



## Contact Follow Us

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Well done to Alisia, Colm, Dmitry, Joshua, Oliver & Ryan who took part in the Enniskillen Gala on Sunday. Our thanks to Enniskillen who as always are great hosts. Results on the meet mobile app and pics posted on FB. 😊

### Upcoming Galas

- Sat 27<sup>th</sup> April, Gary's Gala, see page 2
- Fri 26<sup>th</sup> – Sun 28<sup>th</sup> April, Ulster Long Course
- Mon 29<sup>th</sup> April, PortArmagh Gala, see page 2
- 4<sup>th</sup> May, coaching session with Dusty, Cookstown, see page 2
- 4<sup>th</sup> May 3<sup>rd</sup> Forest Feast Aquasprint, HOME to Breifne. Parents please confirm at the club desk your help with refreshments
- 4<sup>th</sup> / 5<sup>th</sup> May – Antrim Champs, Larne, for Advanced red+ who are not competing in the Aquasprint Gala
- Sun 5<sup>th</sup> May, Team Relay Belfast Marathon, see page 2
- Sat 11<sup>th</sup> May – Ards Junior Gala. Open, closing date 24<sup>th</sup> April
- Sat 18<sup>th</sup> May – SU Development Gala, closing Mon 6<sup>th</sup> May
- Sat 1<sup>st</sup> June, Mini Try-a-Tri, please visit the website for all details. Ideal for all swimmers who can swim at least 1 length of the big pool. Open
- 27<sup>th</sup> May – Tayto park, see page 2
- 1<sup>st</sup> / 2<sup>nd</sup> June, LC Open Gala Bangor
- 7<sup>th</sup> June, Forest Feast Aquasprint Finals – venue TBC
- 12<sup>th</sup> June, End of Season Small Pool Gala & Big Pool IM
- 15<sup>th</sup> June, End of Season Big Pool Gala
- 16<sup>th</sup> June, Swim Ulster Festival Newry
- 22<sup>nd</sup> June, Down Championships
- 11<sup>th</sup> – 14<sup>th</sup> July, IAG Division 2
- 24<sup>th</sup> – 28<sup>th</sup> July, Division 1

**Mon 15<sup>th</sup>:** training as normal, plus  
7.30 pm FIN training aimed at red squad +

**Wed 17<sup>th</sup>:** training as normal

**Thurs 18<sup>th</sup>:** 4.30 pm land training, 5.30 pm PTL,  
6.30 pm Aquasprint

**Sat 20<sup>th</sup>:** no swim or water polo training due to Easter,

**Easter Break: Thursday 18<sup>th</sup> April** will be the last session of the land training for this term. Training will **not** be on Easter Sat 20<sup>th</sup> and Monday 22<sup>nd</sup> April.

Last chance to buy tickets this Mon & Wed for the club fundraiser 'guess how many eggs in the jar'. We appreciate

any support you can give. The winner will be announced **Wed 17<sup>th</sup> April @ 8.45 pm.**



### Waterpolo, Upcoming Games...

Mixed events coming up so hold these dates in your diary:

Fri 10<sup>th</sup> May, U13 @ 19.30 - 21.30,

Fri 24<sup>th</sup> May, U11 @ 19.30 – 21.30 and

Fri 31<sup>st</sup> May @ 19.30 – 21.00.

More detail coming soon.

Remember if you have yet got involved in Waterpolo, just come along to training every Saturday 9.00 – 10.00 am.

**Wednesday 19<sup>th</sup> June, Drumcree Pastoral Centre**  
**Membership Renewal & AGM**

Mandatory attendance to renew membership.

**Open water events:** Open for registration <http://clwf.eu/>  
Please speak to Coach Steve for further information.



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## Gala Preparation

We've still a few galas coming up, so save the Easter Eggs so you can swim your best.

Proswimmer has some useful tips what to eat before and after a gala:

<https://www.proswimwear.co.uk/blog/what-to-eat-before-and-after-a-swim/>

### Saturday 27<sup>th</sup> April, Gary's Gala, Dungannon

Good luck to all 33 PASC swimmers taking part in this gala for such a good worthy cause in memory of Dungannon's Swim Teacher, Gary. It will be a busy gala so make sure you have your poolside kit and an extra towel to keep warm. Save the Easter Eggs so they don't slow you down! Wear your PASC hat with pride, swim your best and have a great time. #wearepasc

### PortArmagh Gala: Monday 29<sup>th</sup> April 2019, 6.30 – 8.30 pm @ Armagh Leisure Centre

It's been a few years since we had one our friendly junior galas. This gala applies to all our Aquasprint swimmers. Any of our young PTL swimmers who haven't placed podium at a swim ulster gala are also eligible to enter. Please register your interest at the club desk before this Wed 21<sup>st</sup> April please.

### Saturday 4<sup>th</sup> May 7.00 am – 9.00 am, Dusty needs your help!

Please help Coach Dusty who is attending a Level 2 Coaching Course and needs swimmers to coach? Are you a blue (lane 2+), silver or gold squad swimmer and free on the above date in Cookstown to attend? If so, please email [portadownasc@gmail.com](mailto:portadownasc@gmail.com) or confirm at the desk and note if you need someone to bring your child home.

### Sunday 5<sup>th</sup> May, PASC Team Marathon Relay, Belfast

2 PASC teams are taking part in this year's relay: 1) Coaches and 2) Parents & Committee. We have chosen Mental Health as the Charity. We would really appreciate any donation you can make at the club desk and if you could come along to show your support. Details closer to the time.

### Monday 27<sup>th</sup> May, Tayto Park, Co. Meath

Have you registered your place yet for the PASC club outing for **all** our swimmers? **Wednesday 17<sup>th</sup> April is the last opportunity to register at the club desk.** Swimmers aged Primary 5 and under will need to be accompanied by a parent. Also, parent accompaniment would be desirable for parents of P6 & P7 swimmers if you could please let us know. For senior swimmers we should have enough supervision. Cost per swimmer is £5 each. £25 for each additional non-member swimmers and parents.