



PSW Weekly Update



Swim A Thon!!

On April 20th the annual Swim A Thon and pancake breakfast is happening at Grandview from 5:30-8:00 AM. Our club has a goal to raise \$15,000 to help support pool costs, purchasing new equipment and coaching costs. With all of your help, we know we can achieve our team's fundraising goal while supporting our swimmers to achieve their goals!

There will be over \$1,000 worth of prizes to be won, with weekly prizes for the top earners of each week and the following prizes for our Top 3 Earners:

- 1x Technical racing suit of your choice
- 2x 'Race Ready' prize packs

Register your swimmer and start collecting funds for your swim!! Collection started March 18th. Stay tuned for emails coming up about the campaign and event!



Delta LMR Recap

Overall there was almost 100% best times over both days. There was multiple swimmers who swam their very first LMR championships, and who were able to get up and race. Some stand outs were Quinn S, William H, Matthew W, Eunsoo O, and many more winning their heats and posting big best times. Jasleen S, Denys T, Siya K and Lewin J trusting in their training were able to have breakout swims and surprise themselves. Burak E, Tia A, Kriya V and Simon Z all following their race plans, getting out fast, leading their heat and surprising themselves with how well they could do! The highlight of the weekend was PSW grabbing gold in the mixed 200 free relay as well as the mixed 200 medley relay. The kids swimming fast for each other was so great to see and were then rewarded with the gold! This was a great meet for youth 2/3 and we're looking forward to the rest of the season and seeing how many more best times we can get!



For more Great Photos of PSW Swimmers go to our website and look for the photos tab