



Contact Follow Us

Web: www.portadownasc.com

Facebook: Portadown Amateur Swimming Club

Twitter: Portadown ASC

Email: portadownasc@gmail.com



Good luck to everyone attending the Swim Ulster Development meet this Saturday in Lisburn.

We are still fundraising this week in aid Action Mental Health.

Thanks for supporting the PASC Relay Teams. Your support is very much appreciated

Upcoming Galas

- See page 2 for the next couple of week's events
- Sat 1st 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
- 1st / 2nd June, LC Open Gala Bangor
- 7th June, Forest Feast Aquasprint Finals – venue TBC
- 12th June, End of Season Small Pool Gala & Big Pool IM
- 15th June, End of Season Big Pool Gala
- 16th June, Swim Ulster Festival Newry
- 22nd June, Down Championships
- 11th – 14th July, IAG Division 2
- 24th – 28th July, Division 1

Mon 13th: training as normal, plus Fin training for Red +

Wed 15th May: training as normal

Thurs 16th May: 4.30 pm land training (until 13th June, £15 register / pay at desk) , 5.30 pm PTL, 6.30 pm Aquasprint

Sat 18th: training as normal 8-9, no water polo training

Mon 27th: no training due to Bank Holiday

Have you tried Water Polo yet?

Remember if you have yet got involved in Water polo, just come along to training every Saturday 9.00 – 10.00 am. All PASC swimmers are eligible to join 😊, there's no extra cost. There are many benefits to water polo: increased endurance, aerobic & anaerobic workout, improved cardio vascular health, improved strength, increased flexibility, improved motor skills and strategic thinking. What are you waiting for?

WATER POLO

Good luck to our U13 Team who compete in their first National Cup Tournament at the National Aquatic Centre, Dublin

Sat 18th May 12.00 – 7.00 pm and
Sun 19th May 9.00 am – 5.00 pm

They will be joined by many established Water Polo. PASC have made fantastic progress in such a short time.

Well done to Ian in leading this initiative, all the coaches and parent who have supported him, and to the kids who have embraced a new sport and giving it their all.

Good luck to our U13 Team:

Darragh Branngh, Colm Diver, Ella & Nathan Fox, Annie Montgomery, James McClatchey, Ross McCombe, Leon Ruddy, Emily & Lucy Taggart and Jayne Williams.

Other games...

Fri 24th May, U11 @ 19.30 – 21.30

Fri 31st May @ 19.30 – 21.00.



Contact Follow Us

Email: portadownasc@gmail.com

Web: www.portadownasc.com

Facebook: Portadown Amateur Swimming Club

Twitter: Portadown ASC



Monday 27th May, Tayto Park, Co. Meath

Not long now! All payment will need to be paid by Wednesday 15th May. The bus will leave at 7.30 am from the carpark opposite Haldane Fisher on Castle Street. It will arrive back at the same place at 9.45 pm. Please ensure children bring a raincoat and packed lunch or euros to buy food.

For any **children who will be not be accompanied by a parent**, you will need to complete a permission form at the club desk this Wednesday authorising one of the committee to be assigned to your child, please also include your contact and any medical details for the child on the permission form. PASC's Coach, Mark Smylie, is a Level 2 Qualified Team Manager and will be the lead for this club outing.

Saturday 1st June, Mini Try-a-Tri

All registrations should be complete before 22nd May. If you have registered, please ensure you have completed the official registration sheet which is now at the desk and check that you have ticked Aquathlon or Triathlon, also if you are the min. height 135cm. Swimmers will swim 200m, then go to the spinning room to cycle for 10 minutes and finally head outside cascades to run the track. Our younger swimmers from Dolphin, Sharks & new to yellow squads who are confident in swimming 1 length of the big pool take part in an Aquathlon 'swim and run'. This is a great intro to junior tri events, more of which we hope to enjoy when we move to the new pool.

End of Season Small Pool (Wed 12th June) and Large Pool Galas (Sat 15th June)

Our annual **small pool gala** will take place on Wed 12th June during normal training times as will the large pool individual medley. Medal presentations will be the gala. Please bring traybakes. The Large Pool IM will also be on Wed 12th during normal training time. The main large pool gala will take place on Saturday 15th June, with warm up beginning at 4.30 pm. Girls please bring sandwiches and boys to bring traybakes. We would welcome all parents support volunteering poolside and with catering please.

All PASC trophies should be returned engraved & cleaned no later than Wednesday 22nd May.

Wednesday 19th June @ 7.30 pm, Drumcree Pastoral Centre: Membership Renewal & AGM

Have you collected your invite letter from the club desk yet? Attendance at the AGM is required to renew your child's membership. Unfortunately, any child not renewed at registration will be placed back on the wait list. We are looking for new committee members. For further information, please stop by the club desk or email portadownasc@gmail.com asking a committee member to ring you.