

Plans for July School Holidays:

Sunday 29 June - Swimming will be 8-9am followed by the final class in the current learn to swim course 9am to 10am.

Monday 30 June & 7 July. Club swimming will be at the Arena. Those who usually come at 6pm should come at 6.30pm and those in the later classes come at 7.15pm. With three lanes & diving blocks available this will be a great opportunity for everyone to improve their diving.

Swimmers will need to pay the council's door entry charges.

Friday 4 & 11 July. Club sessions will be at Cannons Creek with all six lanes devoted to Distance Badge swimming.

Club and Squad swimmers are welcome. Details are below.

Sunday 6 & 13 July – Club sessions will not be held. On 13 July PCA is hosting our Div III meet at Tawa Pool – further details are in this newsletter.

Distance Badges - As many of you know PCA has distance badges that 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 kilometer (40 lengths) for a time. PCA has a range of ribbons available to reward swimmers for times achieved.

Swimming times – please come at the times set out below. It makes it very difficult when swimmers turn up at 6pm to swim 1km.

- 6pm for those swimming distance badges for the first time.
- 6.30 for those swimming 200m, 400m, 800m and 1500m
- 7pm for timed 1km swimmers

To help these evenings run smoothly our coaches will need help from parents counting laps and/or timing the 1km 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 Viv if you have a query - 027 645 1146

Coaching update:

Sadly, both Gerusio and Lucy have resigned from their coaching positions at PCA.

They have both been fantastic coaches and certainly have improved the standard of swimming in our squads.

I know from feedback that the swimmers love Lucy and she has expressed how much she has enjoyed that job and working with the Juniors. During her year with us we have seen big improvements in the squad swimmers technique and results.

Lucy has landed her dream job as a Producer at an art production company. She finishes with PCA at the end of the school holidays. Interestingly, she was told she got the job over others because of her current job as a swimming coach and therefore knew how to talk to people.

Gerusio also has a great opportunity in front of him and will be finishing on 6th of August. He has decided to go overseas and has a scholarship to pursue PhD studies in Coaching, Teaching and Sports Psychology in the States.

This decision has not been easy for him as he has greatly valued his time working with the entire team, firstly as Junior Coach and then moving to Senior Coach when Nevill Sutton retired. He has especially appreciated the relationships that he built over the years and is grateful for the opportunities, support, and experiences he has been given.

He did comment - It has been a pleasure contributing to the team, and I have learned so much that I will carry with me into this next chapter. As we know during Gerusio's time PCA team rankings have greatly improved at a National level.

Work to find replacement coaches will start immediately.

2025/2026 Membership Fees:

Membership fees for 2025/26 membership year are due from 1 July 2025, and must be paid by 31 July 2025 for swimmers to continue swimming with the club.

Swimmers wishing to enter meets will need to pay their fees earlier as entries will not be accepted through the Swimming NZ database if swimmers are un-financial.

Membership fees are to be paid into account no 030547 0205093 00. The account name is Porirua City Aquatics Incorporated.

Fees have been set at

- \$220 for club swimmers, these are swimmers who attend Sunday morning and Monday and Friday night club sessions, and the Tadpole Squad.
- \$220 for PCA's Johnsonville Squad swimmers.
- \$185.00 for those in Seals, Swordfish, Sharks, Orcas and PCA's Senior Squad.

Families who may like to spread their membership payments should contact our treasurer, Sonja on treasurer@swimporirua.co.nz to make an arrangement.

Swimmers taking up this option cannot enter any swim meets until these fees are paid in full.

Our fees have increased slightly, mainly because of increases in affiliation fees. Fees are used to run the club and cover general expenses. For our members PCA pays affiliation fees to Swim Wellington and Swimming NZ. These fees help run these organisations and in the case of Swimming NZ funds the SNZ database which is a great asset to PCA providing us with a database of members details, as well as storing swimmer's times and gives the club eligibility reports when required. It is also used by members to enter swim meets and when PCA is hosting a meet these entries can be up-loaded direct into the computer programme we use to run a meet. This database has reduced many hours of work required to keep these details up to date in the past.

For those wondering why some swimmers pay \$185.00 when others pay more. The squads listed all pay monthly or term coaching fees to PCA which go towards their coaches wages, for pool side coaching and attendance at meets, as well as covering some pool hire.

For the Johnsonville squad your fees are used to run the club and cover some of coaches wages at swim meets. As many know some of these meets requiring a coach's attendance are five-day National Meets.

For the club swimmers and Tadpoles your membership fees are used to run the club, and cover pool hire for our club sessions.

If you have a query or question email President Viv on president@swimporirua.co.nz or phone 0276451146

Porirua City Aquatics Div III Meet:

Sunday 13 July 2025 Tawa Pool:

Session 1 – 9am warm up for a 9.30am start

Session 2 – 1.30pm warm up for a 2.00pm start

This meet is open to **all developing swimmers / up and coming swimmers**, meaning swimmers who have qualified for the 2025 National Age Groups and Div II meets and/or NZ Champs may not enter the events they are nationally qualified for.

Also, there are restrictions on the events those under 12 may enter. The ideal with this meet that those who win medals at regional championships and SNZ Junior Festival may not enter.

The flyer has times listed and normally these would be qualifying times, but for this meet it works the opposite and if you swim **FASTER** than these times you can't enter.

The purpose of this meet is to give developing swimmers a chance to shine, win medals and gain finalist ribbons.

PCA has successfully run this meet for over 35 years and we will be expecting to have the biggest team there – it is a club fundraiser, and we will also be expecting to see swimmers from all around the region, including Manawatu to enter as they have done in the past.

Entries, via SNZ database, close at midnight on 6 July 2025. Note – if you haven't paid your sub for the year beginning 1 July 25 then your entry will not be accepted. It is the PCA's expectation that our national swimmers (in club uniform) will help at the meet in return for the support they have received from the club to attend Nationals.

For full details, see the flyer on the noticeboard or website.

NZ Tri-Series Team:

Congratulations to PCA's Nathaniel Wood.

For the third year in the row, it is fantastic to see a Porirua City Aquatics swimmer selected to represent New Zealand at the 2025 Tri Series Competition. This competition will take place in Ballarat, Victoria from 7 to 12 July 2025.

Nathaniel, a Para swimmer has had a fantastic year winning medals at Wellington Championship Meets as well as National Age Groups, and truly deserves the opportunity he has been given.

Representing New Zealand at this level does come at a cost – nothing is free! The club will be contributing to his costs and his family are in the process of organising fundraisers. Nathaniel has a Give A Little page, will be



organising raffles and maybe selling sausages on club nights – your support would be appreciated.



Give a little link:

<https://givealittle.co.nz/cause/nathaniel-wood-para-swimmer>

Porirua City Aquatics In House League:

4 & 18 August and 15 September 2025
All Monday nights at Cannons Creek Pool
6.00pm Warm up – 6.30pm Start
Entries close Wednesday 30 July

This is a team competition, run over three Monday nights. Everyone entering is put into one of six teams. Each team is managed by older swimmers who organise their team into races while trying to ensure all swimmers have a similar number of swims. For the series, it is age as at 4 August – swimmers having a birthday during the series, will continue to swim in the lower age group.

Everyone swimming earns points for their team – first 6 points, 2nd 5 points, etc, down to 6th place one point. Individual events on the programme are over 25m and 50m in various strokes with a number of age and open relays in various strokes.

While swimmers will not be asked to swim anything they aren't capable of, they will be expected to come along with a 'have a go attitude' thinking 'I'll give it a go for the good of the team'. Teams do much better when with swimmers in each race, rather than someone being fussy about what they swim.

It is expected that those entering make a commitment to attend each meet. Every effort will be made to ensure teams have a similar spread of age and ability groups to give a balanced competition. We appreciate that at times things do crop up and missing a league night may be unavoidable, but swimmers who just forget or don't turn up are letting their team down.

We will need help on the night with judging the finishes, a starter, referee, judge of stroke, and recorders. Timekeepers are not required.

To enter, please enter your name on the entry sheet on the noticeboards at Cannons Creek, or by emailing Viv Morton at president@swimporirua.co.nz please include your age as at 5 August in your email. Entries close on 30 July.

Things to remember,

- For the smooth running of league, swimmers are to sit with their teams.
- Parents and supporters are to sit on the top rows of the grandstand and leave the bottom two rows free for the teams.
- Leading a team becomes difficult when swimmers sit with their parents and leaders need to search for their swimmers.
- Our leaders try very hard to give all team members an equal number of races. The number of heats on the programme for each event is matched to the age and numbers in the teams, which means not every 9 year old, for example will get the swim in every race available for 9 years olds.

Te Rauparaha Arena Pool Maintenance:

The Arena pool will be closed for maintenance, from Monday, 21 July until Friday 8 August.

Finding training space for our squads during these three weeks has been challenging. A timetable will be issued to the squads affected shortly.

Learn to Swim Term Three 2025:

Our next course of lessons will start on 20 July 2025 and finish on 31 August 2025.

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 has increased slightly to cover rising costs and will be \$50.00 for the seven lessons – payment can be made on the first day - cash only, no eftpos, or deposited into account number 030547 0205093 01. Account name Porirua City Aquatics Incorporated. Please use your swimmers name as the reference and include L2ST3.

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.

Parumoana Inter- School Swimming Sports:

Planning is underway for the 2025 meets – please mark your diaries now.

Dates – both are morning sessions:

- Years 5 and 6 – Tuesday 19 August 2025
- Years 7 and 8 – Wednesday 20 August 2025

Schools in the Parumoana cluster are Rangikura, Papakowhai, Paremata, Postage, Pauatahanui, Discovery, Adventure, Whitby Collegiate (years 7 and 8) St Therasas, Plimmerton and Pukerua Bay.

The schools should organise their teams as well as timekeepers and team managers. Please encourage your school to enter a team. Often it is PCA parents who drive this along at school level to ensure it happens.

For those new to interschools these meets have been held successfully for several years and are jointly organised by Porirua City Council/Dash Swim School, Porirua City Aquatics and Easyswim Swim School.

Lastly if your school doesn't have a school swim cap – please encourage your swimmer to wear their PCA cap – after all our swimmers are our best advertisements!

Committee Matters:

Two appointments were made at our recent committee meeting

- Oliver Bennett will be PCAs Vice President for this coming year replacing Brent Harris who is now the Chair of the Swimming Wellington Regional Technical Officials Panel.
- Blair St Just will continue the excellent work he has done for the past couple of years as PCA's Officials Co-ordinator. Please give him your support when he calls for volunteers to assist at meets.

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:

29 June – Gold Coast Matson Trophy (SC) – Coastlands – Entries Close

13 July – PCA Div III (SC) – Tawa – Entries Close 6 July

19 July – Wairarapa Nation Qualifier (SC) – Masterton – Entries Close 13 July

24 July – SNZ Secondary Schools Champs (SC) – Hamilton – Entries Close 15 July

26 July – SWN Junior Sprint Challenge (SC) – Coastlands – Entries Close 21 July

9 August – Otaki National Qualifier (SC) – Coastlands – Entries Close 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 and they will be sent back to you.

Club Contacts:

President (Viv Morton)027-645-1146
Vice-President (Oliver Bennett)
Secretary (Rose Crawford) [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](#)

