



paswimclub@gmail.com

www.gomotionapp.com/wapasc

(360) 797-3858



TOP NEWS OF THE MONTH

NEW MEMBERS

≡Welcome≡

- Cameron Hughes
- Brittany Murdach - Masters

- October 5
- October 9
- October 13
- October 16
- October 17
- October 18
- October 22
- October 25
- October 28

Caige Lovell-Komatsu
Charlotte Nevill
Abigail Zajkowski
Jack Ross
Lila Dubeau
Jennifer Hapoff
Makai Hapoff
Caleb Hueter
Penelope Hayward-Komatsu



VOLUNTEER & FUNDRAISING

COFFEE CARD FUNDRAISER



COFFEE CARD FUNDRAISER

The community favorite is back — our PASC Coffee Cards! Each card includes **13** 'Buy One, Get One Free' squares and is only \$10 — a fantastic deal for coffee lovers and an awesome way to support our swimmers.

This year, swimmers can customize their own fundraising page, and we'll be tracking individual and team progress online! In addition to completing their fundraising commitment for the swim season, swimmers can earn:

- PASC Special Edition Croc Charm
- PASC Personalized Hoodie
- \$100 SwimOutlet Gift Card

To help with sales, swimmers can reserve time slots at Swain's, Moss, and Tractor Supply. More information on booth sales will be sent out via email and on social media.

We encourage everyone to wear their PASC hoodies or shirts while working at the booths to show team spirit! New apparel is available for purchase at the welcome table during practice.

Let's make this our best fundraiser yet!

COACH JASON'S CORNER

Just a quick reminder on gear: planning ahead makes a big difference! Please take the time to check your equipment and make sure you have everything you need. Caps, goggles and swimsuits should all have at least one backup, and make sure your race suit is still ready for meets! The weather is starting to turn so if you don't have a swim parka, this is a great time to consider one. Make sure to check our team store. Also, if you don't have a water bottle yet, it's time to get one!

-Coach Jason

COACH JASON'S CORNER





COACH SALLY'S SQUAD



COACH SALLY'S SQUAD

Our first month of swimming is already in the books, and it's time to celebrate some big achievements in Sally's group!

First up, a huge shoutout to Kaid and Sol, who took on the Sally's Swimmin' Swim Set challenge and crushed 10 x 50 free on 1:00 for the first time. Way to go, boys! Every month, swimmers get a shot at this challenge, and when they complete it, they score a laminated bag tag that changes theme each month. (Pictured below is September's bag tag.)

For the LEVEL UP Swimmin' Swim Set, we're giving a round of applause to Miles T., who completed it for the first time, and to Addie, Layla, and Saylan, who made a strong return by finishing it again! This set is no small feat, 10 x 100 free on 1:45, and their reward is a sparkly key chain to clip proudly on their swim bags. Each new month of completion after the first adds a new charm to the key chain! The second time you complete it, you get a star charm, the third time a fish charm, and the fourth time a shark charm. Bling for the win! (Pictured below.)

Way to kick off the season, swimmers!

-Coach Sally



FRONT



BACK



SWIM MEETS

For the latest meet schedule, visit the calendar on the PASC website or SportsEngine Motion mobile app. Please declare your commitment to attend prior to the meet deadline.

OCTOBER 18-19 | VAST FALL CLASSIC

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

OCTOBER 25 | SPOOKTACULAR MINI MEET

Shore Aquatic Center, Port Angeles - Open.

The Spooktacular is our first home meet of the season and we need all hands on deck! Sign-ups are available on our website and app under the calendar/events section. We encourage all our swimmers to participate. If not swimming in the meet, please come to cheer on your teammates!

NOVEMBER 8-9 | BOB MILLER SPRINT/DISTANCE

Bainbridge Island Aquatic Center, Bainbridge Island - Open

NOVEMBER 22-23 | NOVEMBER AGI

Curtis Aquatic Center, Tacoma - Time Standards

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!

JANUARY 31-FEBRUARY 1 | BLUEFIN INVITATIONAL

Bainbridge Island Aquatic Center, Bainbridge Island - Open



October Athlete of the Month

Edward Gillespie is the Athlete of the Month! Congratulations to Edward for an awesome meet in Poulsbo! Edward is always friendly and helpful, and a great role model to our younger swimmers. He swims hard in practice and races hard too! He has made amazing progress in swimming in a very short time... he only started swimming three years ago! Thank you Edward for showing everyone what is possible when you work hard and apply yourself in swimming!



Perfect Attendance

A huge shout-out to Thomas Jones, Karan Seera, Caige Lovell-Komatsu, and Penelope Hayward-Komatsu for their perfect attendance in September! Each of them has earned the brand new, limited edition blue PASC swim cap — and well-deserved recognition of their commitment and dedication. They also added a big handful of marbles to the team jar, bringing us all one step closer to earning a team bowling party! Our team is showing up, the marbles are adding up, and we're gaining momentum. Let's keep it going, PASC!



Halloween Practice

Join us for a special Black and Orange Practice on October 31st! Celebrate Halloween with us at a fun-filled practice from 5:30–6:30 PM. We'll have relays, team games, and prizes — all with a festive black and orange twist! Club Ready swimmers are encouraged to join the fun, and two hour swimmers can stay until 7:00 pm. Each participant will receive a goodie bag for attending! A small group will be trick-or-treating together afterward. Parents must supervise their children if they are wanting to go trick-or-treating.



Time Standards Published

The December 14&U and Senior Champs time standards have been published to the PNS website and are available for easy reference on our [News](#) page. The "Gold/Silver" time standards have been discontinued, and meet-specific qualifying standards have been implemented to help balance participation across the LSC. The qualifying times for the November and February Age Group Invitational meets, and the USA Swimming motivational times for goal setting, are also posted. Questions? Ask!















