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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

>>> WELCOME TO PASC!!!

- Barrett Brilhart
- Brogan Dexter
- Evelyn Zdzieblowski
- Darina Faskhutdinova
- Nora Vine

UPCOMING DATES <<<

- March 2-3 Renton Pentathlon Meet
- March 7 Papa Murphey's Takeover
- April 1-5 No Practice, Spring Break
- April 13 Penguin Swim-a-Thon
- May 27 No Practice, Memorial Day
- May 11 Awesome Blossom Home Meet
- June 7 Friday Focus Distance Meet
- July 4 No Practice, 4th of July
- July 12-14 Moses Lake Meet

CALENDAR AT A GLANCE

VOLUNTEER & FUNDRAISING

PAPA MURPHY'S TAKEOVER | MARCH 7

PASC will be taking over Papa Murphy's on March 7th! We will receive 40% of profits sold throughout the entire day... Just say you're with PASC. Older swimmers can ditch practice and head to Papa Murphey's. We will be waving to passing cars from 4:00-6:00pm. Invite your family, friends and fellow pizza lovers!

SPONSORSHIP CAMPAIGN

We have begun this years letter writing campaign. If you know of a business that would be interested in becoming a PASC sponsor, please reach out and we will provide a letter and sponsorship tier information.

PENGUIN SWIM-A-THON | APRIL 13

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

HARPER/COLBY FUN-DRAISER



SPECIAL RECOGNITION

Our senior super star race off was a HUGE success and we raised **\$506** for new swim gear! It was so much fun that we are going to make it an annual event and are already thinking of new handicaps! Thank you to everyone who donated, raced and especially to Harper and Colby for never complaining and diving off the blocks 27 times for us!

COACH SALLY SAYS...

Get ready for Coach Sally's exciting new challenge! Starting in March, she's introducing a "test set" for her swimmers. The challenge? Swim 50 yards of freestyle in one minute and completing that ten times. In swim lingo it's 10 x 50 free @ 1:00.

Each week, on different practice days, Sally's squad will take on the test set. By scheduling the set on different days throughout the month, Sally ensures that every swimmer has an opportunity to attempt it. At the end of each month, she'll celebrate and honor each swimmer who completes the challenge.

Sally's "test set" is designed to help her assess her swimmers' proficiency in freestyle, efficiency of stroke, and swimming endurance. This new challenge not only promotes individual improvement and motivation, but also fosters a sense of camaraderie and healthy competition among her group.

NEW

**COACH
SALLY'S
SQUAD**

SWIM MEETS



MARCH 2-3, RENTON PENTATHLON

Hazen High School, Renton

Registration closed

The Daffodil Classic meet in Tacoma was postponed, so we are going to the newly renovated pool in Renton instead.



MAY 11, AWESOME BLOSSOM PENTATHLON

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!



JUNE 7, FRIDAY FOCUS MEET | DISTANCE

Shore Aquatic Center, Port Angeles

Registration due FRIDAY, MAY 24

Our 1st mini meet held during practice with a focus on distance events.



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. Thw kids love this meet and look forward to it every year. Bring a chair and sunscreen!

COACH JASON'S CORNER

Swimmers, if you are interested in using a drag suit during practice, let's talk about it! There are several options available for whatever goals you have. Using a drag suit can help both form and strength, and also help you prepare for the next time we do a t-shirt (or sweatshirt!) relay!

-Jason



TEAM NEWS

SILICONE CAPS NOW AVAILABLE

We have had several requests for silicone caps, so we brought them in! They are \$16.00 and can be picked up on deck. Let Coach Jason or Keely know if you need one and we can charge your account. Our latex caps have also been restocked and are \$6.00. **Penguin picture by Isla Brown!**



PRIVATE LESSONS WITH ALMAZ

We have an amazing new coach that specializes in stroke technique and racing. Almaz is available for 30 minute private lessons from 5:00-5:30 and 5:30-6:00. \$30/session. This is an outstanding opportunity for swimmers to focus on specific ways to minimize their drag and increase propulsion. Please email paswimclub@gmail.com to sign up.

PRIVATE LESSONS

MASTERS GROUP

We are starting a new Masters group on March 5th! The adult swim class will meet on Tuesdays, Thursdays and Fridays from 6:15pm to 7:15pm. We will have half of the pool and all levels of swimmers are invited! Members will have 30 days to try the group before registering with USMS. Competing is optional, but if there is interest, we could attend meets and have a Masters vs. kids meet down the road!

Masters - \$50/month

Masters- PASC Guardian/Parent Discount- \$30/month



SWIM-A-THON

Our Penguin Swim-a-Thon is scheduled for April 13th. Our team goal is to have 50 swimmers and earn \$5,000. Each swimmer has the opportunity to swim for 2 hours or 200 lengths, whichever is completed first. 200 lengths is equal to about 3 miles! Athletes will have the opportunity to set up their own fundraising page and earn incentives from USA Swimming. This will be an exciting team building event with lots of music, snacks and prizes for everyone! More info coming soon!











