

### 1: Tri-series

Porirua City Aquatics was proud when Nathaniel Wood was selected in the NZ Para Swim Team to compete at the Tri-Series Meet that was held in Australia recently. Representing NZ at this level does come at a huge individual cost – it was a pleasure for PCA to be able provide some financial assistance to Nathaniel.

Following is Nathaniel's report about his experience.

I recently competed in the Tri Series in Ballarat, Australia. It was a fantastic experience!

The New Zealand (NZ) team who came from all over the country was divided into 'NZ White' and 'NZ Black'. I was put into the Youth development team (NZ White), as this was my first international meet.

The team met in Auckland before heading to Australia and then on to Ballarat for the six intense days of competition. On our arrival, the NZ teams headed straight to the pool for our first training session. Our coaches were hugely experienced and led by NZ head coach David Lyles, NZ White head coach Carl Gordon, assistant coach Jon Winter, NZ Black head coach Mat Woofe, and assistant coach Tracy Breuer. We wrapped up day one with a fun quiz night, with teams made up from NZ White, NZ Black, Western Australia and Victoria.

While most of the racing was done in a 25m pool, we also got to experience a 20m pool with its emphasis on skills execution.

I competed in and achieved the following: 200m Freestyle: PB 2:39.70, 50m Breaststroke: PB 44.97, 50m Butterfly, 100m Backstroke: PB 1:23.74, 100m Individual Medley: PB 1:28.67, 100m Breaststroke: PB 1:36.35, 40m Butterfly: PB 36.38, 100m Freestyle: PB 1:15.67, 50m Freestyle, 50m Backstroke: PB 40.39. In both the 4x50m Freestyle and 4x40 Medley relays my team took first place.

After winning four of the five matches, Victoria was crowned the overall champion team of Tri Series for the third consecutive year. NZ Black locked down second position, with Western Australia third ahead of the fast-finishing NZ White in fourth.

Aside from racing and training all the teams got to visit Sovereign Hill, an open-air museum that brings to life the town's first decade following the 1851 gold rush. The site features over 60 recreated buildings from the 1850s, complete with costumed volunteers. One of the

highlights was exploring the underground gold mine, which extends 25 meters below the surface. Overall, the 2025 Tri Series Tour in Ballarat Australia was an incredible experience for me. The accommodation and food were top-notch—I almost felt at home. The competition events were smoothly and professionally run. A huge credit goes to the coaches and managers who made sure everyone was prepared and on time for their races.

A big thank you to everyone (including my coach and Porirua City Aquatics) who supported me and helped make this tour possible. I am now continuing to train hard and looking forward to the next swimming opportunities that come my way!



Nathaniel is on the far right second row.

### 2: Volunteer Coaching Vacancies

PCA is currently looking for volunteers to assist with coaching on the Friday night and Sunday morning club sessions.

For Friday night we would be expecting volunteers to coach for one session while their own children are swimming – they would not be required for the whole evening and we would not expect them to take their own children.

On Sunday morning as two or three lanes are available to have two or three volunteers would be fantastic and would enable the coaching to be shared.

Romano Liut who has been coaching on Sunday's is now finding his own children's activities are requiring his time, and Lismara Ambrosio, while she will continue coaching on Monday is no longer available on Friday.

I am appealing to those on the grandstand to step up and have a go at coaching, it can be very rewarding. New coaches would work alongside a more experienced coach as they find their feet.

I know that many of our parents were club members from way back and are now bringing their children along to enjoy the same positive swimming experiences they had enjoyed – all of you have the knowledge to help out with coaching – this could be considered ‘pay back’ for the experiences you enjoyed.

If you can assist speak to Viv or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### 3: Have-a-Go Race Night – Friday 5 September 2025

**Cannons Creek Pool.**

**6pm warm up, 6.30pm start**

**Note; Maximum of 4 swims per swimmer.**

Race night is open to all our club members and especially those who swim on Friday and Monday nights, Sunday morning or are in our Junior Squads. Entries will be taken on the night. This meet is not about winning - it is about “Having a Go”, learning to race, learning race rules, trying new events and establishing a club time.

Times recorded will not be official and can't be used as entry times for other meets. Because of race night Tadpoles and Seals training is cancelled. Swordfish training will be held as normal. Swordfish are welcome to join race night after training – 200m medley is on the programme as event 1, especially for those who may like gain valuable medley racing experience. Any queries, please speak to your child's coach or email [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz).

#### IMPORTANT

- **only new swimmers and those 8 years and under may enter the 25m backstroke and 25 freestyle.**
- **Parents of those entering MUST make themselves available to assist at the meet as required.**

As with all swim meets volunteers are required to help run the meet and will be called for on the night. It is PCA expectation that all swimmers entering any meet will provide a volunteer when required.

For those keen to race as the next step from Race Night swimmers should be looking to enter the Gold Coast Carnivals. These are very relaxed, official meets, and a great place to learn about racing.

### 4: Sunday Morning Club Sessions

Please note changes in Sunday's mornings club sessions times, as follows

- 8am to 9am, up to and including 31 August 2025.
- 9am to 10am, from 7 September until 19 October.
- 8am to 9am, from 2 November to 14 December, which will be the last session for the year

Swimming is cancelled on:

- Sunday 28 September – the middle weekend of the holidays
- Sundy 26 October – Labour weekend

### 5: Is PCA falling short on communications?

Leading up to the first In-House League meet I was surprised with the number of messages I received asking what In-House League was all about and if swimmers could be added in.

In-House league was covered in the June newsletter and dates were listed in the up-coming events in the July newsletter. There were posts on PCA's Facebook page while coaches were drawing swimmer's attention to the information and entry sheets on the noticeboard.

I am not sure what more the club could have done to get notify our swimmers/families, but if you have an idea how we can improve, please drop me an email – your thoughts would be appreciated.

Email Viv at [president@swimporirua.co.nz](mailto:president@swimporirua.co.nz)

### Meet Reports:

#### Meet 1: NZ Champs 2025

In May PCA had a team of 4 swimmers - Dannielle Rule, Joe Reiher, Eric Yuan and Nic Cecioni - travel to Auckland for the 2025 Apollo Projects NZ Swimming Championships. This event is the pinnacle event for the swimming calendar in NZ and it has been a number of years since PCA has had swimmers attend.

Senior coach Gerusio Matonse travelled with the team, along with Tracey Reiher who Team Managed and cooked. Brent Harris also attended the event as an official.

The trip was for 6 nights/7 days, with 5 days of competition. The morning sessions were heats and the evening sessions finals. NZ Champs finals are only for Top 8 Swimmers (not top 10 like for NAGS and NZ Short Course Champs) so to make finals is pretty tough with only 24 spots across the three finals.

The finals for this were run a bit differently to other meets as it now includes the 17-18 yr old age group (previously a part of NAGS). The Open A Final was the Open 8 fastest swimmers overall (regardless of age). Then the 17-18 Timed Final was the next fastest 8 swimmers in the 17-18 age group after the A Final had been seeded. And lastly the "C" Final which was more like an Open B final was the next fastest 8 swimmers after the A Final and 17-18 Timed Final had been seeded.

Open placings were determined from the A Final.

17-18 age group placings were determined from the fastest results from the A Final and the 17-18 Timed Final combined.

We had some amazing results with the highlights being Joe making the NZ Open A Finals for all 3 of his Breaststroke events and then taking out the Open Silver Medal in the 100 Breast, along with a Gold in the 17-18 yr old age group in the same event. It has been a number of years since PCA has had a NZ Champs Open Medal.

Joe also managed a Silver in the 50 Breast and a Bronze in the 200 Breast for 17-18 yr olds age group along with finishing and 5th NZder in the Open A final for these 2 events.

Eric made the 17-18 yr old finals for his 3 Fly events and collected 2 Bronze medals in the 100 & 200 Fly 17-18 Age Group.

A full list of all the swimmers and their events and results is below.

On the club points table PCA finished up 12th out of 36 clubs and Top Wellington club for Age Group (17-18yr) points. This is particularly impressive given we only had 2 swimmers getting Age group points, but with 5 Medals and 7 Top 8 finishes between Joe and Eric they scored a lot of points for the club.

With Joe making the Open A Finals for all 3 of his breaststroke events (meaning top 8 in all NZ) his Opens placings gave the club 45 points in the Opens Club points and meant PCA finished 16th out of 31 clubs. For club with a small number of competitors this is a significant finish on a National Opens level.

So, a very successful trip and meet for our swimmers and club. The swimmers enjoyed a brief break from training after returning from Auckland before hitting the pool again with their focus now on NZ Short Course Champs in September.

### Meet 2: 2025 Swim Wellington Junior Sprint Meet – Coastlands 26 July

This meet had technical and electronic issues that challenged the officials and as a result ran way overtime, but even with the delays the PCA team of 31 put in some excellent swims.

PCA won the Eyeline Cup for topping the club points table with 723 points, second was Tawa on 475, with Pirates third on 330. Thirteen clubs took part from Wellington, Wairarapa and Manawatu, with one swimmer coming from Auckland.

Prizes were presented to swimmers earning the most points in their age group. Congratulations to Federika Shepeleva - girls nine years and under. Ella Au, girls 11yrs and Sarah Choi, girls 12 years.

PCA medley relays teams did the club proud with the A team of Kristen Young, Sarah Choi, Chao Wang and Alister Bai winning ten seconds ahead of the second placing Tawa Team. PCA B was third (Anna Han, Lawrence Wang, Ella Au and Dominic Dai) with PCA C (Michael Winton, Elizabeth Yang, Federika Shepeleva and Edward Meng) finishing in 6<sup>th</sup> place. Thirteen teams competed in the event.

A big thank you goes to our officials, especially Brent Harris, the meet organiser and Elouise Thomas, the starter.

Thank you also to the team managers (Violet and Zhen Zhen) our coaches (Steven and Cliff) and the many parents who officiated. Thanks also to those who stepped down when the meet went 'manual' requiring more timekeepers.

Results are shown below – all those placing in the top 10 contributed to the team points.

### Meet 3: Otaki Waitohu Meet – 10 August Coastlands

Twenty-three PCA swimmers took part in this meet and most came away with a Spot Prize.

Full credit to Otaki for trying something different by giving everybody a raffle ticket on arrival and then running just over 80 spot prize draws. Most of our team came away with a prize, these varied and included drink bottles, photo frames, hats. The Harrison family won a dozen eggs – an unusual but appreciated prize!

Many of our PCA swimmers achieved personal bests times with Sofia Nguyen recording the biggest PB – an impressive 10 seconds in her 200m freestyle.

Otaki's Noah Ireland-Spicer broke his own Wellington Record for Boys 18 years, 50 metre freestyle with an incredibly fast time of 22.68! Joe Reiher was second in this race with a time of 24.67, another very snappy swim.

A big thank you to the PCA team managers. Thanks also to Cliff and Justin, our coaches and all those who time kept and officiated.

### Meet 4: Gold Coast Meet - Tawa Pool 17 August

The thought of winning chocolate was obviously a very big incentive for our swimmers at this meet with 69.04% of those who already had a time recording a personal best.

Raumati did slightly better with 69.56% to win the best time trophy, with Tawa Club third on 58%.

This was one of the biggest Gold Coasts held for a while with just over 110 swimmers competing – 66 represented PCA, including a number of first-timers, with others coming from Raumati and Tawa.

Congratulations to those who recorded PBs in excess of ten seconds. Well done to Jackson Crawford in 200 backstroke and 200 freestyle. Indigo Eastham, 200 freestyle. Luca McMaster, 50 backstroke. Quinn Spalding 100 freestyle. Lincoln Thomas, 200 medley and Felix Thomas in 400 freestyle and 200 fly. From this list it will be fair to say some older swimmers 'save' an event by not swimming it for a while to be guaranteed of chocolate!

A big thank you goes to the team managers. Sophie, Megan and Zhen Zhen, coaches Cliff and Steven and all those who time kept and officiated.

Also Thank you to the Tawa Club who hosted the meet. Probably the most popular 'officials' at the meet were Jo and Katrina, who gave out the chocolates. Thank you.

Learnings from the meet.

- Not everyone brought cash for the door entry, as mentioned on the flyer and in the manager's email, making it awkward for the swimmers as well as those manning the door.
- While it is appreciated seating at Tawa is limited, parents/supporters must stay out of the team area and leave the managers and coaches to do their job. Even after being asked to move, many parents/supporters remained there making the manager's job more difficult. Walking along the pool to support swimmers and greeting swimmers when they get out of the pool behind the blocks is also a total 'No-no'.
- A couple of PCA swimmers missed the entry deadline and asked for a late entry. Late entries are very rarely accepted.
- A swimmer turned up thinking she was entered and wasn't. Prior to a meet PCA's managers do send all entrants an email - if one is not received on the Thursday or Friday prior to a meet, then that should ring alarm bells. It would seem sometimes the whole entry process is not followed through. The last thing that must be done when entering is to push SAVE BOOKING (full details are on PCA's website under how to enter a meet.)

## Parumoana Interschool Sports

These two exciting Interschool Swim Meets were held at the Cannons Creek Pool. Years 7 and 8 competed on Wed 20 Aug and Years 5 and 6 the following day.

The meets were jointly organised by Dash Swim School and PCA with help from Easyswim Swim School. Over the years Parumoana interschools have become huge on the school calendar as club mates competed against each other to earn points for their schools, all in the hope of walking away with one of the Winners Cups.

The Parumoana School cluster includes Adventure, Discovery, Papakowhai, Paremata, Pauatahanui,

Postage, Pukerua Bay, Rangikura, St Therasas (Yr 5 & 6 only) and Whitby Collegiate (Yr 7 & 8 only).

While some school selected their representatives from their individual school swimming sports, at other schools, parents held trials on Sunday morning at Cannons Creek Pool and others ran training sessions for swimmers to familiarise themselves with the pool.

Schools were limited to two entrants per event, with the fastest six swimmers from the heats contesting the final. The racing was close and keenly contested – with swimmers enjoying heaps of very vocal support from their school mates and all the parents and grandparents at the meets.

Papakowhai dominated the Year 7&8 meet – see the points table on back page.

In the Year 5&6 the leader board chopped and changed, after each race with no clear leader until the very last relay was swum. Papakowhai and Plimmerton finished up joint winners with 128 points closely followed by Adventure on 124 points. Never before have two school been joint winners.

A big thank you goes to all the teachers and parents who transported swimmers, managed teams and officiated at the meet. Thanks to Elouise Thomas for refereeing and starting on both days and to Nathan Thomas and Todd Morton for announcing.

While teacher strikes are frustrating for parents it did mean we had extra helpers from our senior squad at the 7&8 meet – thanks to Felix Thomas, Livvy Andrews, Maddy St Just and Nathaniel Wood.

Thanks also to the Porirua City Council for donating the pool time. This is quite a big event to organise and both PCA and Dash should be very proud of the way the meets ran. The atmosphere especially at the Year 5 & 6 meet was electric!

PCA's club values of **Proud, Community, Attitude** were all achieved at these sports.

## In-House League

With two meets now behind us it is great to how our swimmers have joined in the spirit of this event by supporting their teams and being prepared to swim races that may be a little out of their comfort zone to earn points for their teams. Every swimmer in every heat earns team points.

The team leader board has chopped and changed between the first and second meet, although team 1 are strong leaders. Points are:

Team	1	2	3	4	5	6
League 1	181	159	179	175	171	165
League 2	212	170	173	213	218	189
<b>Overall points</b>	<b>393</b>	<b>329</b>	<b>352</b>	<b>388</b>	<b>389</b>	<b>354</b>

A big thank you to the team leaders for organising and encouraging their teams, and to the parents and supporters for getting behind the swimmers.

As often happens, swimmers are sick or have a clash leaving empty lanes and disadvantaging their team. These are excusable reasons but when swimmers 'just forget' it is disappointing.

The final meet of the 2025 series will be on Monday the 15th of September.

## Learn to Swim Term 4 2025

Our next course of lessons will start on 2 November 2025 and finish on 14 December 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 fee is \$50.00 for this course of 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.

## Subscriptions:

The membership year begins on 1 July, and subs for the year are:

- \$220.00 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.
- \$220.00 for PCA's Johnsonville Squad swimmers
- \$185.00 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 were 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 starts at 7.20pm.

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 Learn 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:

- Raumati NQ – Coastlands - 6 September
- Gold Coast- Coastlands – 14 September
- PCA In house League- Cannons Creek- 15 September 6pm
- SNZSC Champs – Auckland – 21 September
- Tawa NQ (LC) – Naenae - 11 October
- 18/19 October - SWN Junior Champs
- SWN relay champs (LC)– WRAC – 1 November
- PCA NQ (LC) – Naenae – 8 November
- Paekakariki Shield relays and Chocolate – Tawa – 16 November
- Taraika NQ – WRAC – 22 November
- SWN Summer Champs (LC) – December

### 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 Louise 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 (Oliver Bennett) .....	021-612-719
Secretary (Rose Crawford) .....	<a href="#">e-mail</a>
Treasurer (Sonja Maharaj).....	<a href="#">e-mail</a>
Race Secretary (Louise Thomas).....	022-140-5068
Junior Squad Coach .....	<a href="#">e-mail</a>
Senior Squad Coach.....	<a href="#">e-mail</a>
Officials Co-ordinator (Blair St Just) .....	021-782-591
Uniforms (Jessie Guo) .....	021-232-1533
Newsletter .....	<a href="#">e-mail</a>

## NZ Champs 2025 Swimmer Results

Swimmer / Age	Event	17-18 Age Group Placing	Age Group Medal	Open A Final NZ Placing	NZ Open Medal	Final Overall Open placing	PB
Joe 18years	50 Breast	2nd	Silver	5th	Silver	5th	yes
	200 Breast	3rd	Bronze	5th		6th	yes
	100 Breast	1st	Gold	2nd		2nd	yes
	200 IM	6th				12th	yes
Eric 17years	100 Fly	3rd	Bronze			11th	yes
	50 Fly	7th				21st	yes
	200 Fly	3rd	Bronze			10th	
	50 Back	26th				48th	
Dannielle 19/Open	50 Free	n/a				47th	
	50 Back	n/a				32th	yes
Nic 25/Open	100 Back	n/a				38th	yes
	50 Back	n/a				47th	

## 2025 Swim Wellington Junior Sprint Meet – Coastlands Pool 26 July 2025

Name	Age	Gold	Silver	Bronze	Top 10
Alistair Bai	11		1		4
Chao Wang	11	1	1	2	1
Lawrence Wang	11			1	4
Michael Winton	11				2
Meng Edward	11				3
Dominic Dai	10				5
Lucas Zhang	10				2
Aiden Zhou	7				1
Kristen Young	12		1	2	2
Elizabeth Yang	12		2		3
Sarah Choi	12	3	1		
Ella Au	11	3	1		
Anna Han	11		1		
Adalyn Dong	11				1
Peixan Tian	11				5
Sophia Dahiroc	10		1	2	2
Federika Shepeleva	9	5			
Xi Wang	8		2	2	1
Charlotte Dai	8				4
Jessica Harris	8				2
Jordyn-Leigh Jacobs	9				2
Eliza Au	8				3
Jade Wang	9				4

## Parumoana Results 2025

Placing	Years 5 & 6	Points	Years 7 & 8	Points
1 <sup>st</sup>	Papakowhai / Plimmerton	128	Papakowhai	220
2 <sup>nd</sup>			Plimmerton	103
3 <sup>rd</sup>	Adventure	124	Discovery	100
4 <sup>th</sup>	Discovery	78	Whitby Collegiate	48
5 <sup>th</sup>	Pauatahanui	59	Adventure	43
6 <sup>th</sup>	Paremata	45	Rangikura	32
7 <sup>th</sup>	St Therasas	23	Pukerua Bay	20
8 <sup>th</sup>	Pukerua Bay	15	Paremata	5
9 <sup>th</sup>	Postgate	1		