



Contact Follow Us

Web: www.portadownasc.com

Facebook: Portadown Amateur Swimming Club

Twitter: Portadown ASC

Email: portadownasc@gmail.com



Happy 2019 PASC and welcome

Together we've been making great progress at PASC and hopefully we can continue to build on our team and individual goals in 2019. There is much to look forward to this year, so we encourage all our swimmers to attend as many training sessions as possible. We've a busy gala season ahead! All dates including the long course meets are included on the club website: www.portadownasc.com, and summary on page 2 of this newsletter.

With a good start in **Division 2** winning 3/3 galas, our **Provincial Team League (PTL)** team will soon face a strong Cookstown & Swilly Seals. The **PTL South Heats** will be proudly hosted in March by PASC in Cascades!

Before the Heats though, PASC will also host this year's **Armagh Champs** for big pool swimmers from Armagh, Lurgan, Newry & Portadown on Saturday 23rd February. We'll be needing all your help. If you would prefer to help with timekeeping, the raffle or catering, just let a committee member know at the club desk. You can also let them know if you'd like to donate a raffle prize or sponsor your child to be included in the gala brochure, or indeed if you are a business owner to become a main sponsor.

Good luck to everyone taking part in the 2nd **Swim Ulster Development Gala** this Sunday in Armagh - details on www.swimulster.net Next week, our **Forest Feast Aquasprinters** take part in their first gala of the season against Lurgan while next month our junior swimmers compete in the **Irish Minors Gala** at the National Aquatic Centre, Dublin. For some of you it will be your first event so please just ask any of the coaches if you have any questions.

In April, Swim Ulster will be facilitating the 2nd session of the relatively new **Skills Meet**, the first step of the Swim Ulster Development Pathway. In addition, 17 PASC swimmers are part of the **Swim Ulster Talent ID** squad. This involves weekly travel to Newry on Tues / Magherafelt on Sun for Swim Ulster coaching. In addition, this squad commits to training every Tuesday & Thursday at 6.00 am at the Regional Development Centre, and we are lucky Swim Ulster host these sessions in Cascades. Credit to these swimmers and their families who continue to show immense dedication and commitment for the love of swimming. They are making super progress and are role models to sport. If you are interested in finding out more about the swimming pathway or indeed about open water swimming, please speak to the coaches or any of the senior swimmers. All these swimmers started in the small pool as part of the Swim Ireland Learn to Swim Programme developing their technique for all four strokes. As our Sharks progress to the yellow squad they are introduced to Aquasprint competitive swimming in the large pool, then progressing to PTL, and onto the Swim Ulster Pathway and other open meets.

We are very proud of all our swimmers who are responding well to PASC's team of enthusiastic parent coaches who volunteer their personal time and through the coach education they have completed, this has helped to improve levels of swimming across the club. With the support of the team at Cascades and a committee of 12 parent volunteers who help to govern the club by applying the Clubmark NI guidance, we aim to continue to develop a strong community and competitive club, creating an enjoyable environment and allowing opportunities for members to fulfil potential in swimming.

We wish all our members and their families a Happy New Year!



Contact Follow Us

Email: portadownasc@gmail.com

Web: www.portadownasc.com

Facebook: Portadown Amateur Swimming Club

Twitter: Portadown ASC



Well done to our 16 swimmers who had a great start in the **Newry Meet** Sunday 6th Jan. Well done 😊

Water Polo

Waterpolo training begins this Saturday 9.00 – 10.00 am. Thanks to Ian for continuing to support this initiative for PASC. There'll be another skills meet coming up and we will update you once the dates have been confirmed. For anyone who doesn't wish to join the waterpolo training, there will be swim training on at the same time 9.00 – 10.00 am.

Land training, starting Thursday 10th January

Land training hosted by cascades will commence this Thursday at 4.30 pm and will continue until Thursday 18th April. There will be a small charge to cover hire of the hall and instructor at £3.00 per session. Please pay in advance at the club desk.

This week's training

Mon 14th: NO TRAINING DUE TO A Boys Brigade GALA AT PASC

Wed: training as normal

Thurs: 4.30 pm land training, 5.30 pm PTL, 6.30 pm Aquasprint

Sat: 8.00 -10.00 am: swim training, 9.00 – 10.00 am: waterpolo training

PTL & Aquasprint Catering

We urgently need parent volunteers to serve refreshments for the PTL Home gala on 16th Feb, and the Aquasprint Home galas on 13th April and 4th May. Please let us know at the club desk or email portadownasc@gmail.com

Please note direct debits for membership will be collected on 1st February and 1st March 2019.

Dates for your diary

PTL

- 26th Jan, Away to Cookstown
- 16th Feb, Home to Swilly Seals
- **2nd Mar (Heats), Cascades**
- 23rd Mar (Finals), Ballymena

SU Development Galas

- 13th Jan, Armagh, closing 2nd Jan
- 3rd Mar, Newry
- 18th May, Lisburn

Aquasprint

- 19th Jan, Away to Lurgan
- 30th Mar, Away to Larne
- 13th April, Home to COB
- 4th May, Home to Breifne
- 7th June, Aquasprint Finals

Other Dates

- 19th Jan, Bangor Open Festival, closing date for entries Mon 7th Jan
- 1st – 3rd Feb, Spring Qualifying Meet, Bangor
- 10th Feb, Irish Minors, Dublin
- 17th Feb, Templemore Gala
- **23rd Feb, Armagh Champs, Cascades**
- 8th – 10th Mar, Easter Qualifying Meet
- 6th April, Sliabh Beagh Junior Gala
- 7th April, Bangor LC Gala
- 7th April 2nd Skills Meet Lurgan
- 14th April, Enniskillen Gala
- 4th – 5th May, Antrim Champs
- 11th May, Ards Junior Gala
- 1st – 2nd June, LC Open Bangor
- 12th June PASC Small Pool Gala and Big Pool IM
- 15th June, PASC Big Pool Gala
- 16th Jun, SU Newry Festival
- 22nd June, Down Champs
- 11th – 14th July, Div 2, Limerick
- 24th – 28th July, Div 1, Dublin