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Forest Feast Aquasprint Gala

Our junior swimmers were AWAY to City of Belfast last Saturday for their 2nd Aquasprint gala. Well done to all who competed and to our hosts on their victory: COB 205 v PASC 195. Thanks to all who volunteered at the event.

Spring Qualifying Gala

Congratulations to the six PASC swimmers who qualified for last weekend's Swim Ulster meet at Bangor. Collectively they achieved 5 podium places, 16 x PBs, 6 x DIV 2 and 2 x DIV 1 times. Well done Anna, Daniel, Ellen, Lauren, Lillie-Mae and Megan on your achievement.

PTL Heats/Finals, Sat 24th March, Ballymena

The PTL finals will be contested as combined Heats & Finals gala. Swimmers can enter all 5 events in the Heats (4 Individual plus the IM), but can only proceed to the Finals in 2 Individual events plus the IM. Please confirm your 3 preferred events at the desk on Wed 14th March or email portadownasc@gmail.com. Warm up is 5.00 pm in Ballymena so allow plenty of time to get there.

Dates for your diary

- **Wed 21st Mar, Cascades**
House Gala
- **Sun 25th March, Newry**
SU Dev Gala – **NEW DATE**
Confirm entry on Wed 14th at the club desk
- **Sat 7th April, Ballymena**
3rd Aquasprint Gala AWAY
- **Sat 14th April, Cascades**
4th Aquasprint Gala HOME



Easter Egg Raffle

From Wed 14th – 28th March you'll have the chance to guess how many eggs in the jar. Whoever guesses the right number will be entered into the raffle to take the jar of eggs home & that's a lot eggs for Easter!

Parent Gala Briefing: all you need to know about galas so come along to the small pool viewing gallery on **Wed 28th March at 6.30 pm and 7.30 pm** where our coaches will help you understand how it all works.

Defib training: we have free places still available to attend Defibrillator training on Tuesday 27th March 6.30 – 9.30 pm @ the Pastoral Centre, Portadown. If you are a parent & would like to attend please email: portadownasc@gmail.com

This Week's Training Schedule

- Mon & Wed per normal training schedule – **FIN training tonight (MON) @ 7.30 pm**
- Thurs @ 4.30 – 5.15 pm Land based training
- Thurs @ 5.30 – 6.30 pm **PTL** Training for blue, silver and gold swimmers born 2005 and older
- Thurs @ 7.30 – 8.30 pm **Aquasprint** training for **ALL** yellow, red, green and blue squads born 2006-2009
- Sat 8.00 – 10.00 am YES training as normal
- Mon 19th March – no training due to Bank Holiday but pool is open 9am -5pm if you want to go for a wee swim!