

### PCA Novice Carnival:

6 April at Cannons Creek Pool. Warmup 1:30pm.

This is a very relaxed meet, ideal for our newer swimmers.

All swimmers under 8 are eligible to swim plus older swimmers who have not swum in three or more inter-club meets like the Gold Coast Meets.

**Don't forget to enter – Entries Close 30 March.**

### April School Holidays:

#### Plans for the Next School Holidays

**Sunday 6 and 13 April** - Swimming will be 9:00am to 10:00am.

**Monday 14 April** - will be devoted to Distance Badge swimming – see notice below

**Friday 18 to Monday 21 April** (Easter Weekend) – All swimming is cancelled.

**Friday 25 April** – All swimming is cancelled

**Sunday 27 April** - Swimming will be 9:00am to 10:00am.

#### 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.

Three lanes of the pool will be available for Distance Badge swimming until 6:30pm and then the whole pool can be used to 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 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

### Learn to Swim – Term 2 2025:

Our next course of lessons will start on 4 May 2025 and finish on 22 June 2025. Lessons will not be held on Kings Birthday weekend (Sunday 1 June).

All children wanting to learn to swim who meet the minimum age and height requirement are welcome.

Class times are 9:15am and 10:00am 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 030547 0205093 01. Please use your swimmers name as the reference and include L2ST2.

**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.

### Meet Reports:

#### SNZ All Starts Junior Festival :

Swimming NZ's Junior Festival Meets were held at four locations around the country with ours, the All Stars Region covering Manawatu, Wairarapa, Wellington and Whanganui held at the Coastlands Pool over 3 sessions on the March 8 and 9.

PCA's team of 32 was the biggest club team at the meet and while many individual races were very close the relays were extremely exciting!

Well done to all our swimmers.

Those who achieved PBs of more than 5 seconds should be extra proud of their swims. Congratulations to Sean Andrews, Ella Au, Jackson Ellis, Anna Han, Jordyn-Leigh Jacobs, Emma Ng, Amokura Olsen, Addison Parish, Federika Shepeleva, Lincoln Thomas, Chao Wang, Julia Wang and Lawrence Wang,

A big thank you to all the parents who helped with duties and officiating. Many were allocated job's they had never done before and everyone coped well.

A big thank you to Lucy for coaching and encouraging the swimmers, and JayMi, Jessie and Zhen Zhen our team managers. They all did a great job especially as they faced challenges over the three sessions – see learnings from the meet below.

Thanks also to those who regularly help out when they don't have swimmers competing.

Individual and Relay Team results are attached to this newsletter.

Learnings from this meet:

- Swimmers must sit with the team, to save the managers needing to hunt around for them to send to marshalling. We understand that swimmers like to talk to their parents after a race, but this should be kept to a brief conversation so the swimmer can return to the team. With only three age groups often the turnaround time between races for swimmers is short.
- Swimmers/families need to read all the information that is sent out prior to a meet. We had a couple of swimmers head home when they still were required for relays. Fortunately, with quick work from the Managers, changes were made and everyone got a swim. These teams became Exhibitions swims, as changes aren't allowed to be made during a session. Exhibition teams aren't eligible for placings and appear on the results marked with an 'X'. Changes on this occasion only happen with the goodwill of the meet technical director.

### Woollahra Trophy Meet:

Porirua City Aquatics' team may have been small in comparison to recent meets, but those swimming certainly produced good results at Coastlands on 16 March.

Relays were on the programme. These were swum twice, once to establish a time then as a handicapped the final.

The 13 and over relay final was extremely exciting with less than one second separating the first four teams. Raumati were the winners just 0.29sec ahead of PCA.

In the 12 and under relay two teams started the race before their handicap had been called and another team

swim swum the final more than 2 second faster than their heat – all three teams were disqualified.

**A learning here** - in these handicap races (individual or a relay) if swimmers go early they should return to the start and wait until their handicap is called , or if it has past, then just touch the wall and Go!

Raumati won the Woollahra Trophy with 111 points, PCA was second with 93 pts, followed by Otaki Titans 78 and Tawa on 65.

It was great to see swimmers taking part in a Gold Coast Meet for the first time or swim new events. Well done to Sean Andrews, Abilgail Black, Emilia Bleach, Kai Jiang, Tai Lewis, Trudy Liu, Wambui Mubea and Logan Wilson.

Others made some massive improvements on their times – Congratulations Livvy Andrews 17s in 100 fly, Matthew Bleach 13s in 50 breast, Sasha Eastham 10s in 50 breast, Tai Lewis 12s in 50 back and 17 sec in 100 breast, Maddy St Just 37s in 200 back and Nathaniel Wood 28s also in 200 back.,

Thanks to Megan Carr and Rose Crawford the team managers, coach Gerusio Matose for all his coaching wisdom, and all the parents who helped with duties and timekeeping.

### SNZ Div II:

Five PCA swimmers qualified and swum at SNZ Div II Meet held in Auckland on 21/23 March.

Together they produced some excellent results resulting PCA being 13<sup>th</sup> overall in club points total and 2<sup>nd</sup> of the Wellington clubs. Seventy one clubs took part.

Leading the team was Indie Spalding who made podium finishes placing 1<sup>st</sup> in 2 events, 2<sup>nd</sup> in four events and 3<sup>rd</sup> in another. Also to make the podium was Daniel Turetsky with a 3<sup>rd</sup> place for his 800 Free.

2025 DIVISION II RESULTS		
Charlotte Harrison	15yr Female	4 <sup>th</sup> 200 Fly, 6 <sup>th</sup> 50 Fly & 200 IM, 9 <sup>th</sup> 100 Fly, 21 <sup>st</sup> 50 Free
Jayden Ng	15yr Male	4 <sup>th</sup> 100 & 200 Back, 5 <sup>th</sup> 100 & 200 IM, 6 <sup>th</sup> 50 Free, 7 <sup>th</sup> 50 Back, 10 <sup>th</sup> 100 Free, 11 <sup>th</sup> 50 Fly
Indie Spalding	14yr Female	1 <sup>st</sup> 100 Free & 200 IM, 2 <sup>nd</sup> 50 Free, 100 Free, 100 IM & 200 Back, 3 <sup>rd</sup> 200 Free, 4 <sup>th</sup> 100 Fly, 5 <sup>th</sup> 50 Fly
Daniel Turetsky	15yr Male	3 <sup>rd</sup> 800 Free, 4 <sup>th</sup> 400 Free, 8 <sup>th</sup> 100 Breast, 10 <sup>th</sup> 100 IM & 100 Back, 13 <sup>th</sup> 50 Breast & 200 Free, 15 <sup>th</sup> 50 Back, 19 <sup>th</sup> 50 Free
Aaron Zang	16&O Male	29 <sup>th</sup> 50 Free, 32 <sup>nd</sup> 50 Fly
PCA was 10 <sup>th</sup> Mixed 4 x 50 Free relay (Jayden, Indie, Charlotte, Aaron)		

A big thank you goes to JayMI Ng and Jessie Guo for managing our team. Managing a team like this means they were the pool side managers, cooks, drivers and camp mothers for the 4 nights the team was away.

Also a big thank you to Tawa's coach Lachie Mundy who provided pool side coaching advice.

## Subscriptions:

The membership year begins on 1 July, and subs for the 24/25 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  
**Everything Else 03-0547-0205093-00**

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

## Upcoming Events:

**29 March** – SWN National Qualifier (LC) WRAC – Entries Closed.

**30 March** – PCA Club Champs (SC) Tawa – entries Closed.

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

**13 – 17 April** – SNZ NAG's (LC) Hawkes Bay – Entries Close 1 April.

**3 May** – SWN National Qualifier (LC) WRAC – Entries Closed TBA.

## 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) ..... [e-mail](#)  
Treasurer (Sonja Maharaj)..... [e-mail](#)  
Race Secretary (Elouise Thomas).....022-140-5068  
Junior Squad Coach ..... [e-mail](#)  
Senior Squad Coach..... [e-mail](#)  
Officials Co-ordinator (Blair St Just) .....021-782-591  
Uniforms (Jessie Guo) .....021-232-1533  
Newsletter ..... [e-mail](#)

## 2025 Junior Festival – All Stars – Results

<b>Name:</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>Top 10</b>	<b>Swims</b>	<b>PBs</b>
Sean Andrews				2	3	2
Eliza Au				1	3	1
Ella Au	2	2	1	4	9	8
Heidi Chen				1	1	1
Charlotte Dai				1	3	2
Domi Dai		4	1	1	6	4
Adalyn Dong				2	2	0
Jackson Ellis					4	2
Anna Han	9	1		2	12	5
Jessica Harris					2	2
Jordyn-Leigh Jacobs					2	1
Evan Li				1	3	1
Ashley Liu				4	4	2
Qianran Meng					3	2
Wambui Mubea					3	2
Emma Ng		2	1	3	8	3
Amokura Olsen		1		4	5	3
Addison Parish					3	3
Nova Parsons				1	3	3
Federika Shepeleva		1	1	8	10	10
Lincoln Thomas	1		1	7	9	5
Peixin Tian			2	7	11	5
Chao Wang	2	2	5	4	14	8
Jade Wang				1	4	1
Julia Wang		1	4	2	8	6
Lawrence Wang		1	2	9	12	4
Xi Wang			1		8	1
Kristen Young		1	1	6	8	5
Angela Yu					2	
Rebecca Yu	9	1	1	1	12	
<b>Total</b>	<b>23</b>	<b>17</b>	<b>21</b>	<b>72</b>	<b>177</b>	<b>92</b>

### Relays:

1<sup>st</sup> for 6x50 Free Mixed

1<sup>st</sup> for 6x50 Free Female

1<sup>st</sup> for 4x50 Free Mixed A team, 4<sup>th</sup> for B team

1<sup>st</sup> for 4x50 Free Female

4<sup>th</sup> for 4x50 Free Male

1<sup>st</sup> for 4x50 Medley Mixed A team, 4<sup>th</sup> for B team

1<sup>st</sup> for 4x50 Medley Female

3<sup>rd</sup> for 4x50 Medley Male

1<sup>st</sup> for 4x25 Kick Mixed A team, 2<sup>nd</sup> for B team and 4<sup>th</sup> for C team

1<sup>st</sup> for 4x25 Kick Female A team, 2<sup>nd</sup> for B team, 5<sup>th</sup> and 7<sup>th</sup> placings for D & E teams

1<sup>st</sup> for 4x25 Kick Male A team, 4<sup>th</sup> for B team.