

Learn to Swim – Term 4:

Lessons will start on 3 November and finish on 15 December 2024

Class times are 9:15am and 10:00am – all levels are held at each time slot - please arrive 15 minutes earlier on the first day to complete the enrolment process. The cost is \$45.00 for the course of 7 lessons.

Payment is to be made on the first day – please bring the correct money – we don't have eftpos

Our Learn to Swim lessons cater for school age children of any ability.

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

Club Treasurer:

We welcome Sonja Maharaj as our club Treasurer who started during September.

Vanya and Steve Pyne resigned as treasurers at the AGM, and stayed on in an interim role until this position could be filled.

A big thank you to Vanya and Steve for stepping up to for this role and other work they both have done for the committee and the club.

Club Secretary:

PCA's current secretaries, Mark and Yvonne Macrae, who have been sharing this position for the last 18 months and are now standing down as they have an extended holiday planned.

I would like to thank Mark and Yvonne both very much for their contribution to PCA over this time, and also to Mark for the extra, nonsecretarial things he has volunteered to do to help the club. PCA is very grateful to you both.

PCA is now on the hunt to find a new secretary.

This is a voluntary position that requires the secretary to take the minutes at our committee meetings, held on the second Thursday of each month. Distribute the minutes after the meeting and an agenda leading up to the next meeting, as well as managing any correspondence received during the month.

As most of this is done by email PCA supplies a club email address for the secretary as well as a lap top and printer.

I know the secretary's role in a swimming club may seem overwhelming but it should be remembered that the committee secretary role is quite separate from that of our Race Secretary (Elouise Thomas) who manages everything to do with Race Meets and swimmers times etc and the work Brent Harris does managing membership, the SNZ database and collating the newsletters.

It is important we fill this position immediately, as I don't to see any extra burden placed on the current committee.

If you are interested or have any questions about the role, please talk to me, Viv ph 027 645 1146, or email me on president@swimporirua.co.nz

Up-Coming Meet:

24 November – Paekakariki Shield Meet

At this meet it is all about Chocolate, Ribbons and Relays.

For those who have enjoyed recent Race Night and In-House league should look to enter the next Gold Coast. PCA are hosting the meet at Tawa Pool on Sunday, November 24, doors open at 4pm, warm up is 4.15pm the meet starts at 5pm.

Gold Coast meets are about racing to establish or improve a time – there is no emphasis put on winning or getting last – everyone who achieves a personal best receives a ribbon and as an extra bonus at this meet a Chocolate Bar.

The only individual events at this meet are a Novice 25 butterfly and then 50m races in all strokes – swimmers are limited to 2 individual events.

Also on the programme a number of relays. The PCA teams will be selected from the swimmers who enter the meet. Entries are through Fastlane – full details are on our website.

Entries close 17 November.

Uniform Items:

Standard Towels are out, Hooded Towels are In.

Just like the name suggests, this poncho is for the pros!

- 100% Cotton, terry towel on the inside and cut pile on the outside
- Thick, warm and plush.
- Zip compartment in the front making two independent pockets
- Hidden zip pocket inside for valuables
- A total of three areas; phone, keys, all safe and secure
- The Pro version has a more subtle logo on the front left breast & back right shoulder
- Absorbent & quick drying

Size 1. 55cm x 90cm 7-12yrs \$65.00

Size 2. 65cm x 110cm 12 - 15yrs \$70.00

Size 3. 75cm x 110cm 15+yrs \$80.00

Price includes poncho and logo.

We also have stock available of our cotton tee, sizes available starting from adult small through to 2XL. These are \$35.00 each

To place an order please email uniforms@swimporirua.co.nz



Technical Official News:

Congratulations to Elouise Thomas who qualified as a Swimming NZ Starter at the Capital meet on Saturday 19 October.

Swimming NZ Annual General Meeting:

Brent Harris (PCA's Vice President) contribution to swimming was recognised at the SNZ's AGM when he was one of two people from Wellington awarded a Distinguished Service Award

As we all know Brent puts in a huge number of voluntary hours officiating pool side and as a committee member, where his responsibilities include membership, the PCA website, being a member of the Complaints and HR subcommittees as well as numerous other tasks he undertakes. Hugh Allan (Tawa) who you often see refereeing at Gold Coast Meets was Wellington's other recipient.

PCA was also thrilled to hear that very own Nathan Thomas has been elected to the Board of Swimming NZ for a three-year term!

Nathan has just completed a three year term as Chair of Swim Wellington's Board where with has shown great commitment and leadership that has seen a number of really positive initiatives happening in the Wellington Region.

We all know Nathan is a great announcer at our club and regional meets, as well as the husband of Elouise and father of Felix, Asher and Lincoln.

Special Olympics Meet:

Congratulations to Breana-Tayla Jones who placed 1st in breaststroke and backstroke, and 3rd in butterfly at a Tier 2 Special Olympics Meet held in the Wairarapa during the holidays.

The events were mixed races, making Breana's achievement even more special.

School Holiday Swimming:

A number of swimmers took advantage of the club holiday session held at the Arena that focused on diving.

This was a fun session and the swimmers who attended should be very proud of their efforts with better dives and backstroke starts.

It was also great to see a number of swimmers challenge themselves by swimming for PCA's distance badges during the holidays. Many surprised themselves and their parents with the distances they achieved for non-stop swimming.

A huge thank goes to all those who helped count the lengths and time those swimming 1K (40 lengths). Congratulations to all the swimmers.

Distances:

25m, 50m, 100m 200m – Taylor Smaha. **50m, 100m, 200m and 400m** – Anya Hammond, Ryder Kallahar, Riley Kane, Willa McCarthy, Wambu Mubea, Alasdair Ossont, Zara Sichampanakhone, Levi Smaha, Christine Zhang. **400m and 800m** -Sasha Eastham, Dupree Tauitawhai. **400m, 800m and 1500m** - Manawa Tauitawhai. **All the above plus 800m** – Ella Rapson-Bennett. **Also all of the above plus 1500m** – Jessica Harris, Annabelle Ossont, Cam Parkin, Hunter Press, Lucy Press, Emily Robertson, Joel Siave, Kyle Sichampanakhone. **800m** – Harvey Coffin, Andrew Ellis, Tiara Nguyen, Hunter Rungsimuntoran. **1500m** – Hannah McMaster, Tai Lewis, Indy Clayton, Isaac Cook, Paxton Cook, Jordyn-Leigh Harris, Orion Kallahar, Nathaniel Siave.

Once swimmers have completed all these distances they swim a timed 1kilometre (40 lengths) swim. PCA has a range of ribbons to reward swimmers for their

achievements. Lucy, coach of the Orcas, Sharks and Swordfish set aside a training session for these swimmers to swim a 1K time trial and some impressive times were achieved.

A couple of swimmers just missed out on the ribbon they were chasing. With speedy turns they are bound to achieve these ribbons next time. Well done to Cam Andrews, Max Seefa,

Those to receive ribbons were:

Under 29 minutes - Manawa Tau-i- Tawhai. **Under 28 minutes** – Dupree Tau-i- Tawhai. **Under 25 minutes** – Paxton Hammond, Orion Kallahar, Kyle Sichampanakhone. **Under 24 minutes** – Melody Liu, Cooper Olliver, **Under 23 minutes** – Luca McMaster, Jackson Smith, Olivia Mitchell, **Under 21 minutes** – Jackston Ellis, Tai Lewis, Emma Ng. **Under 20 minutes** – Minh Anh Nguyen. **Under 18 minutes** – Julia Wang, Deandra Wickramasinghe, **Under 17 minutes** – Ashley Liu, Sofia Nguyen. **Under 16 minutes** - Emma Harrison, Lincoln Thomas. **Under 15 minutes** – Lawrence Wang

Traditionally distance badges swimming and 1K time trials happen during the school holidays.

Meet Entry Times:

For most meets swimmers entries times are shown on the programme to determine the lane allocation for a race. Swimmers and parents need to be aware that there may be a difference between a swimmer's entry time and their personal best time depending on the whether the time was established in a 25m or a 50m pool, and the length of the pool the meet being entered is to be swum at.

Swimming NZ has a conversion table that makes allowances for the advantage gained by the extra turns needed in 25m pools. In short, swimmers swimming at the same speed will normally record a slower time for the same distance when swimming in a 50m pool because of the lack of turns.

Conversion Table:

Freestyle		Backstroke	
50m	0.85 sec	50m	0.85 sec
100m	1.70 sec	100m	1.70 sec
200m	3.40 sec	200m	3.40 sec
400m	6.80 sec	Breaststroke	
800m	13.60 sec	50m	1.00 sec
1500m	25.50 sec	100m	2.00 sec
Butterfly		200m	4.00 sec
		Medley	
50m	0.70 sec		
100m	1.40 sec	200m	3.40 sec
200m	2.80 sec	400m	6.80 sec

Explanation:

If a swimmer's time for 50m freestyle was 45.30 and this was established in a 25m pool. Should that swimmer enter 50m freestyle at a meet being swum in a 50m pool, then the entry time would show as 46.15 sec (that is 45.30 plus the conversation of .85sec).

Or the reverse – should a swimmer swim a Personal best of 1m30.00 at a 50m pool for 100m breaststroke. That time would convert to 1m28.00 if the swimmer was to enter an 100m breaststroke race at a 25m pool.

While it is a good ideal for swimmers to be aware and record of their Personal Best times – it is a better idea for them to keep two lists, one for short course best times (ie times swum in a 25m pool) and the other for long course (50m pool) best times.

Nevill Sutton – update:

Terry Laws (ex PCA referee) caught up with Nevill (ex PCA Senior Squad Coach) last week while he was working in Rarotonga.

Nevill is doing well, looking very tanned and says Hi to everyone. He lives near the end of the airport right on the beach and looks after/ manages 4 holiday apartments on his property which keeps him busy.

He is always up for a catch-up if anyone is in Rarotonga.



New Shelving in Cannons Creek Storeroom:

We have had new shelving put on the back wall of our storeroom at Cannons Creek pool to keep our storeroom tidy and equipment easily accessible.

Still some work to do on making sure everything has an appropriate place.

Thanks to James Alderson (committee member and father of Lily-Ann who is in the senior squad) for getting this work organised and to Builder Jordan Harris (Brent's son and former PCA swimmer) for doing the build with James help.

The pressure was on to get the shelving up and everything back in before we had to be out of the building by 1:30pm.

Also a big thank you to Lily-Ann Alderson, Nathaniel Wood and his father Angus, Brent Harris, Matt Harrison and Viv Morton for turning up at 8:00am to clear out the storeroom so the work could happen.



Meet Reports:

Swimming Wellington Junior Champs:

Coastlands Pool 21/22 September 2024.

Twelve year old Rebecca Yu, one of PCA's team of twenty four who qualified to swim at the Championships produced the stand out performance of the meet. With an amazing time of 4m33.77 for 400m freestyle, the very last event of the meet, Rebecca broke the Wellington record set by Hilary Todd way back in July 1994.

Swimmers came from all around the north island to compete, with three teams coming from the Nelson/Blenheim area.

The first three Wellington swimmers to finished were presented with Wellington Regional Medals and the first two visitors who finish either first, second or third receive visitors medals.

In 2018 PCA donated the Porirua City Aquatics Cup which is presented to the Wellington team who topped the club points table. All swimmers finishing in the top 10 for their event contributed to their club's points.

PCA has held the club every year since 2018, and this year handed it over to the Capital club who finished the meet with 1266.50 points. PCA was a close second with 1139.50 points. Capital and PCA were way ahead of the other Wellington clubs - 3rd was Swimzone Racing 273 points, 4th Pirates 230, 5th Nga Tai Tuatea a Taraika 180, 6th Tawa 175.50, 7th Masterton 170 and Raumati 8th 120.

Amokura Olsen was one of the lucky spot prize winners, winning a \$50 voucher donated by the Swim Hub.

Congratulations to all PCA swimmers, especially those who contributed to the club points and swum personal best times.

Those to achieve top 10 swims were:

Name:	Gold	Silver	Bronze	Top 10
Domi Dai 9 yrs		1	2	6
Chao Wang 10 yrs	2	1	1	7
Alistair Bai 10 yrs	2	3	2	4
Lincoln Thomas 10 yrs	1	1	1	6
Lawrence Wang 10 yrs		1	4	6
Oscar Feng 12 yrs				5
Justin Feng 10 yrs				5
Emma Ng 9 yrs		4	3	
Julia Wang 9 yrs	2	2	1	1
Indigo Eastham 9 yrs			1	3
Federika Shepeleva 8 yrs			1	1
Anna Han 10 yrs	6	1		
Ella Au 10 yrs	4	3	1	1
Peixin Tian 10 yrs				7
Adalyn Dong 10 yrs				1
Kristen Young 11 yrs	4	3	2	
Sophia Nguyen 12 yrs				1
Elizabeth Yang 11 yrs		1	3	4
Amokura Olsen 11 yrs				1
Rebecca Yu 12 yrs	6			

Dalton Nguyen, 9 yrs and Evan Li, 8yrs also had great races.

A big thank you to Lucy Borlase for all taking the warmups and giving the swimmers racing advice. Thanks also to Jessie, JayMi and ZhenZhen, PCA team managers, Elouise and Nathan Thomas who worked every session officiating and announcing respectively, and all our parents who timekept.

Thank also to those who officiated and didn't have children swimming.

I would also like to thank the parents and Lauren Crawford, a PCA senior swimmer who assisted me in the medals presentation area giving out the ribbons.

Viv

In House League:

The final meet in the 2024 In-house series of three meets held on 23 September proved to be as loud with swimmers encouraging their team mates.

Over the series the team changed positions on the points table. While team one were the winners at each meet, it was fantastic to see team three who were well behind after the first meet make ground over the second and third meets to finish in 5th place.

Team	1	2	3	4	5	6
Meet one	204	177	131	229	157	159
Meet two	261	215	200	214	210	175
Meet three	218	134	156	204	163	151
Overall points	683	526	487	647	530	485
Place	1st	4th	5th	2nd	3rd	6th

Congratulations to Team one – our 2024 winners. Alasdair Ossont, Lucy Press, Jade Wang, Trudy Liu, Benji Maharaj, Fred Willemsen, Bede Mills, Vivi Zacher, Paxton Hammond, Lincoln Thomas, Nathan Spencer, Blake Kinvig, Parikshith Perla, Courtney Higham, Indie Spalding, Abigail Parker, Nathaniel Wood and Jayden Ng.

The success of the series is very much in the hands of the team leaders and the team culture they create and encourage within their team. Thank you to our amazing team leaders – Team 1, Jayden Ng, Nathaniel Wood and Indie Spalding. Team 2, Daniel Turetsky, Felix Thomas and Jade Lin. Team 3, Livvy Andrews, Lauren Crawford, Ite Alaifea and Lewis Parker. Team 4, Asher Thomas, Charlotte Harrison and Justin Wang. Team 5, Dannielle Rule, Lily-Ann Alderson and Cody Chen. Team 6 Maddie St Just and Joe Reiher.

Thank you to the judges – at times some of the races were very close calls. Thank you to the administrators, especially Mel Jackson who recorded the results and tallied the points – thanks to the officials and the announcer Nathan Thomas for keeping everyone informed throughout the meets.

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 reduced on a sliding scale from October to the following June based on the month of joining, and if the swimmer is a squad or competitive swimmer. These rates are

available from the info@swimporirua.co.nz or the person 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:

4 November – PCA 100m Handicap (SC) – Cannons Creek – Entries close 25 October.

9 November – SWN Relay Champs (SC) – WRAC

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

16 November – Wairarapa National Qualifier (SC) – Masterton – Entries Close 10 November

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

6 December – SWN Summer Champs (LC) – WRAC – Entries Close – 1 December

Report of Best Times:

If you require a list of your times, please email Louise 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 (Vacant)	
Treasurer (Sonja Maharaj)	e-mail
Race Secretary (Elouise Thomas)	022-140-5068
Junior Squad Coach	borlase1@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
Newsletter	e-mail info@swimporirua.co.nz