



paswimclub@gmail.com

www.gomotionapp.com/wapasc

(360) 797-3858



# ≡Welcome≡

## RETURNING & NEW MEMBERS

- JeBow Nabua
- Calvin Clawson
- Adelaide Counts
- Kiera Fanchiang
- Eleanor Konopaski
- Tayo Murdach
- Marit Theismann
- Christina Penso
- Ashley Pietschmann - Masters
- Elizabeth Hollis - Masters
- Sarah Komatsu - Masters



- September 8
- September 9
- September 11
- September 22
- September 27
- September 27
- September 28

Mason Tran  
Miles Van Denburg  
Anne Gibbs  
Adalynn Scott  
Elizabeth Holis  
Ellie Karjalainen  
Adelaide Counts



# VOLUNTEER & FUNDRAISING

## PARENT MEETING

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### Annual Parent Meeting – September 25

Our Annual Parent Meeting will take place on Thursday, September 25th, at 5:30 PM. This meeting is important, and we ask that at least one parent or guardian from each household attend. We will review the parent handbook and discuss new season updates and expectations. Your attendance is essential to ensure a successful start to the year.

Following the meeting, the kids are invited to join us for a pizza party to celebrate the beginning of the season. Club Ready swimmers are invited to attend the pizza party in lieu of practice.

### Volunteer at Crabfest - October 11

Our team has the exciting opportunity to volunteer at Crabfest on Saturday, October 11, assisting with the Crab Dinner Service. These Saturday volunteer spots have been reserved exclusively for our team before being made available to the public. We encourage you to sign up as soon as possible.

Complete the Volunteer Form [Here](#)

(Include the group name PA SWIM CLUB so your hours count towards the swim club.)

Once your application is submitted, you'll be able to choose from the following available shifts:

- Crab Dinner Service: 10:00 AM – 2:00 PM
- Crab Dinner Service: 1:30 PM – 5:30 PM
- Crab Dinner Service: 5:00 PM – 9:00 PM
- Crab Central Floats: 12:00 PM – 5:00 PM

Each shift earns 4 volunteer hours. Thank you for supporting both our team and the local community!







## COACH SALLY'S SQUAD



### COACH SALLY'S SQUAD

I'm so excited for the new season! Summer zipped by, but somehow it feels like I've been away from you all for yeeears. I've missed your smiling faces and can't wait to see everyone back on the pool deck.

While I was away during the summer, my husband and I spent time with family, and...drumroll, please...we welcomed a brand-new member to our family! Our daughter had a baby boy in July, which means...I'm officially a grandma (still wrapping my head around that)! We met sweet baby Noah at just 3 weeks old, and our hearts are overflowing. Don't worry, I'm already planning his first swim lessons.

So, here's to a season filled with fast swims, loud cheers, and lots of laughter. Let's make some waves!

-Coach Sally

Noah Kirby Urban - 7/25/25

### COACH JASON'S CORNER

Welcome to the new season! I'm excited to see what the new swim year will bring. Please check out the upcoming meets on the calendar. It's also a great time to take stock of your equipment and replace or back up items like suits, goggles, etc. Lastly, if you have any specific goals for this year, I would like to talk to you about them! Let's work together to have a great year!

-Coach Jason

## COACH JASON'S CORNER



# SWIM MEETS

For the latest meet schedule, visit our website or app's calendar.

**NEW**

## **SEPTEMBER 27 | SPRINT & RELAY FEST**

Kitsap Community Pool, Poulsbo - Open

**NEW**

## **OCTOBER 12 | 22<sup>ND</sup> ANNUAL BAMFEST (MASTERS)**

Bainbridge Island Aquatic Center, Bainbridge

## **OCTOBER 18-19 | VAST FALL CLASSIC**

King County Aquatic Center, Federal Way - Open, Time Standard 200+

**NEW**

## **OCTOBER 25 | SPOOKTACULAR MINI MEET**

Shore Aquatic Center, Port Angeles - Open.  
Now on Saturday!

## **NOVEMBER 8-9 | BOB MILLER SPRINT/DISTANCE**

Bainbridge Island Aquatic Center, Bainbridge Island - Open

## **NOVEMBER 9 | SAM INVITATIONAL (MASTERS)**

Snohomish Aquatic Center, Snohomish

## **NOVEMBER 22-23 | NOVEMBER AGI**

Curtis Aquatic Center, Tacoma - Time Standards

## **NOVEMBER 22-23 | NW ZONE CHAMPS (MASTERS)**

King County Aquatic Center, Federal Way

## **DECEMBER 5-7 XMAS CRACKER INVITATIONAL**

Saanich Commonwealth Place, Victoria, BC - Open

## **DECEMBER 12-14 | 14 & UNDER CHAMPS**

King County Aquatic Center, Federal Way - Time Standards

## **DECEMBER 18-21 | SENIOR CHAMPS**

King County Aquatic Center, Federal Way - Time Standards

## **JANUARY 10 | MASTERS & MUNCHKINS**

Shore Aquatic Center, Port Angeles - Open.

Masters and youth swimmers compete together at this exciting home meet!





# TEAM NEWS

## September Athlete of the Month

Layla Stamper is the Athlete of the Month! Congratulations to Layla on all her hard work and great swims this past summer! During our open water swim at Lake Crescent, Layla was the youngest swimmer on the team to complete the entire swim from Log Cabin Resort to the Devil's Punchbowl and back. The swim ended up being longer than anticipated, but that didn't stop her... she even swam  $\frac{2}{3}$  of the way the day before as a warmup! Hmm... we might have a future open water swimmer...



## Team Suits – Order Deadline: Sunday, September 28

A3 team suits will be available for try-on at the welcome table and during the parent meeting. We'll be placing a group order on Sunday, September 28—orders placed by this deadline will qualify for free bulk shipping. After the deadline, suits can still be ordered and shipped to your home; however, you will be responsible for the shipping costs. All swimmers participating in meets are required to wear a team suit. Purchase A3 suits [here](#).

Arena team suits (and team swag) are available on our SwimOutlet team store for those who wish to purchase them instead of A3.



## Upcoming Swim Meets – Sign Up Today!

Our team has been invited to compete in two exciting upcoming meets: the Sprint & Relay Fest in Poulsbo and the VAST Fall Classic at KCAC. Please visit the Calendar & Events section to declare your swimmer's commitment before the posted deadlines. If you have questions about meets, please don't hesitate to reach out.

### Sprint & Relay Fest (Poulsbo)

A fun, fast-paced meet featuring local teams — perfect for new swimmers! Events will include 50s, 100s, and plenty of relays, all designed to build confidence and team spirit. Meet file coming soon.

### VAST Fall Classic (Federal Way)

A larger meet with open entry for 50s and 100s. Swimmers must have a Silver time or faster to enter 200 or longer events. Session 5 is a 13-and-over qualifying opportunity for the 2025 Speedo Winter Junior Champs.

Reminder: Meet schedules are subject to change. If booking lodging, please reserve refundable rooms when possible.



# TEAM NEWS CONT...

## Meet Our New Mascot – Help Us Name It

We're excited to introduce our new penguin mascot, thanks to the creative genius of Linda Adams! We'll be collecting name suggestions at the welcome table and during the parent meeting. The Board will select the winning name at our October meeting, and the winner will receive a custom hoodie featuring our new penguin swimmer!

Don't miss out — submit your best name idea and help us welcome our new mascot in style!



## The Marbles Are Back! Let's Earn a Bowling Party!

This season, swimmers will work together to earn a team bowling party — one marble at a time! At every practice, swimmers should mark their name on the attendance board and drop one marble into the second container. Once all the marbles have been moved, the team will celebrate with a well-earned bowling party at Laurel Lanes! Swimmers with perfect attendance will get to contribute a giant handful of marbles to give the team a boost — and will also receive a Special Edition Team Swim Cap in recognition of their incredible dedication.



## Spin the Birthday Wheel

We love celebrating our swimmers — and that includes birthdays!

Any swimmer who comes to practice on their birthday (or the closest practice day if their birthday falls on a weekend) will get to spin the Birthday Wheel for a chance to win a fun prize!

Prizes will rotate throughout the season and may include goggle cases, swim caps, stickers, and more. It's our way of celebrating our athletes and recognizing the dedication they bring to the pool — especially when they choose to come to practice on their special day!



## Coffee Card Fundraiser Kicks Off Next Month

Get ready — our biggest fundraiser of the year is almost here! Next month, we'll kick off our annual Coffee Card Fundraiser. Each \$10 coffee card offers buy-one-get-one-free drinks at a variety of local coffee shops — a great value and an easy sell in our community! We'll be hosting booths at Swain's and Tractor Supply to help make selling even easier. More details on booth sign-ups and card distribution will be available soon.

























