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TOP NEWS OF THE MONTH

MEET OUR NEW SWIMMERS

>>> WELCOME TO PASC!!!

- James Swagerty
- Nicholas Jones - Masters
- Christa Sweers - Masters
- Heidi Van Denburg - Masters
- Stephen Van Denburg - Masters
- Alex Vanderheiden - Masters
- Nerissa Whitlock - Masters

APRIL BIRTHDAYS



- | | |
|------------|---------------------|
| • April 3 | Sydney Fellin |
| • April 16 | Mles Taylor |
| • April 18 | Heidi VanDenburg |
| • April 20 | Barrett Brillhart |
| • April 23 | Chloe Kay-Sanders |
| • April 30 | Juliana Kay-Sanders |

NEW

BIRTHDAYS

VOLUNTEER & FUNDRAISING



PENGUIN SWIM-A-THON | APRIL 13

Show off how hard you have been working on distance sets and see how many laps you can accomplish!

It's almost here! Our Swim-a-Thon is less than two weeks away! Participants can set up their personalized fundraising page on our website and share it to quickly earn pledges. At the event, athletes can swim for 2 hours or 200 lengths, whichever is completed first. Pledge sheets and flyers have been emailed and will also be available at the pool. There will be prizes and recognition for all participants, plus additional awards from USA Swimming.

*Tax receipts are automatically emailed with online contributions.

*5% of the proceeds will go to USA Swimming Foundation to make swimming opportunities available to everyone who wishes to learn to swim.



FUNDRAISING



PAPA MURPHY'S FUNDRAISER

We raised \$750 at our Papa Murphy's takeover! Thank you to everyone who helped spread the word, everyone that stopped by for a delicious pizza (or three!), and to the kids + parents that took the time to make signs and wave at passing cars!

COACH SALLY SAYS...

Congratulations to the below swimmers who conquered the "test set" in March. Their enthusiasm and effort in completing 10 x 50 @ 1:00 is nothing short of incredible.

Karen	Oz
Miles D.	Layla
Emma	Kai
Zach.	Barrett
Darina	Saylan
Brogan	

On April 10th, I will be honoring these swimmers and their outstanding achievement! I will also be revealing the winner of our "test set" naming contest. Here's to another month of awesome swimming!

-Sally

COACH SALLY'S SQUAD



SWIM MEETS



MAY 25, AWESOME BLOSSOM PENTATHLON

Shore Aquatic Center, Port Angeles

Registration due FRIDAY, MAY 10

Our annual pentathlon has changed to Memorial Day weekend! We will have two sessions (12 and under and 13 and over) and would like for ALL of our athletes to attend. Volunteers will be needed.



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.



JUNE 15-16, CANNONBALL CLASSIC

King County Aquatic Center Federal Way

Registration due FRIDAY, MAY 31

Our team is going to the Cannonball Classic at KCAC! It's a great opportunity to get times for long course events.



JULY 12-14, SIZZLIN' SUMMER SPLASH

Surf 'n Slide Water Park, Moses Lake

Registration due FRIDAY, APRIL 12

It's a go! If you haven't signed up already, please do so before April 12th. Space is limited and we are turning in our meet entries early! This is the most anticipated and talked about swim meet of the year!

COACH JASON'S CORNER

Welcome to the start of the long course season! As we head into Spring and Summer there will be more opportunities to get in some times on longer races, or even try them for the first time! Take a look at the upcoming meets, and of course everyone is strongly encouraged to sign up for our swim-a-thon fundraiser. If you have any questions about what events are appropriate for your swimmer, ask the coaches!

Jason



TEAM NEWS

TEAM PICTURE DAY | APRIL 12

On Friday, April 12th, we will be having our annual picture day. We would like everyone to come to practice at 4:00, even if you don't usually swim on Fridays. We want all swimmers to be included in our yearly team picture. Purchasing individual pictures is optional. Order forms will be emailed and also available at the pool.



Port Angeles Swim Club
2023

PRIVATE LESSONS WITH ALMAZ

We have a 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... resulting in faster race times! Reach out for availability and to get on the schedule.



MASTERS GROUP

Our adult swim group is off to a great start and there is still room for you to join! We meet on Tuesdays, Thursdays and Fridays from 6:15pm to 7:15pm. It is a supportive group and all levels of swimmers are invited! Members have 30 days to try the group before registering with USMS. Parents of an active PASC member receive a monthly discount. Come join us and get in shape for summer!



GILLESPIE FAMILY NEEDS OUR HELP

One of our dear families has reached out for our support. Tricia Gillespie (Edward's mom) was recently diagnosed with ALS and has started a GoFundMe page. Their medical needs are going to be immense and any contribution is greatly appreciated. You can read more about their story and donate here... <https://gofund.me/d8a83c2a>

Please spread the word and help however you can.











