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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

≡Welcome≡

- Caleb Hueter
- Emmett Stratford
- Sheila Kirin - Masters

- November 1
- November 1
- November 6
- November 11
- November 11
- November 12
- November 12
- November 19
- November 20
- November 26

Isaiah Nevill
Abigail Thompson
Alex Vanderheiden
Amayah Nelson
Kevin Monk
Riley Bacon
Zachary West
Kenzie Hapoff
Cameron Kientz
Adam Kaminski

HAPPY BIRTHDAY



VOLUNTEER & FUNDRAISING

The PASC is invited to help at Winterfest on Saturday, November 23rd! Winterfest is the yearly fundraiser for Hurricane Ridge Winter Sports Education. HRWSE supports all types of winter recreational activities including skiing, snowboarding, educational programming, equipment, training, financial aid, and scholarships. This is a super fun community event to kick off the holiday season!

We need 12 youth (over 14) and adults to serve food, bus tables, run the dishwasher, and help in the kitchen. Black bottoms and a plain white top are required. The event is from 4:30-10:00pm and you will receive 6 volunteer hours. Proceeds from this fundraiser will go towards a NEW RECORD BOARD! Sign up here...

To learn more about HRWSE, check out their website: hurricaneridge.com



WINTERFEST



COFFEE CARDS

COFFEE CARD FUNDRAISER

Our annual Coffee Card Fundraiser is off to a great start! Booth sales at Swains, Elwha Food & Fuel, and Tractor Supply have been successful. Many swimmers have already reached their fundraising commitment and are now working on their PASC personalized hoodies and \$100 SwimOutlet gift cards!!! Everyone wants to know what color the hoodie will be this year. What's your guess?!?!





COACH SALLY'S SQUAD

COACH SALLY'S SQUAD

In September, these dedicated swimmers took on Sally's Swimmin' Swim Set challenge and conquered it! Big applause to Addie, Brogan, Cam, Emma, Kevin, Layla, Makai, and Saylan for their hard work and determination. Way to go, team!

COACH JASON'S CORNER

As we get close to the holiday season, it's a great time to think about swimming gifts for your swimmers! We have supplies in our closet to accommodate everyone most of the time, but having your own pull buoy, kick board, paddles, snorkel, or fins can be very helpful because they will be size appropriate. Another good option is a parka, second suit, an extra set of goggles, extra swim cap, or even a competition suit. Remember, suits, caps and goggles never break when we want them to!

Coach Jason

COACH JASON'S CORNER



SWIM MEETS



DECEMBER 14-15 & 19-20, CHAMPS

King County Aquatic Center, Federal Way

Swimmers must qualify to attend Champs. Select athletes will be attending the AGI in Tacoma on November 23-24 to try to achieve qualifying times. Champs is a great goal to work towards next year!



JANUARY 11, MASTERS & MUNCHKINS

Shore Aquatic Center, Port Angeles

Registration due Friday, December 27

The youth will swim in the morning session, followed by the adults. We will host two separate sanctioned events and other teams will be invited. If there is time afterward, we will have a just for fun, Masters vs. Munchkin relay!



FEBRUARY 1-2, BLUEFIN INVITATIONAL

Bainbridge Aquatic Center, Bainbridge Island

Registration due Friday, January 17



MARCH 8-9, SPRING SPLASH

Olympic Aquatic Center, Silverdale

Registration due Friday, February 9



MARCH 29-30, SPRING SHOWDOWN

Shore Aquatic Center, Port Angeles

Registration due Friday, March 14

Mark your calendars! PASC is putting in a bid for the Spring Showdown! This is a four session meet over two days. Teams will be assigned to come to our pool. PNS still needs one more host. If they aren't able to find one, we will be ready to host a sprint/distance meet on the same weekend.



APRIL 11, WAVEMAKER

Saanich Commonwealth Place, Victoria B.C.

Registration due Friday, March 7



TEAM NEWS

ATHLETE OF THE MONTH!



Abby Zajkowski is a swimming rock star! She has qualified for Champs in her 50 backstroke with a 32.47 and the 100 backstroke with a 1:08.52! She has been dedicated to reaching her goals by swimming two hours a day, every single day. In addition to reaching super fast Champs times, her perfect attendance has earned the kids two whopping handfuls of marbles towards their pizza party!



500 TOWELS

Congratulations to Miles Van Denburg and Thomas Jones for earning their 500 towels! Miles is 14 and swam a 5:41.39. Thomas is 15 and came in at 5:20.42. Way to go!!!

Time standards for earning a 500 towel are:

10 & under – under 8:00 minutes

11 & 12 – under 6:30 minutes

13 & 14 – under 6:00 minutes

15 & over – under 5:30 minutes



HOLIDAY SCHEDULE

We will have a special Thankful Practice on Wednesday, November 27th from 5:30-6:30pm. Swimmers are encouraged to bring a can or box of food to give to the food bank.

There will be no practice on November 28-29

There will be no practice on December 24-25

There will be no practice on December 31-January 1



GOFUNDME NEED

We have a wonderful PASC family in need of your support. Little Miles' mom, Summer, has a brain tumor that needs to be surgically removed. As you can imagine, this is a very difficult time for their family and any help is greatly appreciated. Summer has been a tremendous help with our Sponsorship campaign and John is the first to lend a hand. Miles' enthusiasm on the team is beyond uplifting! He's always there with a huge smile, does his very best, and stops to say thank you to the coaches at every practice!

Please follow this [link to donate...](https://gofundme/5cac7db3) <https://gofundme/5cac7db3>



PASC CELEBRATES

sixty

YEARS OF INCORPORATION

60 THINGS WE ARE **THANKFUL** FOR...

I am thankful for my family, my friends and especially my pets. Lila Dubeau

I am thankful for my friends and my family. Darina Faskhutdinova

I am thankful for my coaches. Mia Francis

I am thankful for my mom. Edwards Gillespie

I am thankful for my kitten. MacKenzie Hapoff

I am thankful for being an American. Makai Hapoff

I am thankful for bread. Thomas Jones

I am thankful for being able to swim. Adam Kaminski

I am thankful for swimming. Cameron Kientz

I am thankful for my family. Cydnee Mann

I am thankful for Thanksgiving. Dakota Morrison

I am thankful for swimming. Sol Murdach

I am thankful for my friends. Melia Nelson

I am thankful for swimming. Amayah Nelson

I am thankful for you. Mason NG

I am thankful for swimming. Saylan Petersen

I am thankful for my sister. Almaz Faskhutdinova

I am thankful for helping people. Kaid Petersen

I am thankful for Keely. Jason Ridle

I am thankful for friends. Annachie Ridle

I am thankful for shrimp. Jack Ross

I am thankful for wheels. Patrick Ross

I am thankful for everything that's in my life. Leon Santoyo

I am thankful for swim club. Adalynn Scott

I am thankful for my teammates. Damon Seera
I am thankful for swimming. Karan Seera
I am thankful for anything. Layla Stamper
I am thankful for being able to participate in the PASC. Emmett Stratford
I am thankful for my parents and having my braces off. Anaya Tejeda
I am thankful for being here and friends and family. Emma Tran
I am thankful for being here. Mya Tran
I am thankful for my friends and family. Eleanor Vine
I am thankful for my friends and family. Eli Warren
I am thankful for swim club, pools and goggles. Zachary West
I am thankful for my friends and family. Abigail Zajkowski
I am thankful for sleep. Robert Zajkowski
I am thankful for Fairlife protein shakes. Sara Wilson
I am thankful for water. Sally Cole
I am thankful for swim. Spencer Armstrong
I am thankful for goggles. Grace Williams
I am thankful for my family. Miles Dio
I am thankful for my friends and family. Josephine Myers
I am thankful for swimming. Eamon Myers
I am thankful for the fact that we have a Masters program. Nicholas Jones
I am thankful for my family. Cambria Sandoval
I am thankful for the timeshare in Canada. Miles Van Denburg
I am thankful for water. Jason Taylor
I am thankful for good health. Jason Francis
I am thankful for breathing and family. Tricia Gillespie
I am thankful for this incredible swim program. Summer Dio
I am thankful for year round indoor sports. Jennifer Hapoff
I am thankful for all kinds of potatoes. Bobbie Zajkowski
I am thankful for being here tonight. Sheila Kirin
I am thankful for my family. Linda Adams
I am thankful for my job. Mark Karjalainen
I am thankful for cartoons. Ryan Ross
I am thankful for Costco chicken. Tom Schemm
I am thankful for community. Lana Myers
I am thankful for my family. Gwen Seeley
I am thankful for all kinds of things. Jennifer Jones













