Back, 8 <sup>th</sup> 50 Back, 20 <sup>th</sup> 100 Free, 15 <sup>th</sup> 50 Free, 11 <sup>th</sup> 200 IM
lite	13yr Women	7 <sup>th</sup> 200 Breast, 12 <sup>th</sup> 100 IM, 2 <sup>nd</sup> 50 Breast ( <b>5<sup>th</sup> C Final</b> ), 3 <sup>rd</sup> 100 Breast, 21 <sup>st</sup> 100 Free, 13 <sup>th</sup> 50 Free
Camille	13yr Women	15 <sup>th</sup> 100 IM, 11 <sup>th</sup> 50 Fly, 12 <sup>th</sup> 100 Fly, 10 <sup>th</sup> 100 Free, 6 <sup>th</sup> 50 Free, DQ 200 IM
Alyssa	13yr Women	1 <sup>st</sup> 50 Fly, 1 <sup>st</sup> 100 Fly, 1 <sup>st</sup> 200 Fly, 7 <sup>th</sup> 100 Free, 1 <sup>st</sup> 50 Free ( <b>10<sup>th</sup> C Final</b> )
Lauren	14yr Women	5 <sup>th</sup> 1500 Free, 4 <sup>th</sup> 200 Back, 11 <sup>th</sup> 400 Free, 10 <sup>th</sup> 50 Back, 7 <sup>th</sup> 800 Free
Holly	14yr Women	3 <sup>rd</sup> 200 Breast, 1 <sup>st</sup> 100 IM ( <b>6<sup>th</sup> C Final</b> ), 5 <sup>th</sup> 50 Fly ( <b>6<sup>th</sup> C Final</b> ), 5 <sup>th</sup> 100 Fly, 1 <sup>st</sup> 50 Breast ( <b>7<sup>th</sup> B Final</b> ), 3 <sup>rd</sup> 100 Breast ( <b>6<sup>th</sup> C Final</b> ), 12 <sup>th</sup> 100 Free, 10 <sup>th</sup> 50 Free, 4 <sup>th</sup> 200 IM
Karmen	15yr Women	5 <sup>th</sup> 100 IM, 3 <sup>rd</sup> 50 Fly ( <b>7<sup>th</sup> C Final</b> ), 3 <sup>rd</sup> 100 Fly, 10 <sup>th</sup> 50 Breast, 3 <sup>rd</sup> 50 Free ( <b>7<sup>th</sup> C Final</b> )
Dannielle	17-18 Women	19 <sup>th</sup> 50 Fly
Men 4 x 50 Free: PCA A – 18th, PCA B – 23rd ; Women 4 x 50 Free: PCA A – 13th, PCA B – 16th		
Men 4 x 50 Medley: PCA A – 15th, PCA B – 26th ; Women 4 x 50 Medley: PCA A – 15th, PCA B – 23rd		