

Family Fun Night – End of Year:

Cannons Creek Pool, Monday 16 December.

6:00pm warm-up for a 6:30pm Start

Traditionally this has been an evening of fun races for the whole family.

The programme includes:

- monster whirlpool
- width kick for younger family members
- family relays (teams of three from one immediate family)
- friends relays (teams of three)
- adults kicking races
- piggy back races
- three legged swimming races
- an adults 50m sprint for those who wish to re-live their swimming days.

Note – For safety reasons all children under 5 must be accompanied by an adult in the pool

While it is hoped that parents will take part, this is not compulsory. Apart from the 50m sprint, all other events are for non-swimmers. If you can carry a child on your back – please bring your togs along and join in!

All families are asked to bring a plate of finger food. Sausages for the BBQ and orange drink will be supplied.

This will be final session for Tadpoles and club swimmers who swim at Cannons Creek on Fridays and Monday's and Sunday mornings.

Christmas / January School Holidays:

Orcas, Sharks, Swordfish and Seals last training date for 2024 will be Wednesday 18 December.

Training for these squads will resume mid-January – dates to be confirmed and a time table will be emailed out.

Normal club swimming, as well as training for the Seals and Tadpoles will recommence the week beginning Monday 27 January 2025. Sunday morning club swimming will restart on 2 February 2025 9:00am to 10:00am.

There will be no club or squad swimming Monday 20 January (Anniversary Day) or Waitangi Day Thursday 6 February.

Primary School Swimming:

As most of you know PCA and Dash Swim School have organised and run the Parumoana Interschool Swim Meet very successfully for many years.

This event has always caused excitement with swimmers selected to swim in their school's Parumoana Team, after gaining success at their individual school swimming sports.

This year another level was added to the primary school's swimming pathway for PCA swimmers with Parumoana being invited for the first time to enter in the Wellington Interzone competition and join others who achieved success at their local Interschool competitions.

At the beginning of 2024 it seemed the Interzones meet was going to be cancelled, until Todd Morton (Easyswim), Nathan Thomas (Swim Wellington chair, at the time) and Angus Pashley from Swim Wellington stepped in, and Swim Wellington became the organisers, and as a result with Todd and Nathan both members of PCA, Parumoana was never going to be left out!

The preplanning also involved Pirates Swimming Club, Vicki (Race Secretary of Tawa Swim Club) and Viv who all worked on the day.



It was great to see many PCA swimmer take part representing schools from all over Wellington.

PCA swimmers who finished in the top 3 in their year group were;

Federika Shaepelva and Evan Li (St Marks) Julia Wang (Adventure) Archer Thompson (Redwood) Elise Siawalette, Jackson Crawford, Ella Head, William Zhou, Emma Harrison and Tai Lewis (Papakowhai) Lawrence Wang (Pauatahanui) Kirsten Young (Marsden) Camille Zhou (Whitby Collegiate) Rebecca Yu and Ashley Liu (Queen Margarets) Sam Olliver (Northland) Lincoln

Thomas and Aanya Agnew (Plimmeton) and Michael Winton (Discovery).

The Papakowhai relays teams did well – First place Boys year 5 and year 8, 2nd place Girls year 5, Girls year 8 and Boys year 8. Third place Girls and Boys year 6.

Thanks to the many parents who officiated and manage the teams.

Tri-Series – Joe Reiher:

Earlier this year in May I got an email from Swimming New Zealand to say I had been selected to represent New Zealand at the Tri-Series in October.

The Tri-Series competition is an age group series (13-18 year-olds) that has run annually for many years. I was chosen for my performance at the New Zealand Age Group Champs in the 100m and 200m breaststroke events.

We arrived on Tuesday the 1st of October and started with a three-day pre-race camp run by swim coaches from all over the country. There were almost 80 swimmers competing in total - two NZ teams (I was in NZ Team Black) and two Australian teams from Victoria and Western Australia.

We all stayed at the same accommodation so it was great to hang out with some of the top swimmers from New Zealand and Australia and get to know them and their different training styles, as well as getting coaching from many different coaches.

The competition started on Friday and was five sessions over two and a half days.



It was a team event so it was all about scoring points for your team. Each session, every swimmer was entered in two individual events as well as a relay.

These events were chosen by the coaches and were typically people's main events but sometimes swimmers had to swim their non-specialist events

It was very intense swimming six races a day for three days and I really learned how far I can push myself. My highlight of the competition would be doing relays with

those top-level swimmers and breaking a competition record. It was such a cool atmosphere and so much fun, even though we were exhausted!

It came down to just a few points between NZ Team Black and Team Victoria, with Team Victoria taking the win for the competition and Team Black in second.

If anyone gets the chance to attend a Tri-Series in the future I would highly recommend it as I had such a great time and learned so much.

Joe Reiher

Footnote from the President.

PCA is very proud when our swimmers are selected to represent NZ and while this is all very exciting for the swimmers, Swimming NZ on charges the costs to the swimmer's family. For Joe, it was a pleasure for PCA to be able to contribute to his costs.

Club Lane and Squad Swimming:

We have recently updated our Club Lane Pathway and booklet for competitive swimmers. These can be found at the links below.

[Club Lane Swimming](#)
[Competitive Swimming](#)

Meet Reports:

PCA 100m Handicap:

What an exciting night of swimming this turned out to be, with close racing, swimmers achieving times beyond expectation, and loud encouragement and support from the grandstand.



Congratulations to all the finalists, especially the winner Nate Hall who finished just 0.65 seconds ahead Jackson Crawford, Andrews Ellis was 3rd Madison D'Oliveria 4th Emma Ng 5th and Justin Wang 6th. Finalists each received a rosette (in club colours) and a block of

chocolate. To make it through to the final swimmers needed to swim a heat, followed by a semifinal which they needed to win, and to be swimming up to their best or better their times along the way.

Leading up to the final there was 10 heats with the placegetters going through to swim in one of the 6 semi-finals. Those winning their semi-final then made up the final.

Congratulations to all the semi-finalists many of whom missed making the final by splits of a second. Well done Emelia Bleach, Indy Clayton, Alasdair Ossont, Hannah McMaster, Paxton Hammond, Kyle Sichampanakhone, Jessica Harris, Shontelle Collins, Lucas D'Oliveria, Jackson Ellis, Luca McMaster, Matthew Bleach, Indigo Eastham, Blake Kinvig, Sean Andrews, Tai Lewis, Logan Wilson, Livvy Andrews, Nathaniel Wood, Lincoln Thomas, Lily-Ann Alderson, Emma Harrison, Lawrence Wang, Charlotte Harrison, Maddy St Just, Jade Lin, Lauren Crawford, Asher Thomas, Jayden Ng and Felix Thomas.

Those who didn't make the final went into one of the six relays team. Each team swam twice, once to establish a time and then in the handicap final. PCA local rule didn't need to be applied this year as no team improved the heat time in the final by more than 4 seconds.

Team 2 was first in a very close final. Well done to Annabelle Ossont, Sasha Eastham, Paxton Hammond, Jessica Harris, Tai Lewis, Lawrence and Felix Thomas.

Wellington Relay Championship:

9 November 2024 – Kilbirnie Pool

PCA's team of 63 swimmers had a fantastic night at these Championship winning 12 of the 23 events.

Along the way our teams broke Wellington Regional Relay in Girls 11 and under Freestyle, Girls 13 and under Freestyle relays.

Success like this doesn't just happen, A lot goes on behind the scenes selecting teams and the confirming swimmers are available. Elouise Thomas, our Race secretary did an excellent job in this area, and then the team managers (Rose, Matt Alaifea and Jay Mi) and coaches (Matt Harrison, Gerusio and Lucy) did a great job on the night, giving the swimmers racing tips and getting swimmers to their races. *Thank you.*

There were many fantastic swims on the night.

PCA's team gave our Golden Oldies teams huge support.

They did particularly well with the A team winning the trophy and Gold medals and PCA B team taking third place. Congratulations the winners – Elouise Thomas, Vicki Eastham, Gerusio Matonse and Todd Morton. Todd swam an impressive 26.9sec for his 50m and Gerusio swam just over 27 secs. Bronze medals went to

Matt Harrison, Blair St Just, Megan Carr and Ngarama Milner-Olsen.



Two 'big' relays on the programme test a club's depth. For the Walker and Hall trophy teams of 5 swimmers (one from each age group, 9 and under, 10/11, 12/13, 14/15 and over 15) swim 100m each. Our team of Eric Yuan, Felix Thomas, Dominic Dai, Kirsten Young and Rebecca Yu just edged out the Capital team to win by 0.38 seconds, with PCA B (Frederika Shepeleva, Alistair Bai, Alyssa Bai, Jayden Ng and Joe Reiher) taking 5th place.



PCA also won the flying squadron relay. These teams were made up of a boy and a girl from each age - 10 swimmers altogether. Again PCA headed off the Capital team by just over 1 second, with our B team picking up the Bronze medal. Frederika Shepeleva, Domi Dai, Kristen Young, Alistair Bai, Cody Chen, Karmen Zhou, Felix Thomas, Dannielle Rule and Joe Reiher made up the A team. The B team was Indigo Eastham, Eliot Pearce, Ella Au, Chao Wang, Camille Zhou, Patrick Reiher, Lauren Crawford Jayden Ng, Jade Lin and Eric Yuan.

Event	Placing	Swimmers
Boys 9 yrs & U	Gold Medal	Domi Dai, Eliot Pearce, Dalton Nguyen, Lucas D'Oliveira
Girls 9yrs & U	Gold medal	Frederika Shepeleva, Indigo Eastham, Jade Wang, Xi Wang
Boys 11yr & under	Gold Medal	Alistair Bai, Chao Wang, Lincoln Thomas, Lawrence Wang.
	6 th place	Michael Winton, Archer Thompson, Hunter Press, Luca McMaster
Girls 11yrs & under	Gold Medal	Kirsten Young, Ella Au, Anna Han, Elizabeth Yang.
	8 th place	Adalyn Dong, Nova Parsons, Annabelle Ossont, Isabel Dowd
	PCA C team unfortunately were DQ'd.	
Boys 13yrs & U	Bronze medal	Cody Chen, Patrick Reiher, Sam Olliver, Jackson Crawford.
Girls 13yrs & under	Gold Medal	Alyssa Bai, Camille Zhou, ilte Alaifea, Rebecca Yu
	Bronze Medal	Indie Spalding, Emma Harrison, Courtney Higham, Sofia Nguyen
	8 th place	Ashley Liu, Madision D'Oliveira, Minh Nguyen, Livvy Andrews
Boys 15yrs & U	Silver Medal	Jayden Ng, Felix Thomas, Asher Thomas, Lewis Parker
	6 th place	Justin Wang, Victor Yu, Boyi Zang, Daniel Turetsky
Girls 15yrs & U	Silver Medal	Karmen Zhou, Charlotte Harrison, Maddy St Just, Lauren Crawford
Open Men	5 th place	Joe Reiher, Eric Yuan, Aaron Zang, Felix Thomas
Open Women	Silver Medal	Dannielle Rule, Alyssa Bai, Jade Lin, Karmen Zhou
Medley Relays		
Boys 9 yrs & U	Bronze Medal	Domi Dai, Eliot Pearce, Dalton Nguyen, Lucas D'Oliveira
Girls 9yrs & U	Gold medal	Melody Liu, Indigo Eastham, Frederika Shepelva, Xi Wang
Boys 11yr & under	Gold Medal	Alistair Bai, Chao Wang, Lincoln Thomas, Lawrence Wang.
	6 th place	Michael Winton, Archer Thompson, Hunter Press, Luca McMaster
Girls 11yrs & under	Gold Medal	Kirsten Young, Ella Au, Anna Han, Elizabeth Yang.
	4 th place	Amokura Olsen, Emma Ng, Peixin Tian Julia Wang
PCA C team unfortunately were DQ'd.		
Boys 13yrs & U	4 th place	Cody Chen, Patrick Reiher, Sam Olliver, Jackson Crawford.

Event	Placing	Swimmers
Girls 13yrs & under	Gold Medal	Alyssa Bai, Camille Zhou, lite Alaifea, Rebecca Yu
	Bronze Medal	Indie Spalding, Emma Harrison, Ashley Liu, Sofia Nguyen
	7 th place	Courtney Higham, Madision D'Oliveira, Minh Nguyen, Livvy Andrews
Boys 15yrs & U	Silver Medal	Jayden Ng, Felix Thomas, Asher Thomas, Lewis Parker
	4 th place	Justin Wang, Victor Yu, Boyi Zang, Daniel Turetsky
Girls 15yrs & U	Silver Medal	Karmen Zhou, Charlotte Harrison, Maddy St Just, Lauren Crawford
Open Men	5 th place	Joe Reiher, Eric Yuan, Aaron Zang, Felix Thomas
Open Women	Silver Medal	Dannielle Rule, lite Alaifea, Jade Lin, Karmen Zhou

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

PCA Race Night:

The 15th November turned out to be busy with Interzones in the morning and Race Night in the evening.

Well done to Nathan who announced at both meets, and not to forget a number of swimmers who took up both opportunities to race.

It was good to see a number of new swimmers take part in Race Night and also see a number of swimmers swim longer distances than they normally do.

The best thing about Race Night is seeing all those smiley faces with their ribbons. Even though missing a ribbon by two hundredths of a second, as happened to one swimmer is disappointing, it is character building stuff!

Thanks to all the timekeepers and officials, Jo and her helpers who took the entries and Doug, Greg and Jackson who did a great job with the club's new BBQ.

Paekakariki Shield Relay and Chocolate Meet:

PCA team of 49 were joined by swimmers from the Tawa, Raumati and Otaki Titans to compete for the two trophies at this meet held at the Tawa Pool on 24 November.

The Paekakariki Shield was a relay competition with teams swimming in age groups from 9 and under, 10/11yrs, 12/13yrs and 14 and overs in both freestyle and medley relays.

The final relay was the fly squadron consisting of a boys and a girl from each age group – 8 swimmers in total.

While PCA entered all relays, and often with two or three teams, other clubs just didn't have the numbers and only Tawa entered teams in the younger two age groups. PCA won 12 relays and Tawa, one. PCA won the Shield with 79 points to Tawa's 31. It was great that PCA could enter three flying squadron teams so we could compete between ourselves!



In the Individual races swimmers swimming a Personal Best or establishing a new time received a PB ribbon and a chocolate Bar. For those who missed chocolate by very small margins – for one swimmer it was .01 second, this meet was real character-building stuff!

Tawa took out the PB trophy with 67% of their swimmers achieving PBs. Otaki was second on 60% followed by PCA 58% and Raumati 40%.

Congratulations to all our swimmers, especially those who swam for the first time and/or swam a new event.

A big thankyou goes to all the parents who helped out and officiated at the meet, especially the senior officials who don't have children competing.

Thanks also to coaches Gerusio and Megan who helped with the warmup and the team managers.

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 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:

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

16 December – Family Fun Night – Cannons Creek Pool.

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 (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