

### Wellington Sports Awards 2026

How exciting for Porirua City Aquatics to be a finalist in the Club of year Category for the Wellington Sports Awards, sponsored by Porirua City.

Being a finalist recognises all the great things that happen for swimmers at PCA from learn to swim, club swimming, and for those in PCA's competitive squads - our Junior squad based at Cannons Creek, Senior squad at Te Rauparaha Arena and the Johnsonville squad.

Many hours go into supporting our swimmers and running the club. Thank you to all our volunteers, our committee, volunteer and professional coaches – remembering always those who have gone before and set the club's foundation. It is because of you we have made this final - *What a Proud moment for PCA!*



### Aotearoa Gaming Trust



# AOTEAROA GAMING TRUST

A big **THANK YOU** goes to the Aotearoa Gaming Trust for a grant Porirua City Aquatics recently received to cover the cost of one rental van for our team attending the NZ Short Course Championships in Christchurch in September 2026.

Your support of their local venue, the Whitby Co-op would be appreciated.

Remember their support deserves your support!

### Swimming NZ's National Youth Program

Congratulations to PCA's Alyssa Bai and Sarah Choi who were recently named in SNZ Age Group Squad as part of Swimming NZ's National Youth Program. The girls will attend a camp in October following NZ's Short Course Championships in Christchurch. This squad identifies emerging talent as SNZ sets a pathway for swimmers towards the 2032 Brisbane Olympic Games.

Congratulations also to their coach, Steven Zhu for guiding the girls swimming careers.

### Food for thought

Wayne Goldsmith is renowned in the swimming guru. Wayne was a speaker at a coaching workshop Elouise, Viv and Cliff attended recently and here is some of his wisdom worth sharing for parents of sporty kids.

*And I know that because you love them so much that you want to do it **all** for them...fill their drink bottles, pick up their wet towels, set their alarms, adjust their goggles.*

*But...**you're not helping them.***

*Three essential qualities for a young athlete to develop are:*

- **To be independent** – to do it for themselves;
- **To learn responsibility** for every aspect of their training, preparation and performance;
- **To accept accountability** for the decisions they make and don't make in their sporting life.

*Teach your sporting kids to do all the little things: to take responsibility for all those small jobs and seemingly tiny tasks and as they learn more – and as they can do more – watch them grow in confidence every day.*

## Swimmers carrying injuries

Often swimmers come to training carrying an injury often sustained in another sport. Injured swimmers should advise their coach of this prior to the session and discuss what they may or may not be able to do at swimming. For example, for an injured knee, probably no breaststroke.

## Membership fees reminder

Membership fees for this year were 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.

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 \$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.

## Matson Trophy Meet

The next Gold Coast Meet is on 9 August at Coastlands. Entries close on 2 August. The meet centres around handicap swimming, which is always heaps of fun.

For those new to handicapped swimming here is a brief overview. Take two swimmers swimming 100 freestyle and one is 10 seconds faster than the other. If the faster swimmers starts 10 seconds later the slower swimmers they should finish at the same time.

At the start of the race the starter will call “GO” for the slower swimmer to start and then the starters counts to 10 and the fastest swimmer starts.

This is especially exciting with 10 lanes, at Coastlands and all the swimmers starting at different times.

There are four rounds of swimming – everyone will get to swim at least two 100m races.

## Have-a-Go Race Night - Friday 14 August 2026

**Cannons Creek Pool.**

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

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

Race night is open to all club members, 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 to 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)

As with all swim meets, volunteers will be required to help run the meet. Timekeepers will be called for on the night. It is PCA's expectation for all swim meets that entrants parents will be available to help as required.

### 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.**

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.

## Meet Reports

### Otaki-Titan's Waitohu NQ Meet 13 June

PCA's had 12 swimmers enter this meet, doing 57 swims with 51% in personal best times.

Lincoln Thomas and Anna Han both did a 13 seconds PB. For Lincoln in 100 fly and Anna in 400 freestyle, while Ella Rapson-Bennett swam a very impressive 5m18.80 for her first ever 400m freestyle.



Congratulations to Nathanie Wood, who achieved three new PCA Para SC records at the meet. A big thank you to our team managers and coaches, and all those who officiated.

## Gold Coast Meet Tawa 28 June

Fifty-four PCA swimmers swum at this meet. Many were first timers while others challenged themselves swimming new events.

The Personal Best trophy was won by Tawa with 81.057% of their swimmers doing a PB, PCA was second on 77.98% and Raumati third on 50%

Four lucky swimmers won a \$25 Swim Hub voucher – Congratulations Dhaani Gupta (Tawa) and Ruby Gopperth, Wambui Mubea and Annabelle Ossont (all PCA). One lucky timekeeper won the officials raffle of a \$30 petrol voucher.

Lincoln Thomas put in an amazing 100m breaststroke swim to take 5 seconds off his already quick time. Emelia Bleach, Harper and Ruby Gopperth, Issac Guo, Nate Hall, Wambui Mubea, Tom Wakefield and Nathaniel Wood all did PBs in excess of 10 seconds – well done.

A big thank you goes to PCA's three marshalls (Linfang Wu, Vicky Ma and Stephanie Ellis) who did a great job – two were first timers to this role. Thanks also to our officials, timekeepers and recorders, especially those who continue to help even though they no longer have children competing.

Thanks to Sophie Khun-Hammond, Vicki Eastham and Megan Carr, PCA team managers looking after PCA's big team and also to Cliff and Steven for their coaching advice and guidance.

## SCHOOL HOLIDAYS

Those who attended PCA's diving sessions at the Arena on the Monday's of the school holidays certainly had fun. Most improved both their diving and backstroke starts. Those who came on the second Monday were able to use a backstroke ledge. Backstroke ledges are used at most major meets, giving swimmers a stable base to start from. A big thank you to the coaches, Bridget, Megan, Viv, Michael and Brent, who finished up as wet as the swimmers!

Twentysix swimmers challenged themselves by swimming distance badges on Friday 17 July. Most surprised themselves and their parents just how well they did, either swimming for distance or 1K for a time.

Congratulations to the following (listed are the distances they swum) The club has ribbons for 25m, 50m, 100m, 200m, 400m, 800m and 1500m. Everyone starts at 25m and can't do a longer distance until the earlier ones have been achieved.

25m, 50m 100m – Georgia Price. 25m, 50m, 100m, 200m – Mason Gallen and Jesse Price. 25m, 50m, 100m, 200m, 400m – Theo Cook, Lucy Frisby and Theo van Zyl. 25m, 50m, 100, 200m, 400m, 800m – James Frisby, Skyla Garthwaite, Wiremu Hakaraia, Charlotte McKee, Oliver Newton and Lochlyn Maangi-Matiu. 400m & 800m – Aditya Rai. 800m – Adele Cook, Elias Hasse and Tessa Hasse. 800m and 1500m – Oscar Willemsen. 1500m – Ollie Jordan, Skylar Rushton and Josiah van Zyl,

After the 1500m has been completed swimmers swim a timed 1k (40 lengths). PCA has various ribbons to rewards these swimmers.

1k results were

Skylar Rushton, under 28 minutes. Henry Wakefield, under 26m. Nathaniel Siave and Tom Wakefield, under 24m, Nathan Halverson – under 22 min, Alfred Hughes – under 21 min, Emil Rimer – under 18 min.

A big thank you to all the parents who took the times and counted lengths.

## Swim Wellington's Long Distance Championships 18 July Coastlands Pool

Being SW's Long Distance Championships the only events on the programme were single gender races over 1500m (60 lengths) and 800m freestyle (32 lengths).

Overall PCA's team of 12 had a very successful night, with great result, many PBs and some new times established.

Results

| 1500m            | Age  | Medal/place |
|------------------|------|-------------|
| Alastair Bai     | 12   | Gold        |
| Asher Thomas     | 15   | 5th         |
| Anna Han         | 12   | Gold        |
| Peixin Tan       | 12   | Bronze      |
| Maddy St Just    | 16   | Silver      |
| 800m             |      |             |
| Chao Wang        | 12   | Gold        |
| Lincoln Thomas   | 12   | Bronze      |
| Jackson Crawford | 14   | Bronze      |
| Nathaniel Wood   | 17/o | Bronze      |
| Livvy Andrews    | 15   | Bronze      |
| Lauren Crawford  | 16   | Gold        |
| Dannielle Rule   | 17/o | Gold        |

A big thank you to all the officials, especially those who didn't have a swimmer racing. Thanks to Rose (team manager) and coach Cliff and Justin.

## PCA's Div III Tawa Pool 19 July.

Div III is one of PCA's annual fundraising meets. Numbers were slightly up on last year with just over 100 swimmers entering. Some came from as far afield as the Wairarapa and Palmerston North and the rest from the Wellington region. PCA had a team of 38, but there are many more swimmers in the club who could have entered – remembering this meet targets up and coming swimmers.

Many swimmers also recorded amazing PBs.

| Name                 | Age | Gold | Silver | Bronze |
|----------------------|-----|------|--------|--------|
| Livvy Andrews        | 15  | 2    | 2      |        |
| Emilia Bleach        | 10  |      |        | 2      |
| Harrison Boyte       | 11  |      | 2      |        |
| Cody Chem            | 15  | 2    |        |        |
| Lily Davidson        | 10  |      | 1      |        |
| Jackson Ellis        | 12  |      |        | 4      |
| Harper Gopperth      | 10  | 1    |        | 1      |
| Ruby Gopperth        | 11  |      | 1      |        |
| Hugo Guo             | 11  | 1    | 1      | 1      |
| Isaac Guo            | 8   | 1    | 1      | 1      |
| Nate Hall            | 13  |      | 1      | 1      |
| Paxton Hammond       | 11  | 1    | 1      | 1      |
| Jessica Harris       | 9   |      | 2      | 2      |
| Jordyn-Leigh Jacobs  | 10  |      | 5      |        |
| Charlotte King       | 11  |      |        | 1      |
| Hana Lewis           | 11  |      |        | 1      |
| Tai Lewis            | 13  | 1    |        |        |
| Jiayang Li           | 8   |      | 3      | 3      |
| Jimmy Liu            | 7   |      |        | 1      |
| Ray Liu              | 9   |      | 2      | 1      |
| Minh Nguyen          | 15  |      | 2      |        |
| Ella Rapson Bennett  | 12  | 5    |        |        |
| Kyle Sichampanakhone | 12  |      |        | 1      |
| Jackson Smith        | 11  |      | 2      | 2      |
| Archer Thompson      | 12  |      | 1      | 1      |
| Peixin Tian          | 12  |      | 2      |        |
| Yujie Wang           | 10  | 4    |        |        |
| Lawrence Wang        | 12  | 4    | 1      |        |
| Skylar Xue           | 7   |      | 1      | 1      |
| Aiden Zhoe           | 8   | 1    |        |        |

Congratulations to the following who all recorded PBs; Matthew Bleach, Harrison Cook, Isaac Cook, Tessa Hasse, Emelia Muollo, Zara Sichampanakhone, Henry Wakefield and Tom Wakefield,

As this was an 'official' meet many swimmers were disqualified. Often this was distressing. Dq's should be treated as a learning opportunity. Swimmers should discuss their Dq's with their coach.

This meet would not have happened without a lot of work by our race secretary Elouise organising the entries, and Blair and Brent organising their officials. What a great team they are! Thank you.

Thank you also to our older squad swimmers who helped out. PCA often subsidises swimmers to attend National meets and assisting at Div III is 'pay-back'. Thank you, Rebecca and Victor Yu, Sofia Nguyen, Karmen Zhou, Camille Zhou, Maddy St Just, Ite Alafea, Nathaniel Wood, Felix, Asher and Lincoln Thomas, Jackson and Lauren Crawford, Danielle Rule, Elizabeth Yang, Alyssa Bai and Patrick Reiher.

Thanks also to the parents who provided food for the officials and for all those who officiated, worked in the office, announced, marshalled etc, and a special thank

you to the team managers and coaches for supporting PCA's team.

## Upcoming Events:

- 25 July Masterton NQ, Masterton.
- 30 July/2 August SNZ Secondary School Champs Auckland.
- 3 August PCA In-house league no 1 CCK. **Entries close on Wednesday 28 July – to enter list your name on the noticeboard at Cannons Creek.**
- 9 August Gold Coast Matson Trophy Meet Coastlands.
- 14 August Race Night Cannons Creek Pool
- 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](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 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 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.**

Standards 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.

PCA Arena Dome caps are available for purchase @ \$25.00. These are often preferred by those who race at a high level. To purchase a Dome cap contact Sophie Khun-Hammond, email [uniforms@swimporirua.co.nz](mailto:uniforms@swimporirua.co.nz)

### 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](mailto: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        |
| <b>Everything Else</b> | <b>03-0547-0205093-00</b> |

**Thea account name is Porirua City Aquatics Incorporated.**

If you are unsure which account you should be using, please contact [treasurer@swimporirua.co.nz](mailto: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 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 | <a href="#">email</a> |
| Vice-President (Oliver Bennett) .....              |              | <a href="#">email</a> |
| Secretary (Rose Crawford) .....                    |              | <a href="#">email</a> |
| Treasurer (Sonja Maharaj) .....                    |              | <a href="#">email</a> |
| Race Secretary (Louise Thomas) 022-140-5068        |              | <a href="#">email</a> |
| Junior Squad Coach (Cliff Roberts) .....           |              | <a href="#">email</a> |
| Senior Squad Coach (Justin Roberts) .....          |              | <a href="#">email</a> |
| Officials Co-ordinator (Blair St Just) 021-782-591 |              | <a href="#">email</a> |
| Uniforms (Sophie Khun-Hammond) .....               |              | <a href="#">email</a> |
| Newsletter .....                                   |              | <a href="#">email</a> |