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Irish Minors Gala, 10th Feb

Well done to all 13 PASC swimmers who qualified for the Irish Minors Gala held at the National Aquatic Centre on Sunday. This was a great experience for our junior swimmers. Well done Alisha, CJ, Colm, Daniel, Eimear, Ella, Emily, Jodie, Hannah, Jessica, Lucy, Ross and Ruby! Lots of PBs, 6 final places and a silver medal for Ross 🎉

Final PTL Gala, Sat 16th Feb

PASC's PTL team have been swimming hard and fast this season. Last season, this team were in Division 3 so to have won all their galas this season in Division 2 reflects the commitment and hours training in the pool by many of these swimmers. This Saturday will be the final gala which is at HOME to a very strong Swilly Seals. We'd love to see as many of our young swimmers come along with their loud voices on the day and shout "Let's go Portadown, let's go!"

PTL swimmers please check the team sheet on Wednesday at the club desk. Warm up will begin at 4.30 pm aiming to start at 5.00 pm. Prepare well this week: try to attend every training session and follow the pre-race nutritional advice posted in last week's newsletter: <https://swimswam.com/3-highly-recommended-pre-race-meals-f.../>

Let's be great hosts to Swilly Seals. Shake hands with your competitors and congratulate them. We'll finish the season with refreshments after the gala if boys can please bring sandwiches and girls bring traybakes. We'll be calling on PTL parents on the evening to help with catering and timekeeping so thanks in advance.

This week's training

Mon 11th Feb: Training as normal plus FIN training

Wed 13th: training as normal

Thurs 14th Feb: 4.30 pm land training, 5.30 pm PTL, 6.30 pm Aquasprint, late – Valentines: 🎉

Sat 16th Feb: no training due to PTL gala

Please try to attend all training given PTL this Sat & Armagh Champs is next week!

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

Parent Volunteering = Swimmer Membership

Thanks to everyone who has volunteered for the Armagh Champs, PTL and Aquasprint Gala. We'll be confirming roles for the Armagh Champs next week. For next Saturday's PTL Gala, we'll need 3 parents to help with refreshments please – a committee member will contact you on the night.



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Water polo

Well done to our 10 PASC players who took part in the match at Newry & Mourne last Sat 😊 Next up...

Swim Ulster Skills Camp (2009 +)

Skills camp followed by matches at the Grove Leisure Centre, Belfast on Fri 22nd Feb from 7.30 – 9.30 pm. Cost is £10 on the night.

Swim Ulster Skills Camp U11 & U13 (2009 - 2008)

Skills camp followed by matches at the Grove Leisure Centre, Belfast on Fri 8th March from 7.30 – 9.30 pm. Cost is £10 on the night.

Forms for the skills camp are available at the club desk. The camps are ideal for our swimmers and are facilitated by qualified water polo coaches. PASC coaches will also be there taking part.

Dates for your diary

PTL

- 2nd Mar (Heats), Cascades
- 23rd Mar (Finals), Ballymena

SU Development Galas

- 3rd Mar, Newry
- 18th May, Lisburn

Aquasprint

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

Other Dates

- 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

Armagh Champs, Sat 23rd February

We've noticed some of our swimmers in the green & red squads haven't yet submitted their entry for the Armagh Champs. We are encouraging you all to enter for this gala at HOME in Cascades. 10-year-old swimmers are only required to swim one length so it's a great opportunity for you to join in on the fun and gain some gala experience. You have a choice of the front crawl, back stroke, breast stroke and butterfly. Please email portadownasc@gmail.com or confirm at the club desk.

We'd like to see all our large pool swimmers enter this event who are aged 10+, particularly as it will be the last Armagh Champs at Cascades. Closing date is Wed 13th Feb.

Thanks to everyone who has provided business / child sponsorship or donated a raffle. If you haven't yet provided sponsorship or donated a prize, we'd really appreciate if you could by stopping by the club desk or emailing portadownasc@gmail.com before this Thursday 14th Feb.

Girls warm up will begin 8.15 am, boys at 8.30 am for the heats, followed by lunch & finals.

Good luck to all swimmers taking part in the Templemore Gala on Sunday 17th Feb in Lisburn. Next Friday 22nd is the McCullagh International Meet in Bangor. Submit your entries for the next SU Development Meet on 3rd March & the Easter Qualifying Meet on 8th March.