

# The PAAC Press

Summer/ Fall 2020 Edition

2020 has been a challenging year to say the least. Many obstacles had to be overcome in order to obtain what we used to perceive as “normal”. PAAC has prevailed though. Acclimating ourselves to the new way of doing things was something we embraced as a club, and our hard work and commitment to safety has given us the ability to get back in the water where we feel most comfortable. Utilizing our good relationship with Stonecrest Swim Club, we were able to practice both in water and out! A senior group favorite of Coach Jim’s yoga to help the mind, body, and soul always was a great way to start the day!



Even though competitions were not present PAAC held frequent “time trials” to help satisfy our swimmers craving to race! It offered a brief reprieve from the regular practice and it gave swimmers the chance to get up on the blocks and race their fellow PAAC teammates! These time

trials were very successful in keeping our swimmers committed and giving the coaches important



data to understand what aspects of the group needed focus.

## NEW COACHING

PAAC is the home of many great coaches, and we had some great coaches leave while we also had some great coaches come in! It just so happened that our Silver group coaching turnover was facilitated by a long-time friendship that originated at PAAC! Vintage Jose and Trey!



Coach Trey had to temporarily leave us to finish up school, while Coach Jose has joined us! Other great additions to the staff include Coach Kaity, who leads our Bronze group with great passion, Coach Cody, and Coach Matt, who both serve as floating coaches and are willing to help out where they are needed.

## FALL SWIMMING

PAAC braved the outdoors for the whole month of September but it got a little chilly so we migrated our swimming inside! This temp was taken on one our last days outside at the Crest!



## PAAC'S FIRST MEETS BACK

**P**AAC was fortunate enough to be able to establish relationships with both The JCC and Rodale Aquatic Center at Cedar Crest College to continue our training inside! A Beautiful shot of the JCC!



## HALLOWEEN AT PAAC



We try to incorporate different types of training to try to avoid swimming practice fatigue. Swimming can be a difficult sport to practice and the seasons can be long! Mixing things up with different types of practice methods to keep things fresh helps our swimmers keep a healthy perspective and mindset. Coach Kaity took her Bronze group on a FUN RUN to explore the campus at Cedar Crest College!

**A**fter a long 9 months away from the competition arena, PAAC swimmers finally made their way back to the competition stage. Our destination of choice was the Keystone Aquatic Center, located in Carlisle, PA. The reason behind this was their safe and secure protocols they had in place. The facility itself is 4 years old and it does not fall short of being spectacular. The meets were spread out and operated in a manner which made everyone present feel safe while getting used to racing again. It was a little weird being on deck for the first time in a long time but our swimmers handled it extraordinarily well! Many lifetime bests were achieved and we also worked some bugs out. All things considered, PAAC did an excellent job representing itself at all 3 of the meets we attended and credit is to be given to all of the swimmers, parents, and coaches involved!



## IN CLOSING

It has been an interesting year for everyone. PAAC is proud that we were able to offer a safe and beneficial Summer and Fall season to our members. We look forward to 2021 being even better. We wish all of our members a happy holiday season and here's to 2021! Go **PAAC!**



**AND REMEMBER....**

