



PSW Weekly Update



Dates to Remember

Reminder November 28 is the PSW AGM. Go to the website to register. Reminder that we have positions on the board to fill, please email janitablaskovich@gmail.com your intent to run by this FRIDAY. Also don't forget to RSVP for the PSW Holiday party by Friday to pswoffice@pacificseawolves.com



Swimmer of the Week

Junior 2- Max w
Junior 3- Isabella Y
SWG- Terri Z
SWS- LJ L
SPG- Caleb R
SPS- Grace Z

Top Tips for Young Swimmers/Parents

Below are some tips from some of the top coaches in the country from swimswam.com (a great resource for swimming news)

- 1-Tell your child that you like to watch them swim. Don't coach or critique their performance.
- 2-Remember that the sport belongs to your child. Let them take ownership and responsibility for their success.
- 3-Make the atmosphere and experience fun. Don't pressure them with unrealistic expectations or compare them to other swimmers.
- 4-Be involved! I've noticed that the parents who volunteer are the ones who have successful swimmers. Parents who drop their kids off at the curb outside the pool and never watch a practice or meet will have kids that quit.
- 5-Give them room to breathe. The pool should be a place where they can't wait to see their friends and have fun. So, don't hover. Give them the freedom to become the best they can be on their own!

SFU LMR Recap

PSW did a great job this weekend with it being their first LMR meet. Swimmers from Youth 2 and 3 as well as Junior 2 raced and represented PSW proudly. Coach Darlene was very excited with the way all her Junior 2's are continually improving and how much cheering and excitement they bring to the pool. From Youth Simon Z had 100% best times in all 6 races and coach Bella had a focus for them to hold their breath off the wall and they were able to achieve that! Matthew from Junior 2 swam to his Age Group Provincial time in the 100 Breaststroke for 11 and under boys at 8 years old!

Great swimming PSW