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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

≡Welcome≡

- Silas Calkins-Zimmer
- Luola Hart
- Poseidon Hart
- Malcolm Taylor
- Anne Gibbs - Masters
- Li Li - Masters
- Karry McGuire - Masters
- John Petrotta - Masters
- Monica Venderheiden - Masters

- March 4
- March 7
- March 8
- March 10
- March 12
- March 14
- March 16
- March 22
- March 24

John Petrotta
Luola Hart
Christa Sweers
Sally Cole
Layla Stamper
Keely Ridle
Bradley Davidson
Silas Calkins-Zimmer
Isaac Meek

HAPPY BIRTHDAY



VOLUNTEER & FUNDRAISING

2ND ANNUAL PENGUIN SWIM-A-THON

GEARING UP FOR SWIM-A-THON | MAY 17

A Swim-a-Thon is a fun and easy way to raise money for the team and show off how hard the kids have been working on endurance! Athletes raise funds by swimming lengths of the pool and asking family, friends, neighbors, and local businesses to pledge their support. The money raised benefits the Port Angeles Swim Club and the USA Swimming Foundation, with 5% of all proceeds going to the USA Swimming Foundation.

Swimmers will receive a certificate of completion and can earn special prizes from PASC and USA Swimming! Our fundraiser will kick off in April. More information will be in next month's newsletter!

NEW HOME MINI MEET | FRIDAY JUNE 13

Mark your calendars! We have a new Friday Fun Day mini meet on the schedule: an intrasquad distance meet! This will be the final home meet of the 2024-2025 season and a great opportunity to complete volunteer hours. Kids not competing in the long-distance events can help count and cheer on their teammates.

This distance meet will allow swimmers to prepare for an open-water swim at Lake Crescent in August! It will also be a chance to add names to our new record boards, which have been ordered and will be installed soon!

NEW

**NO LUCK,
JUST SPEED
MINI MEET**





COACH SALLY'S SQUAD



COACH SALLY'S SQUAD

YEA! Let's give a huge round of applause to Riley for completing Sally's Swimmin' Swim Set—10x50 freestyle on 1:00 for the first time! Way to go! WOOP! And let's hear it for our returning champions: Brogan, Miles T., Spencer, and Emmett, who CRUSHED the set once again! WOOT! WOOT!! Keep up the great swimming awesome ones! But wait... there's MORE!

For those swimmers who have dominated the original SSSS (Sally's Swimmin' Swim Set) so many times that they could probably do it in their sleep, Sally is introducing a new challenge. And because naming things is hard, she's calling it... Sally's Swimmin' Swim Set – LEVEL UP! (Super creative, right?)

What's the new challenge? 10x100 freestyle on 1:45. Yep, double the distance, but still bring the heat!

And who's rad enough to take on this inaugural test of endurance and sheer willpower? Well, I'll tell you. Karan, Emma, Zach, Salylan, Cameron, Makai, and Darina! WOW! What a feat, swimmers!

Everyone, keep swimming fast, keep pushing limits, and keep being radical! - Coach Sally

COACH JASON'S CORNER

Recently there have been a few issues regarding stretching time and the dropoff and changing process. If it is at all possible, swimmers should come to the pool ready to swim in their swimsuits, and plan on leaving immediately after. There have been a few instances where swimmers have either lingered in the locker rooms to avoid stretching time, or decided to "hang out" in there with friends instead of on the bleachers. Swimmers are allowed to be in the locker rooms only to change and must return to the pool area where they can be supervised by the coaches. Also, phones have become an issue during stretching time. While socializing during warmups and stretching is encouraged, use of electronic devices is not as it hinders participation in team activities. -Coach Jason

COACH JASON'S CORNER



SWIM MEETS

APRIL 12-13, PNA CHAMPS - MASTERS

King County Aquatic Center, Federal Way

PNA Champs is being held in Federal Way this year, and our Masters team will be there to compete!

APRIL 19-20, WAVEMAKER

Saanich Commonwealth Place, Victoria, B.C.

Our team is heading to Canada to compete in a 50-meter indoor pool! Please note that registration for this meet is now closed.

MAY 31 - JUNE 1, VAST SPRINT & DISTANCE

King County Aquatic Center, Federal Way

We're excited to offer a new opportunity to swim long course events at KCAC! Swimmers can use these times to qualify for LC Champs.

JUNE 13, NO LUCK, JUST SPEED

Shore Aquatic, Port Angeles

Here's your chance to break the record for the 1000-yard freestyle at this fast-paced distance meet! Currently, there is no record for the 11-12 boys on the board—who will claim it?

Swimmers who complete the 1000 or 1650 will qualify for the morning open-water swim at our end-of-year Lake Crescent party on Sunday, August 24th. For our younger athletes, a 200 freestyle event will also be available.



JULY 11-13, SIZZLIN' SPLASH

Surf n' Slide Water Park, Moses Lake

This is our final meet of the season, and we're making a big splash to end it! Grab your sunscreen and join us for an exciting 50-meter outdoor swim meet. Distance events will kick off Friday night, followed by a fun-filled Saturday: the water park opens to families after the meet, and we'll all come together for pizza. Sunday brings even more fun with a third day of exciting events!

AUGUST 6-10, NATIONAL CHAMPS - MASTERS

King County Aquatic Center, Federal Way

The USMS Summer National Championship is also taking place in Federal Way! What an incredible opportunity for our Masters swimmers to compete alongside some of the best in the sport.



TEAM NEWS



ATHLETE OF THE MONTH!

Austin Vanderheiden is our Athlete of the Month! Austin has been working hard in practice, and recently completed his very first 200 freestyle race! He has demonstrated a positive attitude, and is quickly becoming an excellent swimmer. At 7 years old, Austin is one of our youngest swimmers, and with the support of his family, has been tearing up the lanes. Both his parents and his brother also swim with PASC and we look forward to many years with this awesome family.



100 MEMBERS STRONG

We are excited to announce that our team has grown to over 100 members! A heartfelt congratulations to Anne Gibbs, our 100th registrant for the 2024-2025 swim season. Anne is currently swimming with both our Intro to Masters class and our Masters workout group. We truly value every member, from our 7-year-olds to our 70-year-olds. As we continue to grow, we remain committed to fostering strong connections and creating a supportive community of families. Thank you for your continued dedication to the team and your passion for the lifelong sport of swimming!



NO PRACTICE SPRING BREAK

From March 31 to April 4, there will be no practice for Masters and Youth. However, the pool will remain open to the public if you'd like to swim. We hope you enjoy your week off, take some quality time with your family, and return feeling refreshed and ready to dive into the long course season!

During this break, the Special Olympics team will be hosting a swim meet, and we wish them an exciting time and fast heats!



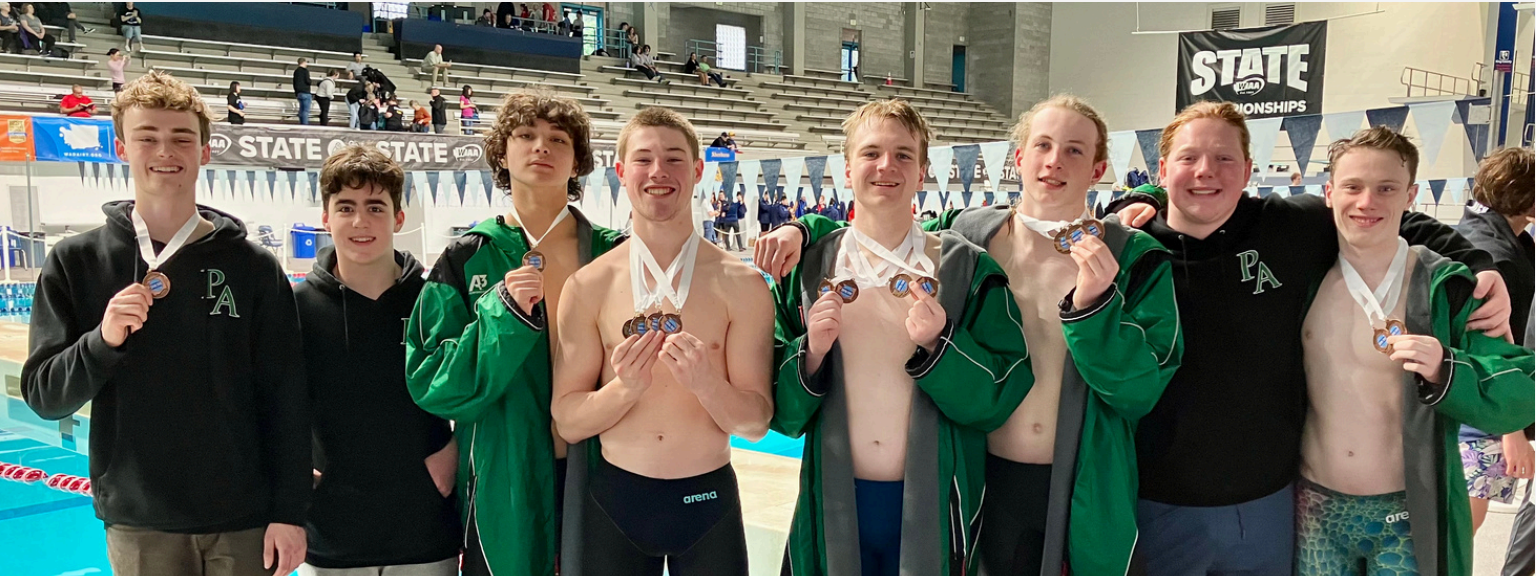
SHORE FACILITY USE

PASC rents the lap lanes at Shore Aquatic for our practices, special events, and swim meets. If PASC participants or their family members would like to use the facility after our scheduled practice, please be sure to sign in at the front desk.

During practice, athletes are not permitted to access the hot tub, lazy river, climbing wall, or diving board. We also ask that everyone displays their best behavior in the locker rooms. We greatly appreciate your cooperation in helping us maintain a positive relationship with Shore Aquatic and honoring our agreement.



SHORE
AQUATIC CENTER



CLUB SWIMMERS PROPEL ROUGHRIDERS TO SUCCESS AND BREAK RECORDS!

The Port Angeles High School boys swim team wrapped up a phenomenal season, finishing 7-1 in dual meets, earning 2nd place at the annual Swimvitational Meet, 3rd at Districts, and 6th at the State Championship. A huge part of this success? The strength and versatility of our club swimmers.

Club training builds endurance, technique, and race strategy—skills that become invaluable during the high school season. Edward Gillespie, Thomas Jones, Patrick Ross, Miles Van Denburg, and Eli Warren exemplified this, each qualifying for the District Championship in multiple events. Their ability to swim—and excel in—any stroke or distance gave the Roughriders a competitive edge, providing depth and flexibility in lineup decisions. When it came time for postseason competition, club swimmers made up four of the 11 athletes who advanced—proving once again how vital club training is to high school success.

And their impact didn't stop there. Miles Van Denburg set a new 13-14 boys' 500 freestyle club record with a blazing 5:07.83, while Thomas Jones smashed the 15-16 boys' 500 freestyle record in 5:00.34! These historic swims are a testament to the hard work and dedication that club swimming instills.

Congratulations to all our high school swimmers, and a special shoutout to our record breakers! Your commitment to the sport continues to push the boundaries of what's possible.

CELEBRATING OUR HIGH SCHOOL ATHLETES

Miles began club swimming with PASC in 2021 at age 10, directly after passing swim lessons at William Shore. The Moses Lake swim event that July was an eye opening experience for him. Gaining friendships at the pool, Sally being silly, and the low stress environment were the perfect attributes to keep Miles interested without pulling him away from his endless list of other ambitions. Transferring from Sequim to Port Angeles School district was a breeze with all of the friends he had already made at PASC. One overwhelming reason to transfer was to be able to swim with the PAHS team. Prior to the high school season, Miles didn't know how well he would become at the 500 freestyle, eventually earning the 13-14 record at PASC in that event. Miles is taking a break from swimming during the spring school session to have fun at Track and Field. Miles plans to return to swimming directly after running in order to prep for another great swim year.



Lizzy loves the water! It makes her happy to be wet. Lizzy's favorite stroke is freestyle, short distances. She worked hard working on her breaststroke this year and she drop over 10 seconds. Lizzy is a team player and loves chillin' with her friends.

Mia has always loved swimming! She had an amazing freshman swim team season. Mia was the only member of the team to swim every event possible, she earned the Most Valuable Freshman of the Year Award and Varsity Lettered! She did this all while also excelling in the classroom, earning a Scholar Athlete Award! Go Mia!



Here is Eli when he started to swim and when he started with Swim Club! We are super proud of him for sticking with it over the last few years. We were excited to see all of his growth this year and all the PR's he beat. We know next year we're going to see great things from this kid!



Amayah, from swim lessons at 5 years old to the sassy 16 year old, the one consistent thing about you has been your love for swimming. I am in awe of all your hard work and couldn't be more proud of all you have accomplished in the water! Swim fast little fish! I'm rooting for you!
-mom-

Chloe tackles each day with a positive attitude. She is hard-working and conscientious. Swimming has really helped Chloe to focus her energy.

Juliana is just a very sweet kid. I would not say that she is the most competitive one out there, but she really enjoys being around the other kids.



Patrick's first "swim lessons" were in the old Shore pool at 6 months old. Since then he has not stopped; he's been a swimmer in Washington, Michigan, California, Illinois and Alaska. We are proud of Patrick's self discipline and how he listens to his coaches. He sets a goal and never holds back, never complains. This year he made it all the way to state finals after 1.5 years of club swimming! We are incredibly thankful for his amazing coaches and club!





