



PSW Weekly Update



Swimmer of the Week

Junior 1- Anthony H

Junior 2- Tim G

Junior 3- Emma W

SWG- Maddy P

SWS- Keegan I

SPG- Miko P

SPS- Aanya s



Sleep Tips

We know the early mornings come quick for the young swimmers, so here are a couple tips to ensure that your swimmer is able to get the rest that they need:

- 1.** Reduce or eliminate screen time 60mins before bed. The Blue LED light emitted by electronic screens stimulates the brain and doesn't allow it to relax enough for restful or easy sleep. If your swimmer doesn't like to sleep in complete darkness have a nightlight in their room, but use one that is not an LED light.
- 2.** Create a bedtime routine. Instead of just having a bedtime, try to set your swimmer up with a bedtime routine that can involve brushing their teeth, reading a book, or even some deep breathing exercises. This routine if consistent throughout the week can let your swimmers mind relax and make it easier for them to fall asleep.
- 3.** Have a set bedtime. And try to make it consistent even on days when they do not swim. Having consistency will help your swimmer fall asleep much easier.

These tips can really go a long way when trying to help your swimmer get as much sleep as possible at night.

Darlene Przybylowski- Junior 2/3 Coach

For over 12 years Darlene has been involved with PSW, with 9 years as a competitive swimmer and now entering her third year as a coach for the club. Coaching both the Junior 2 and 3 groups this season, this will be Darlene's first year to be the lead coach of a group. Thrilled to be coaching this group and age of swimmers, she is ready to help them strive to achieve their LMR or Tier 1 goals, and mentor them into becoming competitive athletes. Growing up as a Sea Wolf, she aspires to bring them the same influence that PSW has given and impacted her.