

### Club Sessions from Monday 27 January:

PCA club night starts back on Monday 27 January.

Times the same as last year and back to normal times for Friday night club nights.

Sunday Morning Club Sessions start one hour later when there is not Learn to Swim.

**PCA club sessions on Sunday mornings will be at the following times.**

- 9:00am – 10:00am - 2 and 9 February
- 8:00am – 9:00am - 16 February to 30 March.
- No club swimming on Sunday 30 March due to club champs
- 9:00am – 10:00am - 6 and 13 April.

### Painter Required:

We have recently had the doors to our storeroom replaced at Cannons Creek pool and need them painted.

If you are able to help with this please contact Viv – [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz).

### Local Meets Coming Up:

#### Gold Coast Meet - 16 February - Tawa Pool

This meet is open to swimmers of all levels and is an ideal meet for those new to racing. New swimmers and those recording a Personal Best will receive a PB ribbon.

Entries close Monday 10 February. *If you are unsure how to enter see PCA's website.*

#### Club Champs – Sunday 30 March – Tawa Pool

Mark your Diaries now.

There are two sessions in the afternoon, warm up is 2pm for the first session. Further details will follow.

### Learn to Swim - Term One 2025:

Our next course of lessons will start on 16 February 2025 and finish on 30 March 2025. Everyone is Welcome.

Class times are 9.15am and 10am with all levels held at each time slot.

On the first day swimmers should arrive at least 15 minutes earlier than their class time to complete enrolment process.

The course fee is \$45.00 – payment can be made on the first day - cash only, no eftpos, or deposited into account number 30547 0205093 01. Please use your swimmers name as the reference and include L2ST1.

**Please note.** All participants must be at least 5 years old, 1.1m tall, long hair must be tied back – wearing a cap is preferable. Goggles are essential and can be purchased at the pool.

### Senior Squad Camp:

Seventeen swimmers from PCA were joined by swimmers from the Raumati and Ice Breakers Clubs for a six day training camp held at Fielding at the beginning of January.

The group stayed at the Fielding High School and trained at the outdoor 50m pool.

Thanks to our parent helpers, Rose and Matt and coach Gerusio for giving all the swimmers such a positive experience,

Two swimmer's reports below make interesting reading – certainly this was no holiday camp!

For Jade Lin this ends her time at PCA as she heads off to Otago University to start the next chapter in her life. Jade first joined PCA in 2018 – Jade's positive, friendly and ever encouraging attitude that she brought to PCA will be missed, especially by the Senior Squad.  
*All the Best, Jade.*



## Report from Jade Lin

The annual PCA Swim Camp was held in Feilding, and this year we had the Ice Breaker Aquatics join us in addition to the Raumati Swimming Club.

The camp was physically demanding - swimmers had to complete 11 swim sessions in the span of 6 days, do morning fitness and also run to the pool daily. Personally, I felt like it resembled a military camp.

However, to say that the camp was tiring would be a severe understatement. Amidst the lactic acid build up and pain in our muscles, we developed great camaraderie between the swimmers from different clubs. Each person was put into one of the 4 Houses (Hufflepuff, Slytherin, Ravenclaw and Gryffindor) and we completed lots of team building challenges that helped us to get to know one another better.

One of the many highlights for me was probably the House relays we did towards the end of camp. The atmosphere in those was truly electric - every team was cheering loudly for their teammate and as a swimmer, there is no better feeling than hearing your name being chanted as you come in to touch the wall. Another fun activity I did was probably playing table tennis with Jayden, Justin, Cody, Gerusio, Matt and Nathaniel. Yes, all of them at once. It was King/Queen of the Court Style, and it was a nice wind down activity that contrasted to swimming.

As I reflect on the past week at camp, a warm fuzzy feeling fills my heart. Yes, there were many moments where I felt pushed to my absolute limit, but the valuable connections and memories made with the people are something that I will always cherish. I believe this forms part of the essence of camp. Within the physicality, we find things of greater meaning that we can carry in all walks of life.

Thank you to all the parent helpers, coaches and organisers who made this camp possible. Congratulations to the swimmers too - it is no mean feat to do what we have done at camp and we should all be proud of the things we have achieved throughout the week, whether that be completing a hard set or making a new friend.



## Report from Emma Harrison

At Swim camp we had around 50 kids in four lanes and four coaches lucky we were in a 50m pool.

Most mornings we woke up at 6:30 and had core workout at 7:00 except Thursday. On Thursday we got woken up at 5:45 by some loud music and cheerful coaches who made us march at 6:00 to the sound of bagpipes.

In the morning, we ran to the pool for our 2hr swim session. We then had to run back which was hard after a long session.

The afternoon sessions were also 2 hours long, but without the running. We had some fun Team activities between sessions where everyone was split into four teams: Gryffindor, Slytherin, Ravenclaw and Hufflepuff. Anyone could lose or gain points for their team at any point during camp. Camp was lots of fun, and I look forward to going again next year.

### 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](mailto: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](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)

### 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](mailto: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](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:

**1 February** – Capital Classic (LC) – WRAC – Entries Closed.

**16 February** – Gold Coast (SC) – TAWA – Entries Close 10 February.

**22 February** – SwimZone Racing Meet (SC) – Te Ngae Ngae – Entries Clode TBC

**8 March** – SNZ Junior Festival All Stars Zone (SC) – Coastlands – Entries Close 18 February

### Club Lane and Squad Information:

A summary of how we structure our Club Lanes for new swimmers, and also our booklet for competitive swimmers can be found at the links below.

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

### 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 (Sonja Maharaj)..... [e-mail](#)  
Race Secretary (Elouise Thomas).....022-140-5068  
Junior Squad Coach .....[borlasel@swimporirua.co.nz](mailto:borlasel@swimporirua.co.nz)  
Senior Squad Coach.... [matonseg@swimporirua.co.nz](mailto:matonseg@swimporirua.co.nz)  
Officials Co-ordinator (Blair St Just) .....021-782-591  
Uniforms (Jessie Guo) .....021-232-1533  
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