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Dates for your diary

- Mon 10th June, training as normal plus FIN training
- Tues 11th June, intro to open water, Lakes, page 2
- Wed 12th June, End of Season Small Pool Gala & Big Pool IM, page 2
- Thurs 13th June, No land training, 5.30 pm PTL, 6.30 Aquasprint
- Sat 15th June, no swim training, End of Season Big Pool Gala, page 2
- Sun 16th June, Swim Ulster Festival Newry
- Mon 17th June, EOS Fun Night, Normal training times
- Sat 22nd June, Down Championships
- Sun 23rd June, Swim Ulster Open Water Championships: registration.mylaps.com/swim-ulster
- 16th/17th Aug (TBC), water polo tournament

We needed every swimmer for the Forest Feast Aquasprint Swim Off in Ballymena Friday against City of Belfast to avoid relegation to Division 4, and you didn't disappoint: 225 v 175. Congratulations PASC and thanks to all the parent and coach volunteers who made it possible. Season 3 next season 😊

Irish Division 1 and 2 Qualifiers

Congratulations to the following people on qualifying for the 2019 Swim Ireland Division 1 and 2 Galas. **Division 1:** Wed 24th – Sun 28th July, Division 1, **closing date Mon 17th June:** Lillie-Mae and Daniel **Division 2:** Thurs 11th – Sun 14th July, IAG Division 2, **closing date Mon 10th June:** Max, Ella F, Megan G, Joshua, Ellen, Hannah S, Ross, Emma R, Eimear T, Jessica V & Dimitry. Please ensure you and any coaches attending upload a profile picture to your Swim Ireland Membership Page for accreditation. Also Swim Ireland merchandise is available to pre-order on the Swim Ireland Website Under Competitions.

Well done to the U13 Mini Water Polo team who played in the Tommy Kirk Memorial Tournament in Lisburn at the weekend. They fought hard against strong established water polo teams. Congratulations on your first season!

New Season

We'll start back training for the new season on Wednesday 28th August. Remember if you haven't renewed your membership at the AGM on Wednesday 19th June, you won't be able to start back in August as your name will be placed on a waiting list.

Keep watch on the swim ulster website for next season's gala and their annual August summer camp: www.swimulster.net. There's also useful information on the swim ulster pathway. We'll post the dates on the club website once we have it, and anything that is new: www.portadownasc.com

Most of us are ready to wind down for the summer, but try to keep fit and stay healthy as the new season's galas will start in September. There'll be lots of open water swimming opportunities (see page 2) and junior triathlons (Camlough Facebook) coming up. Cascades will be open all summer so keep swimming and there's lots going on at the lakes with "Wet side activity days, just go to www.getactiveabc.com, Outdoor Activity Days. With no school, it's a good time for our young swimmers to read "Behind the Goggles", which can be bought on www.swimmingexpert.com website. The Swim Ireland team will be competing in International Events over the summer which you should be able to stream from their website / twitter page / you tube. Lots of Swim Ulster swimmers competing!

- 3rd – 17th July European Junior Championship
- 3rd – 14th July: World University Games
- 22nd – 27th July: European Youth Olympic Festival
- 21st – 28th July: Fina World Championships
- 20th – 25th August: World Junior Championships



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Tuesday 11th June, Introduction to Open Water Swimming, Craigavon Lakes, 7.00 pm, £2 each

We are organising an introduction to **Open Water Swimming at the Lakes on Tues 11th June** evening, please register your interest at the club desk before Thursday 6th June or email portadownasc@gmail.com. This will be a taster evening to see if any swimmers would like to pursue open water swimming over the summer. It is a great way to keep training and come back next season stronger! Wetsuits will be provided. It's a great opportunity for swimmers to develop to junior triathlons, many of our swimmers seemed to enjoy the Mini Try-a-Tri event on Saturday so why not get more involved. There are some junior triathlons coming up – see Camlough Lake Facebook page for list of events. Ideal for red, blue, silver and gold squads

End of Season Small Pool (Wed 12th June)

Our annual **small pool gala** will take place next Wed 12th June: Starfish, Angelfish & Goldfish 6.20-7.30 pm, Dolphins & Sharks 7.20 – 8.30 pm. Medal presentations will follow when the last group of children have swam. Please bring some traybakes. The Large Pool IM will also be on Wed 12th during normal training time.

12th June, Inter-Schools gala, Brownlow

Good luck to all our PASC members taking part in the inter-schools gala. Be sure to cheer on your friends from all schools taking part 😊 All large pool swimmers taking part in this gala, will have an opportunity to complete their IM on Thursday 13th June during normal training times.

End of Season Large Pool Galas (Sat 15th June)

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. Some trophies are still outstanding, which need engraved, cleaned and returned ASAP.

Mon 17th June, End of Season Fun night

Our season will end on Monday 17th June with our traditional fun night during normal training times 😊

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 still looking for new committee members. Whatever your skills, we have a job! Please email portadownasc@gmail.com.

Wed 3rd July, Weplay Inspiring Girls in Sport Conference

This conference returns to the Sport Ireland National Campus, Dublin open to all ages and runs from 10.00 – 16.00. Full details on www.swimireland.ie

Looking back over 50 years at PASC: It's almost 50 years since PASC formed. It's important to mark this important milestone to acknowledge legacy at Cascades and look to the future when we move to the new South Lakes Pool. We'll be looking for your ideas how best to achieve this next season, but in the meantime, we're collecting 50 years of photos, articles, stories if you have any to share, please either drop at the club desk, scan to portadownasc@gmail.com or message us on FB.