



PSW Weekly Update



Winter Provincials Report

Last weekend in Kamloops saw 20 swimmers from PSW travel to race the top swimmers in the Province at the Winter Provincials. With 10 swimmers making their first appearance at this meet PSW had a young team attending, but veterans Cindy S, Catherine G, and Aidan M helped lead the way all weekend. Some of the young swimmers who made their first appearance that swam great were Emily St. Denis, who in her 100 Breastroke race took just over 3 seconds off and moved up 25 spots to secure a B final at her first Provincials! And Claire Zhu who qualified at LMR champs in the 200 Butterfly but was able to be an integral part of all the relays racing well under her best time in 50 Free in all 3 relays. Zadie Fack was the big medal winner over the weekend winning 4 Medals, Bronze in the 100, 400 Free, 100 Back and Silver in the 200 Back all in best times. Those swims also put her in the top 15 across Canada. Darby W, Tristan S and Sergey C all swam great with best times and finals positions all through the weekend. Alex C raced hard in the 200 Butterfly to get in the final and in the final had a fantastic race to get his Western time in the event. It was a great meet and we are looking forward to the next one this summer! GO PSW GO

Upcoming Events

- March 14 Grandview REOPENS
- March 16-17 Delta LMR Meet
- March 18-31 SPRING BREAK
- April 3-8 Canadian Swimming Trials
- April 11-14 Canadian Western Champs
- April 20 SWIM A THON (information soon)

Swimmer of the Week

- Junior 1- Oliver A
- Junior 2 -Ryan L
- Junior 3- Davis G
- SWG- Preston D
- SWS- Chelsea H

