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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

≡Welcome≡

- Joslyn Hainstock
- Henry Herschmiller
- Isobella Higgins
- Caige Lovell-Komatsu
- Vikenti Matsov
- Holland Sol
- Samone Blunk - Masters
- Thomas Herschmiller - Masters
- Patricia Brady - Masters
- Jennifer Hapoff - Masters
- Susan Nevill - Masters
- Christopher Shaw - Masters

- February 2
- February 9
- February 14
- February 20
- February 23
- February 28

Emma Tran
Thomas Jones
Eleanor Vine
Christopher Shaw
Robert Zajkowski
Spencer Armstrong

HAPPY BIRTHDAY



VOLUNTEER & FUNDRAISING

PARENT MEETING + PIZZA PARTY

PARENT MEETING + PIZZA PARTY!

They did it! The kids worked hard to fill the attendance bucket with marbles to earn a pizza party! Mya Tran dropped the final marble, taking us over the finish line. Shout out to Abby Z. and Ellie K. for their perfect attendance and huge handfuls of marbles at our awards ceremony, and to Miles V. for the pizza party idea!

Our team is growing, so we will combine the pizza party with a New Parent Meeting! At 5:15 p.m., we will review the Parent Handbook and then the kids will invade from 6:00-6:30 p.m. for their pizza party. Come join us!

HOME MEET MARCH 15TH

We have a new home meet on the schedule! This is a great opportunity to complete volunteer hours and support your swimmer (or swim yourself)! It will be a single-session combined MASTERS & YOUTH MEET with three pentathlon options: mini, maxi, or freestyle!

The volunteer sign-up will be sent out by email in the coming weeks. Come swim, volunteer, or cheer on the Port Angeles Swim Club at our home pool.

NEW

SHAMROCK SHOWDOWN





COACH SALLY'S SQUAD



COACH SALLY'S SQUAD

In January, these swimmers tackled and completed Sally's Swimmin' Swim Set—a workout featuring 10 x 50 freestyle on the 1:00 interval. Kudos to Emma, Darina, Cameron, Layla, Makai, Addie, Brogan, Miles D., Miles T., and Spencer for powering through yet again. I'm also excited to welcome Emmett and Isaiah to the club for the first time! Way to go boys!

Coach Sally

COACH JASON'S CORNER

Please keep a look out for the deadline to sign up for our next two swim meets. We have an away meet the weekend of March 8th and a home meet the weekend of March 15th. I strongly encourage all of our swimmers to attend, especially our newest swimmers! As we work towards our goal of sending more individual swimmers to the Championship meets next December, we need to make sure everyone has Silver time standards for their favorite events so that they can swim at the last chance meet in November. If you have questions about this, let me know... let's go have some great swims!

Coach Jason

COACH JASON'S CORNER



SWIM MEETS

MARCH 8-9, SPRING SPLASH

Olympic Aquatic Center, Silverdale

The Pacific Piranhas Swim Team is hosting their meet at the Olympic Aquatic Center, and we are excited to join them.

MARCH 15, SHAMROCK SHOWDOWN



Shore Aquatic, Port Angeles

PASC will be hosting a combined Masters/Youth meet! This meet is designed to be a Pentathlon Meet with 3 options of Events for swimmers to choose from:

Option 1 is the "Mini-Pentathlon" 50's of each stroke and 100 IM

Option 2 is the "Maxi-Pentathlon" 100's of each stroke and a 200 IM

Option 3 is the "Freestyle Pentathlon" swim all 5 of the freestyle events

Swimmers who wish to compete in up to 5 events of their choice and are not participating in the pentathlon are welcome to attend. Medals will be awarded for first place in each age group and competition category of the three Pentathlons!

APRIL 12-13, PNA CHAMPS

King County Aquatic Center, Federal Way

PNS Champs is in Federal Way this year, and our Masters team is going!

APRIL 19-20, WAVEMAKER

Saanich Commonwealth Place, Victoria B.C.

We're heading to Canada! On Friday night, our team will take the walk-on ferry to Victoria and stay at the Grand Pacific Hotel, where we have a group rate of \$189 per night. We will then rent a 15-passenger van and travel together to the meet. Pizza, ping-pong, and pool parties will make this a memorable meet! The meet starts on Friday morning, but our team will only attend on Saturday and Sunday. Your family can choose to attend for one or two days. When declaring your commitment, leave a note for Coach Jason if you can only attend one day.

To book your hotel reservations, use the group name **Pacific Coast Swimming**. Reservations: 1-800-663-7550 or by email at reserve@hotelgrandpacific.com

JULY 11-13, SIZZLIN' SPLASH

Surf n' Slide Water Park, Moses Lake

This is our final meet of the season, and we're going out with a splash! Bring your sunscreen and join us for fun in the sun at a 50-meter outdoor swim meet!



TEAM NEWS

ATHLETE OF THE MONTH!



Congratulations to Jack Ross, our Athlete of the Month! Jack has set a great example with his attendance, positive attitude, and high-effort training. Over the last three swim meets, he has continuously improved his times and shown that he is constantly working to master his technique. We are very excited to see what he does in the future! Keep up the great work, Jack!



ATTENDANCE PIZZA PARTY | FEB 21

As mentioned above, we will hold our Attendance Pizza Party and New Parent Meeting on February 21st. We will review the handbook and discuss annual club fundraising and volunteer commitments. If you are new to PASC and/or missed the September meeting, please try to attend. You will receive one volunteer hour and a gift.

Parent Meeting 5:15 pm - 6:00 pm

Pizza Party 6:00 pm - 6:30 pm



PRACTICE TIMES CHANGE | FEB 24

The PA high school swimmers have dominated their season and reached District and State qualifying times! Way to go, Roughriders!!! With high school practice ending, our times will change starting on Monday, February 24th. Please have athletes come 15 minutes early to stretch.

One-Hour	4:00 pm - 5:00 pm
Two-Hour	4:00 pm - 6:00 pm
Club Ready	5:00 pm - 5:30 pm (Tuesday, Thursday, Friday)
Intro to Masters	5:30 pm - 6:00 pm (Tuesday, Thursday)
Masters	6:15 pm - 7:15 pm (Tuesday, Thursday, Friday)























