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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

>>> WELCOME TO PASC!!!

- Brogan Dexter
- Annabelle Miller

UPCOMING EVENTS <<<

- Feb 3-4 Bluefin Invitational Meet
- Feb 19 Practice Times Change
- Feb 23 Harper/Colby Fun-draiser
- March 2-3 Daffodil Classic Meet
- March 7 Papa Murphey's Takeover
- April 13 Penguin Swim-a-Thon
- May 11 Pentathlon Home Meet
- July 12-14 Moses Lake Meet

**SAVE THE
DATE!**

VOLUNTEER & FUNDRAISING

>>> HARPER / COLBY FRIDAY FUN-DRAISER | FEBRUARY 23 | 4:00 PM

Here's the perfect chance to race against Harper and Colby! Choose between five different race strategies (\$5/race) and add up to five handicaps (\$1/option) for the chance to win against our senior super stars! This will be an unforgettable race off that you don't want to miss! Proceeds will go towards new club swim gear.

>>> PAPA MURPHEY'S TAKEOVER | MARCH 7 | 5:00 PM

Spread the word! PASC will be taking over Papa Murphey's on March 7th. We will receive 40% of profits sold throughout the entire day. Make a poster and join us from 5:00-7:00pm to help promote this fundraiser!

>>> PENGUIN SWIM-A-THON | APRIL 13 | 9:00 AM

Our Swim-a-Thon has been scheduled for April 13th! Athletes will earn pledges for up to 2 hr or 200 laps!

COFFEE CARD FUNDRAISER

>>> SPECIAL RECOGNITION

We had five athletes that went above and beyond the minimum this year. A **SPECIAL SHOUT OUT** goes to **Bryson Yanik, Edward Gillespie, Anaya Tejada, Kai Hapoooff and Kenzie Hapoff!** The top two earners received an exclusive BOSS swim cap. Way to go!



SWIM MEETS

»»» FEBRUARY 3-4, BLUEFIN INVITATIONAL

Ray Williamson Pool, Bainbridge Island
Registration closed

»»» MARCH 2-3, DAFFODIL CLASSIC

Mount Tahoma High School, Tacoma
Registration due FRIDAY, FEBRUARY 16

Please note that this meet is at Mt Tahoma High School pool, not the Curtis Aquatic Center.

»»» MAY 11, PENTAPALOOZA HOME MEET

Shore Aquatic Center, Port Angeles
Registration due FRIDAY, APRIL 26

Our annual pentathlon will be held on the same weekend as Mother's Day and the Sequim Irrigation Festival. We are hoping to have several teams join us for a fast and fabulous event. Roses will be handed out to all the mothers and grandmothers!

»»» JULY 12-14, SIZZLIN' SUMMER SPLASH

Surf 'n Slide Water Park, Moses Lake
Registration not open yet

It hasn't been officially posted, but according to the city's website, the meet will be held this weekend.

»»» COACH JASON'S CORNER

Don't forget to help stay hydrated by bringing a water bottle to practice! It helps to have water nearby so you don't have to get out of the pool as often! Swimmers still sweat in the water, especially when they are working hard! Plastic bottles are okay, but the best choice is a metal container. If you need a recommendation, just ask!

-Jason



TEAM NEWS

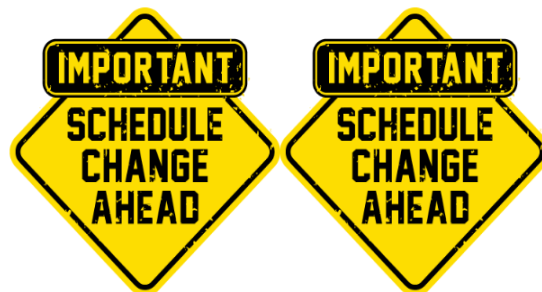
PRACTICE TIMES CHANGE

Our Spring/Summer session begins on February 19th.

1 hour swimmers - 4:00-5:00pm

2 hour swimmers - 4:00-6:00pm

Please have your children arrive 10 minutes before practice begins so that they can get into the pool promptly at 4:00pm.



PRIVATE LESSONS WITH ALMAZ

We have a new coach on deck! Please welcome Almaz to the team! Almaz will be coming on Tuesdays to work on stroke development and racing strategies for athletes that are actively participating at meets. He is also available for private lessons! Please email paswimclub@gmail.com for more info.

WELCOME ALMAZ!!!

500 CLUB

Congratulations to Sam Brown and Thomas Jomes for earning their 500 Club towel! The towels are embroidered by Coach Sally's mom and include the athletes name, date, age and 500 time!

Time standards for earning a towel are:

10 & under – under 8:00 minutes

11 & 12 – under 6:30 minutes

13 & 14 – under 6:00 minutes

15 & over – under 5:30 minutes

500 Club!

FITTER & FASTER COMING TO PASC!

I have been talking with Fitter & Faster about hosting swim camps at our pool! We are looking at September for a Starts & Turn Clinic and next Spring for a Comprehensive Stroke Clinic. We will be inviting other teams to join us! I have requested my favorite future Olympian and outstanding teacher, Drew Loy, to host our first camp! I am beyond excited to bring this opportunity to PASC!!!









