

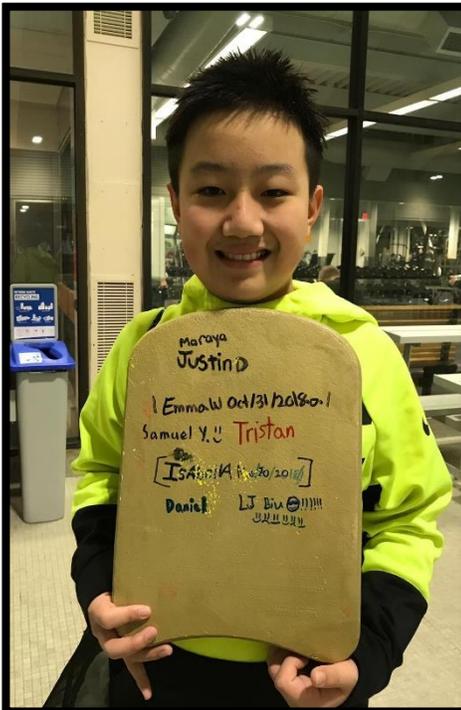


PSW Weekly Update



PASS Meet Recap

On Sunday our youngest swimmers raced in a PASS meet hosted by Surrey Knights Swim Club. From the meet we had 3 new LMR qualifiers, Cyan N, LJ, and Emma W. Congratulations! PASS meets are often swimmers first time racing in a big pool, and their first step towards racing in Invitationals arounds the lower mainland. Alina S raced her first 200 IM while Robert from Sea Puppies Gold swam his first 50 Butterfly. Both very big hurdles and first steps to a great swimming career. Go SEAWOLVES GO



PSW Winter Invitational

On February 2/3 PSW is hosting its 3rd annual Winter Invitational. This meet will see some of the fastest swimmers in the lower mainland and western Canada race at Grandview. Highlighted by Olympic, National Team, and Junior National Team swimmers all racing in the meet. We will need lots of volunteers to ensure that the meet is a success so make sure you sign up on the [website](#) to get the best seats to watch some very fast swimming and get more volunteer points.



Swimmer of the Week

- Junior 1- Alex C
- Junior 2- Ray J
- Junior 3- Cyan N
- SWG- Keren W
- SWS- Clara Y
- SPG- Thomas Z
- SPS- Blake S

CDSC New Years Invitational Recap

Swimmers from Youth 1, 2,3 and Junior converged to the Vancouver Aquatic Centre to race in the New Years Invitational hosted by CDSC. With over 500 swimmers in the meet it made for a long weekend but one that had a lot of fantastic swims from PSW swimmers. Victor Z took off 12 seconds in the 200 IM to qualify for LMR Championships and Jackson L took 15 seconds off in his 400 free to get his Age Group Provincial time. From the Junior 1 group Elina H and Maddy O swam to 100% best times over the entire weekend! Leila F and Matthew W broke the meet record in the 12 and under meet record in the 50 Freestyle. Not only did they break the meet record but they also won the top performers for their age group.