

Short Course events

October 3-4

ACST Fall Classic

October 19-23

Fall Break



September 2020 Edition



PCA Inter Squad Meet at the Rec Center Aug. 29, 2020

Note from the Board of Directors

Dear PCA families-

Needless to say this year is full of change and challenges. We ended what was left of our long course season with an outdoor PCA swim meet. The coaches did a fantastic job putting this meet together. The main focus of the meet was to get all the kids back together in a casual and fun environment and to celebrate a return to the pool. I feel we accomplish that.

Now we are into the short course season and once again it's not how we would like it to be. Unfortunately, our athletes continue to be separated and a season which usually consists of a calendar full of competitions is not looking that way. The board and coaches continue to work hard at making the best possible season for the athletes. We will strive to attend any competitions available and we continue to work with Plainfield Community School Corp on getting all our athletes together again.

It may seem like a quiet season without all the emails you usually receive from PCA, but rest assured that there is a lot of work going on behind the scenes to make this the best short course season possible.

As always thank you for your support!

Stay safe and healthy!

Angela Maar

PCA Club President

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Thank You Sonic and Frigid Frog!!

From the Coach's Desk

Greetings PCA family,

So much has changed since the last time we published the newsletter. What seems to be our "normal" now was something nobody could have anticipated back in February when we were gearing up for short course championships. With all of these new challenges, our senior swimmers have proven that there is no stopping them in pursuit of their goals. Since we resumed swimming back in July, we have seen a tremendous level of commitment and focus from a large number of athletes. It is truly impressive what they have been able to do without an official competition over a 7 month period of time. We have 21 senior swimmers who have maintained a practice attendance of 85% or higher since July 6! I anticipate a great deal of really fast swimming out of this group when the time comes to compete. We have emphasized culture a lot since March. Key questions that we ask the athletes are "What kind of team are we? What kind of team do we desire to become?" and "Are you a good teammate?"... Building a great culture within our program at the senior level is the next step towards high level success. Our kids have responded and are starting to break through to the next level in more areas than just performance. There really is no stopping us.

On behalf of the coaching staff, I would like to say a huge THANK YOU to all of the parents for being so supportive of your swimmers' dreams. Your dedication throughout our dryland only phase and into this fall has been so impressive!

Best,

**Coach Johnson
Hello PCA Families,**

The past few months have provided many obstacles for our age group swimmers. I have been impressed the entire time with the adaptability and positive attitude that have persevered. Our swimmers have found ways to stay connected to swimming through Zoom meetings, drylands, swimming outdoors at the rec center, and even training alongside a local club team. I believe this attitude shows why our club experiences so much success. While we were unable to compete in our traditional meets, our intrasquad meet showed that our swimmers are still getting faster. I know that none of this would be possible without the support you provide to your kids and our club. Thank you so much for everything you do!

**Sincerely,
Coach Moore
Executive Director**



Stay in touch.....

www.swimpca.com

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