

July School Holidays Programme:

Monday, 6 and 13 July

Diving sessions will be held at the Arena. These are open to club swimmers plus those in Tadpoles and Seals Squads. Swimmers will need to pay the council door entry charge. PCA has three lanes booked from 6.30pm to 8pm. Those who normally come to club at 6pm should come at 6.30pm with the Tadpoles. Those who to later club sessions should come at 7.15 pm with the Seals.

Friday 10 July – ALL SQUAD AND CLUB SWIMMING IS CANCELLED FOR MATARIKI DAY

Friday 17 July

The session at Cannons Creek Pool will be dedicated to Badge swimming – see information below.

Sunday session

Club training on 5 July is at 9am to 10am
Club sessions on 12 and 19 July are cancelled.

Distance Badges

All club members including squad members are invited to swim for Distance badges on Friday 17 July, from 6pm

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 all these distances they move on to swimming 1 kilometre (40 lengths) for a time. The club has various ribbons to reward swimmers for times achieved.

New swimmers need to start with the 25m swim, then do the 50m swim and continue for as long as they wish. We don't allow swimmers to swim a longer distance and then walk off all the shorter distance ribbons.

Those new to Distance Badge swimming should come at 6pm. Those swimming longer distance from 400m plus those doing 1k for a time should come at 7pm.

To help these evenings run smoothly our coaches 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, so everyone has the opportunity to achieve their goals.

Membership fees reminder:

Membership fees for the year are due on 1 July and are to be paid not later than 31 July. Swimmers who are not financial will not be able to enter swim meets or swim on club nights.

Fees are to be paid into account, name Porirua City Aquatics Incorporated, number 030547 0205093 00 – please use the swimmers name as the reference.

Emails will be sent out to all swimmers this week advising of the amount owing, which will include any amounts already owing, or credits from last year.

Fees are;

- Club swimmers, those who attend Monday and Friday nights and/or Sunday mornings, plus the Tadpoles squads \$285.00
- Porirua Junior & Senior Squad swimmer \$215.00
- Johnsonville Squad swimmers \$235.00

Learn to Swim lessons term three

Our next course of lessons will start on 2 August and finish on 13 September 2026.

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 \$55.00 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. The increase in the course fees relates to the increase in pool hire charges which took effect on 1 August.

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.

PCA's In-House league

3 & 31 August and 7 September 2026 (Monday nights)
Cannons Creek Pool 6pm Warm Up – 6.30pm Start
Entries close Wednesday 28 July

Three fun nights – open to all club members

This event replaces all club and squad training on these dates

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 3 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 4 August in your email. **Entries close on 28 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. It is likely those swimmers will miss races.
- 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.

Parumoana Interschool Swimming Sports

Dates have been set for this exciting event are as a first Year Fours are included.

- Wednesday 26 August yrs 4, 5 and 6.
- Thursday 27 August yrs 7 and 8.

The success for these meets does require all the schools to get on board. Your child's school may need prompting if you don't hear anything from them!

The Parumoana area covers schools in Whitby, Papakowhai, Parmata, Plimmerton, Pukerua Bay and includes Rangikura.

On the day, unless the school has a school cap, PCA swimmers should wear their club cap to so advertise the club!

Parents we will also need your help on the day to run the meets. Parumoana is a jointly organised by PCA and Dash and Easyswim Swim Schools.

Plans are currently being finalised for the top 2 swimmers in each event at Parumoana to swim at an interzone meet at Te Ngaengae on 18 September – more details are to come!

Arena Dome Caps

Our new order of Arena race caps have arrived!

Sponsors

A massive thank you to Steven Zhou's team, Jade Lin and Cody Chens family and some Porirua squad parents who have sponsored these caps. This allows these to be sold at a reduced price of \$25 each. If you want to purchase one please contact uniforms@swimporirua.co.nz.

Meet Reports:

Coastlands NQ Meet 9 May

PCA had a huge team of 44 at this meet. From PCA 100 swims 50% were swum in a Personal Best time.

Well done to Domi Dai for taking a massive 27 sec. off his 200 free time.

Lauren Crawford in 400 medley, Minh Nguen – 100 back, Sofia Nguyen 400 free and Lincoln Thomas, 200 free all records PBs in excess of 9 seconds.

A big thanks goes to coaches (Cliff and Justin) team managers (Katrina, Sophie and Zhenzhen) and all those who officiated.

NZ Championships 13/17 May

PCA was represented by Eric Yuan, Dannielle Rule, Joe Reiher and coach Justin Roberts at this meet, held in Auckland.

Swimming against the top in the country Joe Reiher placed a credible 4th in 100m Breaststroke and 7th in 200m breaststroke.

Eric was 5th in 100 fly for 17/18yrs (10th in NZ) 10th in 50 fly for 17/18yrs in a new club record time for 18yrs and 5th in 200fly for 17/18yrs (and 8th in NZ). Eric is now attending university in Australia.

Dannielle should be proud of her 5 swims – to qualify to swim at this meet is an achievement.

On the team score count PCA was 22nd on the open category and 25th for 17/18yrs.

Brent Harris officiated to the meet, which was appreciated.

Neptunes King's Birthday Weekend Meet

Sophia Dahirot ensured PCA name was to the fore when she swam at this meet held in Dunedin meet on 30/31 May. Eleven year old Sophie took 5 second placing, 3 thirds, 3x4ths plus a 1st, 2x2nds and a 4th in the skins events, with 33% of her swim done in PB times.

Race Night Cannons Creek Pool 12 June

Approximately forty swimmers took part in Race Night. Many were first timers and it was great to how well they did and how proud they were when they received PB ribbons. It was also great to see most of the more experienced swimmers challenging themselves by swimming longer races and new events.

Four swimmers showed fantastic sportsmanship by swimming an extra event, so Sasha Eastgate, the only entrant in 200 free wouldn't swim alone!

A big thank goes to Vicki Eastham, the chief timekeeper for organising the team of timekeepers, who all did a great job.

Thanks to Oliver (BBQ cook) Katrina (announcer) Sonja, Sophie, Jo and Camille for organising the cards and selling the uniform.

PCA biggest thank you goes to Brent Harris, our referee and starter, who after officiating at the College Sport Wellington Individual and Relay Champs at Te Ngaengae pool (Lower Hutt) all day came along to officiate at Race Night. Thank you Brent.

Otaki NQ meet Coastlands Pool 13 May

It was great to see PCA's team spirit in action at this Otaki National qualifier.

Firstly, Tai Lewis was to be marshalled when he heard a teammates name been called and he wasn't there. Noting this Tai left marshalling to find him and thus ensure this PCA swimmer didn't miss his swim!

Secondly, swimmers were given a raffle ticket with winners choosing their prize from a number of items on offer. Asher Thomas' was one of those lucky winners and when none of the prizes interested him he gave his ticket to Jackson Smith who scored a pair of brand-new football boots in his exact size!

Two great examples of amazing PCA team spirit!

Swim Wellington's Junior Sprint Challenge

This meet was held at the Coastlands Pool 20 June 26.

PCA's team of forty swimmers excelled with many personal best times, some new times, a number of top 10 finishes, and heaps of medals.

PCA won the Eycline Cup for topping the club points table with 958.5 points, second was Tawa on 369. With Capital closely following on 363 points. Nine Wellington clubs took part with others coming from around the Manawatu region.

Prizes were presented to swimmers earning the most points in their age group. Congratulations to PCA swimmers. Girls, Federika Shepeleva - 10yrs, Anna Han 12yrs. Boys, Aiden Zhou 9 and under, Chao Wang 12yrs.

PCA medley relays teams did PCA proud with the A team of Anna Han, Lincoln Thomas, Chao Wang and Ella Au winning thirteen seconds ahead of second placed Capital. PCA's B team was 5th (Sophia Dahirot, Federika Sheveleva, Alistair Bai and Evan Li)) with PCA C team of Hugo Guo, Edward Meng, Peixin Tian and Xi Wang placing 6th. Sixteen teams competed in the relays.

A number of swimmers from all clubs, including PCA, were disqualified over the course of the meet. To improve for next time, swimmers should speak to their coach and where improvements are needed..

A big thank you goes to our officials, especially Brent Harris, the Meet Technical Director and all our officials and timekeepers.

Thank you also to the team managers and coaches, Steven and Cliff.

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

Name	Age	Gold	Silver	Bronze	Top 10
Alistair Bai	12		1	3	1
Chao Wang	12	1	3	1	
Lincoln Thomas	12	2			1
Edward Meng	12				2
Kyle. Sichampanakhone	12				3
Jackson Ellis	12				1
Hugo Guo	11				2
Dalton Nguyen	11				2
Paxton Hammond	11				4
Evan Li	10	2			2
Alasdair Ossont	10				1
Andrew Ellis	10				2
Aiden Zhou	9/u	3	1		
Issac Guo	9/u		1	2	1
Ethan Li	9/u	1			4
Jimmy Liu	9/u				2
Ray Liu	9/u		1		1
Ella Au	12		4	1	
Anna Han	12	4			
Peixan Tian	12			1	3
Sophia Dahiroc	11	2	1		1
Jordyn-Leigh Jacobs	11				4
Federika Shepeleva	10	3	2		
Xi Wang	9/u	3	2		
Grace Xie	9/u	1	2	1	
Eliza Au	9/u			1	4
Jocelyn Li	9/u				4
Wambui Mubea	9/u			1	3
Sasha Eastham	9/u				1
Jessica Harris	9/u				3

Upcoming Events:

- 28 June Gold Coast Ribbon, Tawa. PCA to host.
- 18 July SW Distance Champs, Coastlands.
- 19 July PCA Div 3, Tawa. PCA fundraiser. **Div III entries close 12 July – it would be great if PCA had the biggest team entered. Full details were in the last newsletter.**
- 25 July Masterton NQ, Masterton.
- 30 July/2 August SNZ Secondary School Champs Auckland.
- 3 August PCA In-house league no 1 CCK.
- 22-23 SW Short Course Champs 12 and over WRAC. **The Eligibility report for this meet can be found under Meets on our website.**
- 31 August PCA In-house league no 2 CCK.
- 7 Sept. PCA In-house league no 3 CCK.
- 12 Sept PCA NQ Meet, Te Ngaengae short course.
- 27 Sept/1 Oct SNZ Short Course Champs Christchurch

Subscriptions:

The membership year begins on 1 July, and subs for the year to 30 June 2027 are:

- \$285.00 for club lane 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.
- \$235.00 for Johnsonville Squad Swimmers.
- \$215.00 for Squad Members of Seals, Swordfish, Sharks, Orcas and Senior 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 notice board.

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 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 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

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 standard club 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:

PCA uniform is to be worn by all swimmers at swim meets.

We have an arrangement with Arena NZ for ordering PCA uniform items.

Details on ordering and the club discount code for other items are on our website uniform page [here](#).

Please contact Sophie Khun-Hammond on 021-548-669 or e-mail uniforms@swimporirua.co.nz if you have any queries.

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.

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	email
Vice-President (Oliver Bennett)		email
Secretary (Rose Crawford)		email
Treasurer (Sonja Maharaj).....		email
Race Secretary (Elouise Thomas) 022-140-5068		email
Junior Squad Coach (Cliff Roberts)		email
Senior Squad Coach (Justin Roberts)		email
Officials Co-ordinator (Blair St Just) 021-782-591		email
Uniforms (Sophie Khun-Hammond).....		email
Newsletter		email

