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## TOP NEWS OF THE MONTH

# MEET OUR NEW SWIMMERS

## ≡Welcome≡

- Sophie Wilkinson

FUN! GAMES!

**ORANGE  
&  
BLACK  
PRACTICE  
10-31**

## OCTOBER BIRTHDAYS <<<

- October 5
- October 9
- October 13
- October 15
- October 16
- October 17
- October 22
- October 26

Lizzy Shaw  
Charlotte Nevill  
Abby Zajkowski  
Bella Kelly  
Jack Ross  
Lila Dubeau  
Kai Hapoff  
Eamon Myers

# HAPPY BIRTHDAY



# VOLUNTEER & FUNDRAISING

## SPOOKTACULAR MINI MEET

Our first home meet of the 2024-2025 season is coming right up! The registration deadline is Friday, October 11th. The meet will be held during practice on Friday, October 25th. Athletes may choose two individual events. There will also be relays!

We need all parents on deck to make our home meets possible. This will be a fast and fun event for swimmers to start their season with. There are still several openings on Sign-Up Genius that need to be filled. A special thank you to everyone who has already signed up!

## OCTOBER MINI MEET

## COFFEE CARDS



## COFFEE CARDS COMING SOON

Coffee cards will be available to pick up soon! Our coffee cards have 12 buy one get one free squares for local coffee shops in Port Angeles and Sequim. They are \$10 each. Every swimmer has a fundraising requirement of \$200 per year. Selling 20 cards fulfills this requirement!

To help swimmers sell their coffee cards, they can reserve a time slot at Swain's or Tractor Supply on SignUp Genius. Swimmers are encouraged to wear their PASC hoodies or shirts while at the booths! Green hoodies are available to purchase for \$30.

## COACH JASON'S CORNER

This month we will have our first home mini meet of the new school year! This is a great opportunity for new swimmers to try racing for the first time, and for returning swimmers to set new personal records or try something new!

Please make sure to declare your swimmer's intention to swim by Friday October 11th. You can pick their events or I can choose for them. If you have any questions about the meet or events, please let me know.

Coach Jason

## COACH JASON'S CORNER



# SWIM MEETS



## OCTOBER 19-20, FALL OPEN SNOHOMISH

Snohomish Aquatic Center  
Registration closed

This meet has long races and sprints... something for everyone! The Snohomish Aquatic center is a an awesome facility with a wave rider, lazy river and water slide. The event is full.



## OCTOBER 25, SPOOKTACULAR MINI MEET

Shore Aquatic Center, Port Angeles  
Registration due Friday, October 11

This is a perfect opportunity to receive sanctioned times at our home pool. Swimmers are highly encouraged to attend, even if it's just to watch and cheer on their teammates! Our mini meets are held during regular practice hours on Friday evenings.



## DECEMBER 14-15 JR CHAMPS DECEMBER 19-22 SR CHAMPS

King County Aquatic Center, Federal Way

Swimmers must qualify to attend Champs. Time standards are posted on the PASC website under "News".

## COACH SALLY'S SQUAD

As the school bells ring and the pool calls us back, it's time for another round of Sally's Swimmin' Swim Set! For those new to the fun, this is Coach Sally's famous test set—a monthly challenge to measure each swimmer's progress. The goal? 10 x 50 freestyle, on the minute. (That's one 50 free every 60 seconds!) If you can nail it 10 times in a row, you join the Swimmin' Swim Set club and score a snazzy, customized bag tag to show off your swimming greatness!

A huge shout-out to September's Swim Set stars: Brogan, Saylan, Emma, Layla, Cambria, Kai, and Cameron! You guys crushed it! 🙌🙌🙌

## COACH SALLY'S SQUAD



# TEAM NEWS

## MASTERS MEET | SNOHOMISH

Our Masters group will be attending the Snohomish Aquatics Masters Invitational Meet on Sunday, November 10th. Swimmers may compete in 6 individual events, plus relays.

We still have room in our adult swim group! Masters meet on Tuesday, Thursday and Fridays following the youth practice from 7:00-8:00 pm. All levels of swimmers are welcome to join!



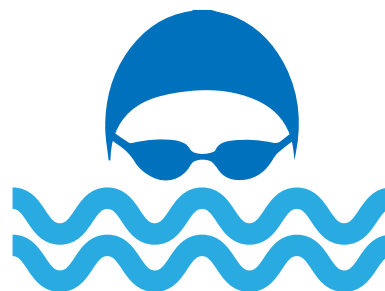
## WINTERFEST VOLUNTEERS NEEDED

We are raising money for new record boards and have the opportunity to volunteer with the high school swim team at Winterfest on November 23rd. The tentative time is from 4-10pm. We need 10 volunteers that are 14 and older to serve food, buss tables and help in the kitchen. Parents are also welcome to help. A white shirt and black pants are required. Sign ups are active on Sign-up Genius and you will receive six (6) volunteer hours.



## ATTENDANCE REWARDS

Congratulations to Miles Dio and Abby Zajkowski for having perfect attendance in September!!! They will receive a custom swim cap for their achievement. For every check on the attendance board, swimmers will receive a marble for the attendance jar. When they reach the goal line, we will have a pizza party! Everyone's attendance contributes towards the team goal.



## M.O.S.T. GLOW RUN

Hey ladies! Let's run the Jamestown Glow Run 5K / 10K together on December 7th! It's an out and back on the Olympic Discovery Trail under the fabulous Jamestown lights. It starts at dusk and headlamps are required. It's a fun race and great opportunity to support each other. We can meet at the start and cheer each other on at the finish. To register, go to [runthepeninsula.com](http://runthepeninsula.com).





