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TOP NEWS OF THE MONTH

≡Welcome≡ NEW MEMBERS

- Maxfield Keck
- Isaac Meek
- Brandy Eballo - Masters
- Lacey Gentry - Masters
- Russell Hapoff - Masters
- Bayley Johnson - Masters

- April 6
- April 8
- April 9
- April 16
- April 18
- April 20
- April 22
- April 23
- April 24
- April 30

Thomas Herschmiller
Sol Murdach
Matthew Ruddell
Miles Taylor
Heidi Van Denburg
Li Li
Miles Dio
Chloe Kay-Sanders
Halden Petersen
Ana Kay-Sanders

HAPPY BIRTHDAY



VOLUNTEER & FUNDRAISING



PENGUIN SWIM-A-THON MAY 17

PENGUIN SWIM-A-THON

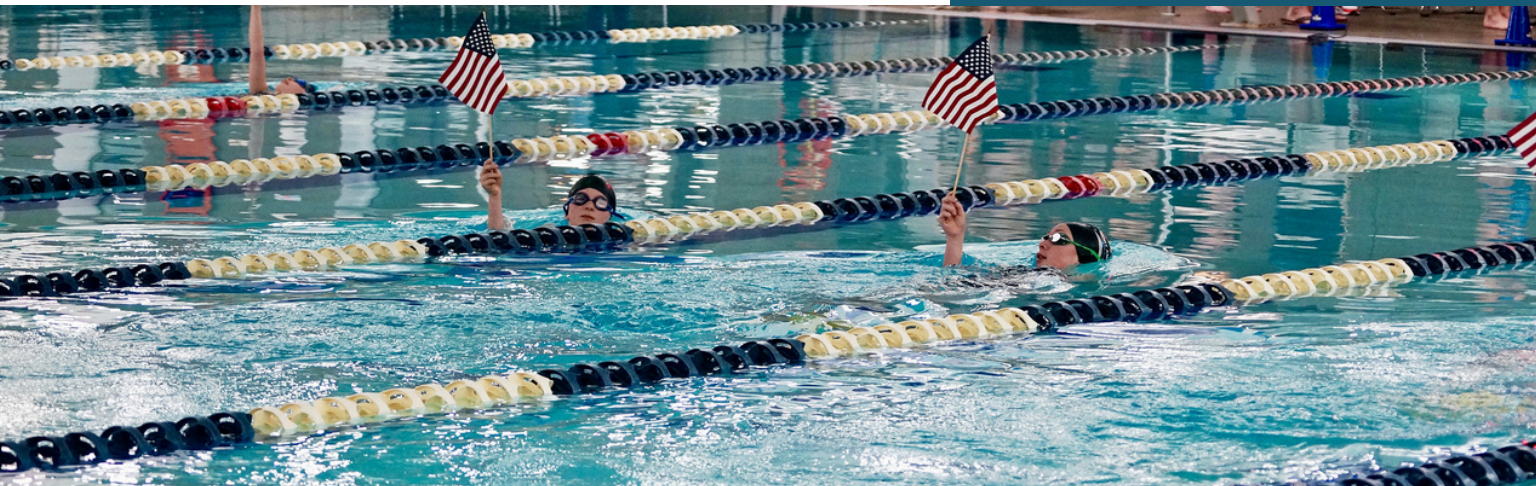
Get ready for our 2nd Annual Penguin Swim-a-Thon! Our online portal is now live, allowing each athlete to personalize their fundraising page. Online pledging makes it easy to gather support and spread the word about this exciting fundraiser! Our team's goal is to raise \$5,000 for much-needed supplies and to support swimming at away meets. Let's make this year's event a huge success!

Swimmers will earn special prizes for participating, along with a swim cap and recognition at our awards ceremony! Donations collected will count towards each swimmer's annual fundraising commitment, helping them reach their goal while supporting the team.

PAPA MURPHY'S FUNDRAISER

On May 29th, Papa Murphy's will donate 40% of all proceeds to the Port Angeles Swim Club! Every order throughout the day counts, so help spread the word to your friends and family! Last year was a blast with sign waving, fun costumes, and, of course, a delicious dinner! The coach says kids can skip practice to come to support this awesome fundraiser! Sign up for one-hour shifts between 3:30 and 6:30 PM on SignUp Genius—plus, this event counts towards your family's volunteer hours.

PAPA MURPHY'S TAKEOVER MAY 29





COACH SALLY'S SQUAD



COACH SALLY'S SQUAD

In March, Brogan, Miles T, Emmett, Isaiah, Hudson, Sol, and Vinya crushed Sally's Swimmin' Swim Set (10 x 50 @ 1:00)! Not to be outdone, Darina, Emma, Saylan, Cameron, and Makia tackled the challenge of SSSS Level Up like champs. Let's give a big cheer to these awesome swimmers for their hard work and determination!

Sally's group will be pressing pause on test sets in April and May, as Coach Sally is headed to Italy for a little vino, a little gelato, and molto vacation. Or as they say in (somewhat questionable) Italian: Ciao for now!

COACH JASON'S CORNER

As we head into spring, we welcome long course season! This means we will have opportunities to swim in 50 meter pools, as well as participate in longer distance events! This is a perfect time for the kids to explore their interest in distance swimming, and we will have several meets to attend, as well as participating in our Swim-a-Thon, which is a 500 yard event. Also, we will be promoting swimming events like the 1650 both in practice and meets. Let's get our endurance going!

COACH JASON'S CORNER



SWIM MEETS

APRIL 12-13 | PNA CHAMPS

(MASTERS)

King County Aquatic Center, Federal Way

PNA Champs is coming to KCAC this year, and our Masters team will be there!

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 thrilled to announce a new opportunity for swimmers to compete in long course events at KCAC!

JUNE 13 | NO LUCK, JUST SPEED MINI MEET

Shore Aquatic, Port Angeles

No luck is needed on Friday the 13th for our distance meet! We'll be featuring the 1000 and 1650, along with shorter 200 race for 12-and-under athletes. Currently, there is no record for the 11-12 boys in the 1000 free—who will grab the chance to set one? Swimmers who complete in either the 1000 or 1650 will qualify for the morning open-water swim at our end-of-year Lake Crescent party on Sunday, August 24th.

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 CHAMPIONSHIP

(MASTERS)

King County Aquatic Center, Federal Way

The USMS Summer National Championship is taking place in Federal Way!



TEAM NEWS

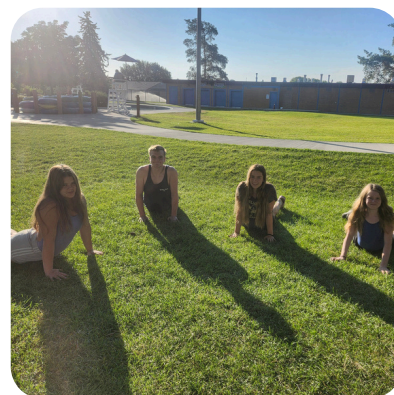
ATHLETE OF THE MONTH!

Adam Kaminski has been making great progress in swimming! He has attended many meets and consistently sets new personal records! He swims with the fastest group on the team and often leads the lane, showing maturity by setting the pace, leaving on time, and keeping count in the set. Adam also helps set up before stretching and is a friendly and helpful member of the team. We are grateful to have him as part of our swim family!



NEW! DRYLAND

We are beyond excited to announce our new dryland program for our two-hour athletes! Starting April 28th, on Mondays and Wednesdays from 5:30-6:00 PM, our elite swimmers will focus on building strength and flexibility. The program will include a mix of bodyweight exercises, band work, plyometrics, and mobility training. Waivers will be sent out via email, so be sure to keep an eye out. Swimmers must wear tennis shoes and shorts to participate. Coach Jason will work with swimmers on technique when not participating in dryland activities. We can't wait to see everyone get stronger and more flexible!



SUMMER SIZZLIN' SPLASH

A swim meet at a water park? Yes, please! This meet is a favorite of our team, and the kids look forward to it all year long! Friday typically features distance events, and on Saturday, they open up the water park after the meet for some fun in the sun. Our team will also gather for a pizza party at Chico's afterward. Sunday has even more races. This year, there will be two sessions: 12 and under, and 13 and over. This meet fills up quickly, so make sure to submit your entries by the deadline of May 1st. Don't miss out—get registered before it's too late!



OPEN WATER SWIM

Our end-of-year beach party will be held on August 24th at 11:00 AM at Lake Crescent Lodge by the dock. PASC will provide pizza and beverages, but we ask that you bring a snack to share with the other families. Fruit, veggies, chips, and treats are always a big hit! We'll also have an open water swim earlier that morning for kids who qualified at the "No Luck, Just Skill" distance meet. Wet suits are highly recommended. Volunteers and kayaks will be needed. Plus, this year, we'll have a relaxing portable sauna provided by Salish Sauna Co to enjoy after the open-water swim!















