

### Swimming Wellington Awards:

Three of our wonderful volunteers have been recognised for their contribution to swimming in the 2024 Swim Wellington Awards. At a meet in December the coach's awards were presented with Gerusio Matonse being named National Age Groups Coach of the Year.

The awards for volunteers have been presented over recent weeks at the recipients respective club nights.

Angus Pashley, SW's Executive Officer came along to a Monday club night and presented the following with their certificates and a bottle of wine.



Megan Carr received SW Volunteer Coach of the Year Award. Megan coaches on Friday club nights and teachers our water confidence group at learn to swim. This is often the most challenging group with reluctant starters whom she encourages on their swim journey.

Elouise Thomas received a Swimming Wellington Service Award. These are presented to volunteers who give outstanding service for at least six years to the Wellington region and/or their clubs. Over the years Elouise has been a committee member, PCA's officials, co-ordinator, the club secretary and is currently the race secretary. As most of you know, she also coaches, officiates regularly at local and regional meets and is often part of the PCA management team at National Meets.

Rose Crawford received the SW award for Club Contributor of the Year. Over the year Rose has done

many tasks for the good of the club. She manages our Facebook page, organises the uniforms for the PCA teams going to National Meets, she has managed many PCA teams, pool side both locally and nationally. She is on the committee, has been the senior squad liaison person and is as currently filling in as club secretary.

Congratulations to you all.

### Sunday Morning Club Session Coaching:

After many years of coaching and teaching at Learn to swim on Sunday mornings Richard Peterson will be leaving us to move to Tauranga.

Obviously this is a big loss our PCA coaching team and now we are on the hunt for a volunteer to coach this session. Fortunately, we already have cover for his learn to swim classes.

As Richard covers three lanes on Sunday's maybe there are three people who would like to step up and take a lane each and support each other.

Ideally we would like to have a coach or coaches in place before Richard moves which would allow them to work alongside Richard and learn from him in the coming weeks.

Please don't leave this to someone else – we are fortunate to have coaches who will step in as cover at short notice, but we require more regular coaches for this group to continue.

Interested parents should contact Viv to discuss – ph 027 645 1146.

### Cups and Trophies:

Would all those who were presented with Cups and Trophies at last years prizegiving please return them to the following.

- Johnsonville Squad – Catherine Bai
- Senior Squad – Rose Crawford
- Cannons Creek Junior Squads – JayMi Ng
- Cannons Creek Club Swimmers – Viv Morton

Please ensure they are cleaned. 'Silvo' (a silver polish) can be purchased at supermarket and does an excellent job. Please don't use other cleaners and only soft cloths to prevent scratching the surface.

## Sunday Morning Club Swimming – 30 March:

Club swimming on Sunday 30 March is cancelled as PCA club champs are being held in the afternoon at Tawa Pool.

## Porirua City Aquatics Novice Carnival:

**6 April 2025 at Cannons Creek Pool  
1:30pm, warm up for 2:00pm start**

### Come along and “HAVE A GO” – an introduction to racing

Races are held in single age groups from 6 years and under up to 11 years and over, over 25m and 50m, in freestyle and backstroke only.

This meet is an introduction to racing, targeting swimmers newer club members and swimmers who have not raced in three or more zone or interclub events. All swimmers 8 years and under are considered 'Novice swimmers' and are eligible to enter. Swimmers 9 and over who have qualified to swim at the Wellington Champs may not enter. Club events like Race Nights, Club Champs, In House league held at the Cannons Creek pool for our members only are not counted for eligibility.

Every effort will be made by the officials to put swimmers at ease and to ensure they enjoy their first swim meet. The club will appoint a team manager to look after the Porirua City Aquatics team at the meet. The team should sit together with the team manager. Parents should sit away from the team.

All those competing will receive a 'participant' ribbon. Swimmers will swim each event they enter once, and times will be collated, should there be more than one heat, to rank the swimmers – in swimming this is known as *timed finals*. Ribbons will be presented to those who place first, second or third overall in each event.

Full details and entry instructions are on the noticeboard and on the flyer which can be found on our website. Entries close on 30 March. While the flyer asks swimmers to enter through Fastlane PCA swimmers who don't have a log-in should contact Viv

It would be great if PCA was the biggest team at the meet. If you have a query about this meet, speak to your child's coach or ring Viv on 027 645 1146.

## Novice Carnival Lucky Lane Prizes:

### Can you help make this carnival a success?

It is our aim to give every Novice swimmer at Lucky Lane Prize and usually PCA has been lucky enough to have items donated from our swimming community. These may include drink bottles, frisbees, balls, vouchers, novelty items – maybe you or your employer has give

aways that could be shared. Sponsorship will be acknowledged at the meet. If you can help please email Viv, [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

## Coast to Coast:

PCA are very proud of our swimmers, both past and present who took part in the gruelling Coast to Coast race recently.

Deborah Lynch (past swimmer) was the overall women's winner while Charlotte Harrison and past swimmers Jordan Spark and Sophie Hiswin each covered one discipline for their Aotea College teams.

Charlotte who swims in our senior squad did the Kayaking leg of the race. New to kayaking, she trained for a year leading up to the event – what an accomplishment – Congratulations.

## Swim Wellington Board:

A vacancy exists on the Swim Wellington Board.

If you, or you know of anyone who would like to influence the direction of swimming in the region, please email Viv [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

## Funding Acknowledgement:

Porirua City Aquatics is extremely grateful to Pelorus Trust who have recently granted the club money to go towards pool hire for term one.



Pelorus Trusts Venue's in the Porirua are 888 Sports Bar & Gaming and Blend N Brew Bar – their support deserves your support!

## PCA Club Championships:

**Sunday 30 March 2025 – Tawa Pool  
Entries Close 23 March**

Club Championships are the premier meet on any club calendar and with diving banned at Cannons Creek, and Te Rauparaha Arena pool not measuring a full 25 metres Porirua City Aquatics Club Championships will be held at Tawa's Pool on Sunday 30 March 2025, over two sessions (2:00pm warm up for a 2:30pm start, then 4:15pm warm up for a 4:30pm start). The short break between sessions provides an opportunity to picnic in the park next door – PCA are planning to have a sausage sizzle running @ \$2.50 each. See the flyer on our website and/or noticeboard for full details.

By hiring the Tawa Pool our swimmers will be able to dive, if they wish, or they can start in the water. All 25 races will start in the water.

Over the years some sixty-odd cups and trophies have been donated to PCA to be swum for at the Championships. The Cups and Trophies are in age groups 9yrs and under, 10/11yrs, 12/13yrs, 14/15yrs and Open, cover four strokes, as well as medley, with separate events for boys and girls.

As well as the Cups and Trophy events, 'Age Groups' races are held in individual age groups, again with boys and girls separate, from 6yrs and under up to 17yrs and over. Points earned in these races (1<sup>st</sup> 8, 2<sup>nd</sup> 5, 3<sup>rd</sup> 3, and one for all the other swimmers participating) contribute to the Age Group medals.

Both the Age Group medals (that is one Gold, one Silver and one Bronze in each age group) and Cups and Trophies will be presented at our Prize Giving on Sunday 18 May 2025. Full details will be advised later.

As many age group events are the same as the Cups and Trophy events the programme has been streamlined so no one will swim the same distance/stroke twice, but the results from one swim may count for both the Cups and Trophies and the Age Group points. All events will be swum in mixed age groups, graded/scratch, that is, from slowest to fastest, as happens at Gold Coast Meets.

We would like everyone to 'Have a Go' at these Championships – there are many events on the programme. Everyone will be able to find something they are comfortable to swim. Session one is mainly freestyle and backstroke events, with breaststroke and butterfly events in session two.

As with most meets entries must be done on-line through Swimming NZ's database. For newer swimmers this is easy to do providing you have your log-in. If you are unsure about your log-in contact Brent Harris on [info@swimporirua.co.nz](mailto:info@swimporirua.co.nz).

Entries close on Sunday 23 March 2025 – late entries will not be accepted.

For those new to on-line entries full details are on our website under 'Meets – how to enter'. All costs for hiring the pool, door entry etc will be covered by the club.

We will need help to run these Championships. Timekeepers will be called for at each session. With seven lanes we must have three timekeepers on each lane to run the meet. We will also need at least three or four IOT's at each end of the pool, as well as a qualified referee, stroke inspector, and starter.

All parents and caregivers of those entering must be available to officiate as required.

If there are any queries please email Viv Morton [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz) or Elouise Thomas our race secretary [race@swimporirua.co.nz](mailto:race@swimporirua.co.nz).

## Meet Reports:

### Manawatu Champs:

Swimming in the outdoor Lido 50m pool proved to be a big learning curve for PCA's team of three who swum at the Manawatu Champs in Palmerston North on Feb 1 & 2.

Even with the challenges they produce some excellent results.

Eight year old Federika Shepeleva finished the meet with gold medals for 50 & 100 freestyle, 50 & 100 butterfly, 50 & 100 breaststroke and a Silver in 50 backstroke. Dominic Dai, 9yrs won gold in 50 freestyle, 100 butterfly, 50 breaststroke and 100 back, while 15 yr old Lauren Crawford won Silvers for 50, 200 and 400 freestyle and 100 backstroke.

### Gold Coast Meet – Tawa 16 February:

This certainly was a busy meet with the PCA's team of 62, Tawa with just over 50 swimmers, and then Raumati and Otaki brought total numbers to 120.

Raumati won the Personal Best trophy with 85% of their swimmers achieving a PB. PCA was second 58% followed by Tawa on 47%.

There were a number of huge PB's – Tai Lewis had a great night with a 25 sec PB in 200 free and 15 sec in 100 backstroke. Others to achieve PBs over 15 seconds were Jayden Ng, 27 seconds in 200 breaststroke and Sofia Nguyen, 17 sec in 200 free.

A big thank you the Jessie, Megan and Zhenzhen our team managers, Lucy and Steven our coaches, Jo for calculating the PBs percentages and all those who time kept and officiated, especially those who didn't have swimmers competing.

Thank you to Glen Mitchell who took the time to come to the meet to scratch Olivia and then was prepared to stay and do his allocated timekeeping duty – obviously this went beyond the call of duty and he was sent home – thanks to those who stepped up to cover him and others.

It is handy to know when carparking is challenging with so many other things happening in and around the pool there is always plenty of parking available on the other side of the railway line, outside Tawa College and then it is a short stroll over the train track pedestrian crossing to the pool.

Learnings from the Meet:

- As advised in the manager's email Gold Coast meets are CASH only – this was not something that had registered with everyone.



- This has been mentioned before. Swimmers are advised NOT to enter two 200s. These events are often combined and may leave the swimmer with no recovery time, and worst still, decisions to be made if their two preferred events become one.
- Parents going into the marshalling area at swim meets (or behind the blocks at self marshalled meets) is not allowed at any time and does risk the swimmer of the parent involved being disqualified and/or the parent being removed from the meet. At Gold Coast meets a team manager could go in to sort out forgotten goggles, caps etc but parents must stay away. At officiated meets only officials and swimmers are allowed in the marshalling area. The next big meet for the Juniors will be SNZ's All Stars Junior Festival where only accredited managers and officials will be allowed on pool deck and parents must stay in the spectators area.

### 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:

**8 – 9 March** – SNZ Junior Festival (SC) – Coastlands – Entries Closed.

**16 March** – Gold Coast Woollahra Trophy (SC) – Coastlands – Entries Close 9 March.

**21 – 23 March** - SNZ Div II (SC) – Auckland – Entries Close 11 March.

**30 March** - PCA Club Champs (SC) – Tawa – Entries Close 23 March.

**6 April** – PCA Novice Carnival (SC) – Cannons Creek – Entries Close 30 March.

### 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 (vacant) .....	<a href="#">e-mail</a>
Treasurer (Sonja Maharaj) .....	<a href="#">e-mail</a>
Race Secretary (Elouise Thomas) .....	022-140-5068
Junior Squad Coach .....	<a href="mailto:borlase1@swimporirua.co.nz">borlase1@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>