



PSW Weekly Update



Swimmer of the Week

Junior 1- Elina H
Junior 2- Benson Q
Junior 3- Isabella Y
SWS- Jun K
SPG- Cloris Y
SPS- Catherine O

SKSC Winterfest Recap

This past weekend 17 Senior 2 swimmers competed at the SKSC Winter Fest. It was a great meet with some huge best times. Congratulations to Ynah M for her provincial time in the 200 Fly with a huge 5 second best time. Other stand out swims came from Faith K swimming her first 200 breast ever, Emily S dropping 13 seconds in the 200 breast to qualify for provincials, Ethan K dropping 9 seconds in the 100 breast and the following swimmers went 100% best times: Faith K, Ethan K, Tristan S, and Emily S! Go PSW Go!



Volunteers NEEDED- 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.

Chena 12 and Under Invitational Swim Meet Recap

Over the weekend 20 swimmers from Junior 2 and 3 and Sea Wolves Gold travelled to North Vancouver to race at the Chena swim meet. For Cyan N, Isabella Y, Emma W, Liam M, Gwenneth B, Chloe L and Preston D it was their first official swim meet and they were all best times in the 100m Backstroke! Two swimmers also qualified for LMR Championships, Max X and Abner A, a very big and exciting accomplishment for both swimmers. The relays were fantastic to watch as all the swimmers really raced beyond what they have done in the past to swim really hard for each other!! We also had a couple of price winners in Cyan N (100 Backstroke) John L (100 IM) and the Boys relay of Abner A, Benson Q, John L and Max X (200 Medley Relay). Way to go PSW!!