



## March 2020

## Empowering young people to be champions in life through excellence in swimming and diving

### Short course season in review

We will remember the 2019-2020 season for many things. The fast swimming our swimmers achieved, the friendships that continued to get stronger, the excitement of the swim meets, the tough practices, the parents who volunteered so much of their time and of course the “Virus”.

It is very easy to get frustrated or angry over a poor performance or a tough workout. These are things that athletes deal with on a consistent basis. However, what the world is going through at this time shows us that there is so much more to our lives than swimming or the time we achieved in the pool. It is life itself. We are witnessing so many people show incredible amounts of empathy to one another. We are hearing and seeing stories of what our families and others are doing to change their way of life drastically at this moment in time.

PAAC accomplished so much this past year even without a championship meet for many of our swimmers. Our swimmers who went to the Bronze Championships were fortunate to have that opportunity and they made the most out of it.

What did we do since last May? We had over 3,600 new best times. We finished as one of the TOP 14% of all teams in the USA with the Virtual Club Championships. We achieved USA’s Bronze level status again based on last summer’s performances. We have destroyed the TOP 15 All TIME swims in history with so many new names listed. We had twenty-six more swimmers this year compete (or who were scheduled to compete) at a Championship meet than last year.

We also had sixty-four swimmers achieve an IMX ranking and had eighty-four swimmers get an IMR ranking.

We will never know how much more success we would have seen for this season, but we can guess it would have been really good.

Please take this time to be thankful that you had an opportunity to be a part of a tremendous team filled with so many wonderful people. Use this as motivation to do all things necessary to keep healthy so when we do get the green light to be able to come together once again, we will be ready, excited and motivated to continue to show how good of a team we are!



## PAAC Banquet

It looks like the PAAC banquet has been tentatively scheduled for June 7, 2020. You will be notified as the days go on with more information.

## GOOD BYE!



Saying goodbye is extremely hard. I have been humbled to be your Head Coach for the past nine months. I am so grateful to have been allowed to get to know so many of you and your acceptance of me went very much noticed.

As I head back home in the next month to be with

my wife, she knows that this was such a hard decision to make. We would talk four or five times per day and it was a lot of fun telling her about the exciting practices that I was having. I would tell her about the Bronze swimmer who would come up to me at the swim meets and ask me to help lead a cheer. It was the Gold swimmer who every time would wave at me during a kick set just to say hi. There are many others as well.

Coaches coach for many reasons. Helping kids try to realize their dreams is obviously one of these. There is so much more though. It is watching them learn that hard work helps strengthen them both mentally and physically. It is watching them smile after an incredible performance. It is helping them learn after a tough swim that we can always do better the next time. It is watching their parents be amazed with how well their child performs and how a sport like swimming fosters great friendships.

I am also very thankful for the many emails that I have received over the past two weeks. Your words will be remembered and I am extremely happy that I was able to help so many of your swimmers both in and out of the water. Many of you have asked if you could email me after I leave and of course you can. My email is [rickaronberg@gmail.com](mailto:rickaronberg@gmail.com).

For my senior swimmers, sadly I was not able to coach many of you the last three months due to your high school commitment. You all swam very well and I am proud of you. I really do wish I could have been more apart of your swimming this past season.

For those of you that did swim with me throughout your high school season though, I had the pleasure of getting to know you well and we shared so many hard, but fun practices. Watching you perform on a daily basis and your incredible positive attitude every day made it so enjoyable for me.

I will miss you all greatly.

Your Coach,

Rick