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Easter Qualifying Gala: Well done to all 11 PASC swimmers: Alex, Anna, Daniel, Dmitry, Ellen, Hannah, Jessica, Lillie-Mae, Max, Megan and Ross who competed in last weekend's gala at Bangor. Once again, our swimmers achieved personal bests with 19 top 6 places including 3 gold, 4 silver and 3 bronze medals. Congratulations!

PTL Finals, Saturday 23rd March, Ballymena

Well done to the following 15 PASC swimmers who have qualified for the PTL Finals: Alisia, CJ, Daniel McD, Darragh, Dmitry, Ella F, Emma R, Jasmine, Jodi, Joshua, Lauren, Max, Megan, Ryan F & Ross. Please let us know if you can't make as places will be re-allocated. Congratulations!

Parent Volunteering

Thanks to Petra P for volunteering to be the Aquasprint Parent Catering lead for the HOME galas on 13th April & 4th May. Petra will need 3 parents to help & poolside will need approx. 10 volunteers for timekeeping, marshalling, runner & the desk – please check your name on the volunteering sheet at the desk Wed before the gala.

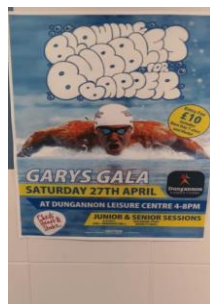
Upcoming Galas

Closing date is 18th March to enter Sliabh Beagh Junior Open Meet on Saturday 6th April 2019. Also remember Enniskillen Gala on 14th April, are accepting entries are being accepted on a first come first served basis. Details on www.swimulster.net along with other events.

Gary's Gala, Dungannon 27th April

Dungannon Leisure Centre are running a one-off charity fun gala in aid of Northern Ireland Chest, Heart & Stroke in memory of their teacher and friend Gary Morris. This event will take place on Sat 27th April 2019 @ 4-8pm.

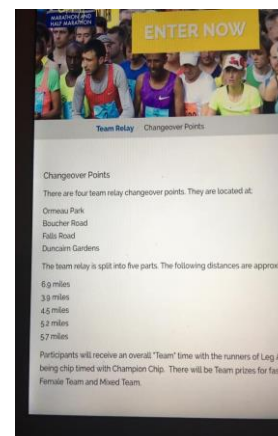
Let's show a great PASC support to our friends in Dungannon. We are encouraging all our swimmers who are aged 6 years and above, capable and confident of swimming 25metres front crawl and 25metres back crawl to enter this gala. Please register your interest at the club desk from this Wed. As this is a charity event an entry fee of £10 will be required when we return completed application forms to the reception of Dungannon Leisure Centre on Wednesday 27th March. Each swimmer will receive an event t-shirt and medal for participating.



Team Relay, Belfast City Marathon Sunday 5th May

PASC will be entering several team relays in this year's Belfast Marathon supporting the Cancer Fund for Children. We already have 2 teams formed from committee and the coaches but in true PASC spirit we would love to see some of our senior swimmers aged 16+ and parents form a few more teams. This is a fun relay and not competitive one. If you'd like to give it a go then all you need to do is register at the club desk! Come on you know you want to!

<https://www.belfastcitymarathon.com/team-relay>



Water polo

Great to see Darragh, Eóin & Leon at the U13 Skills Camp & Match on Friday night in the Grove Leisure Centre, Belfast. Our players are really coming on. If you are interested, then come along to training on Saturday morning 9-10 am. The U9 skills camp & match will be on Friday 22nd March at the Grove. You just need to register at the club desk or speak to one of the coaches.



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This week's training:

Mon 11th: training as normal plus 7.30 pm FIN training

Wed 13th: training as normal

Thurs 14th: 4.30 pm land training, 5.30 pm PTL,
6.30 pm Aquasprint

Sat 16th: 8-10 am training as normal, 9-10 am waterpolo

Mon 18th: no training due to St Patrick's Day



Are you new to the swimming world?

If you are new to swimming, then you might be confused about the names of all the galas you read about in the newsletters. Let's try to help you make some sense of it all. The first suggestion we'd like to make is to read the gala section on the club website www.portadownasc.com and the competition & talent sections on www.swimulsternet.com where you'll find helpful information.

One of the most popular novice galas that is enjoyed by many junior swimmers is the "Arthur McDonald" gala, held each November in Newry. Swimmers up until 12 who have never won a Swim Ulster gala can compete in this event. As the swimmer develops their techniques in the big pool, they will regularly compete in the Forest Feast Aquasprint League taking part in 25m relay and individual events developing friendships along the way at HOME and AWAY galas. There are usually 5 galas (Home & Away) from Dec until May, with the final event in June. Also, this year there'll be a fun gala on 27th April in Dungannon in aid of Charity, so if your child is 6 years + and can swim 25m front or back, please register for the upcoming Gary's Gala on 27th April. There is also a gala in Bangor for swimmers aged 9-11 years on 7th April in Bangor you can register for at the club desk.

By the time the swimmers reach P6 and are swimming 50m races, they are normally competing in the Provincial Town League (PTL), which takes place Sep until Feb. This season PASC competed in Division 2 and it is a joy to watch how our swimmers, who all started in the small pool, have grown in confidence and have become strong competitive swimmers and friends with each other.

Many of the PTL swimmers have joined the **Swim Ulster pathway**. Last year, **Swim Ulster**

introduced the **Skills Meet** with 10 of our swimmers from Red/Blue Squads took part. Upon completion, swimmers progressed to the Swim Ulster **Development Galas** which provide the swimmers the opportunity to further develop their techniques and swim long course events. It is also the meet for experienced swimmers to achieve qualifying times for the **Irish National Division 1 and 2** Championships.

Each year, the number of PASC swimmers training with the **Swim Ulster (SU) Talent ID programme** each Tuesday evening in Newry are increasing. If you are a red / blue squad swimmer interested in attending this training, please register your interest the first week in September when nominations from PASC will be put forward to Swim Ulster. Swimmers who meet set criteria will be invited to attend the sessions. Swimmers who qualify through the Talent Identification sessions, can attend additional **Talent Development** sessions each Sunday morning in Magherafelt (normally blue squad up). These sessions increase the workload for the athletes while encouraging application of talent attributes learnt at Talent ID sessions. Places are earned by the individual swimmers through achieving qualification standards. Swimmers are expected to maintain their current level of training with their Clubs and supplement their training with the Talent ID and Development sessions (2 additional sessions) which take place in Swim Ulster's **Regional Development Centre** and this season PASC are proud to partner with Swim Ulster to help setup Cascades as the centre. Currently, 17 PASC swimmers train weekly either through these programmes with SU! We hope this information helps a little to understand better the opportunities as your child progresses from the small pool to the big pool yellow, green, red, blue, silver and gold squads.

Our aquatic programme has also extended to Fin & Snorkel training on Monday nights for ALL big pool swimmers at 7.30 pm. We also have many taking part in open water swimming and Triathlon events – if you are interested, just let us know. We have a Try-a-Tri event coming up in June, so all Sharks & big pool swimmers are encouraged to join this fun event. We are a club of parent volunteers with jobs outside the pool but with your help together we can continue to build the sense of 'club' and arrange more social and fundraising events in between the busy swimming calendar. Let's go Portadown, lets' go! #wearepasc

Dates for your diary

SU Development Galas

- 18th May, Lisburn

Aquasprint Galas

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

Other Dates

- 6th April, Sliabh Beagh Junior Gala
- 7th April, Bangor 9-11yrs (AM)
- 7th April, Bangor LC (PM)
- 7th April 2nd Skills Meet Lurgan
- 14th April, Enniskillen Gala
- 4th – 5th May, Antrim Champs
- 27th April, Gary's Gala, Dungannon
- 5th May, Parent Team Relay, Belfast
- 11th May, Ards Junior Gala
- 1st – 2nd June, LC Open Bangor
- 1st June, Try-a-Tri (new date)
- 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