

PASA-DKS

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11/8/2017

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October Newsletter

Welcome to Winter on the Pool Deck !

The weather is changing and with the cooler weather, we want to encourage all of our swimmers to keep testing the water! You will find that it is always a toasty 80 degrees! It might get a little cold for your coaches as they stand on deck, but you'll be nice and warm in the water.

If you do want to purchase a PASA parka, please follow this link:

http://store.truwest.com/PASA-Team-Parka_c_274.html

If you are still looking for equipment every day, consider purchasing your own from our team store (8% will go back to our team!)

https://www.swimoutlet.com/PASA_DKS

Goodbye to Coach Kate

As many of you have heard, this will be Coach Kate's last week with the program. We wish her the best of luck with her future endeavors. The team is currently on a nation-wide search for a replacement, so please welcome any new faces you see on deck checking out our program!

We will be having a goodbye for Kate on Thursday (11/9) at 5:45pm.

Dear Swimmers and Parents,

I just wanted to let you know that my time with PASA-DKS will be coming to an end on November 10th. I have thoroughly enjoyed the time I was able to be here as a coach. I will be moving to Portland to pursue a career in nursing. I will be taking some classes and applying to the accelerated nursing programs that are offered. I hope to continue coaching on the side during this process.

I want to thank everyone for all of your support and kindness since I moved out here. I was welcomed to this family with open arms and I can't express how much that meant to me. This has been such a wonderful experience and I will take all of the great memories we have shared with me. It has been so much fun being on deck and being able to coach such great athletes. I wish everyone the very best and I will be following along to see how everyone is doing!

Sincerely,
Coach Kate

Upcoming Events

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Nov 11: PASA Intersquad Meet

We will be hosting the PASA Intersquad Meet/Candy Meet Championships. This meet is designed for our C/B swimmers who are looking for Meet experience close to home.

Nov 18: The Big Dual

Our Elite groups will be taking on Quicksilver, a local team from Zone 1 South! This will be a fun, fast meet which will be worth coming out to watch!

Nov 22-26: Thanksgiving Break

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Nov 30-Dec 3: Husky Invite

Our first Championship Meet of the season! Our Elite Team will be traveling to Washington state to compete against some of the best in the West!

Dec 1-3: JO Championships

This will be our first Championship meet for our younger (14 and under) swimmers! All qualifiers should plan on attending.

Dec 7-10: USA Junior Nat. Champs

Four of our Awesome Elite Swimmers will be representing PASA in Iowa City at the Junior National Championships.

Dec 9-10: Walnut Creek Sr Meet

Our Elite group will compete in this meet as their winter championship meet.

Dec 18-Jan 7: Winter Break

Please see page 2 for Winter Break Details

Stay Tuned For More Info!

PASA Wear- Holiday Time!

Bella + Canvas - Women's Short Sleeve Jersey V-Neck Tee - 6005
4.2 oz., 100% combed and ring-spun cotton. Side seams, slim fit.



Bella + Canvas - Long Sleeve Jersey Tee - 3501
4.2 oz., 100% combed and ring-spun cotton. Side seams, retail fit.



Bella + Canvas - Unisex Hooded Pullover Sweatshirt - 3719
6.5 oz. 60/40 combed and ring-spun cotton/poly. Front pouch pocket.



Bella + Canvas - Unisex Triblend Sponge Fleece Full-Zip Sweatshirt - 3909 8.2 oz. Side pockets, retail fit



Next Level - Unisex Tri-Blend 3/4 Sleeve Baseball Raglan Tee - 6051
4.3 oz., 50% polyester/combed ring-spun cotton/nylon



Check out our
2017 PASA Wear

Collection!

Check out our additional
items in the attachment.

Order Here:

<https://tinyurl.com/PASAwear2017>

Order deadline is Nov16
at 9pm.

Upcoming Break Details	Congrats!
<p>Breaks from school lead to travel and vacations. With this in mind, please check out the following changes to our practice schedule.</p> <p><u>Thanksgiving (11/23-26)</u> Black, Red, JV, 8& U, 9/10, and 11/12 groups Will Practice Wednesday (11/22/17), Off from 11/23-26 Elite 1, 2 and Varsity Regular Schedule through Wednesday (11/22/17) Thursday, Friday, Saturday: 7-10am</p> <p><u>Winter (12/18/17-1/7/18)</u> Black, Red, JV, 8& U, 9/10, and 11/12 groups Will have practice Thursday (12/21/17), break from 12/22-1/2 and resume Tuesday (1/2/18) Elite 1, 2 and Varsity- Schedules for winter training will be emailed.</p>	<p>We are so proud to announce our 2017 Early Decision Signers. One of our main goals at PASA-DKS is to encourage and support all of our swimmers on their continued swimming journey which includes college swimming! These swimmers will be signing their National Letters of Intent to attend and compete at their chosen schools.</p> <p>Gabrielle Anderson: UCLA Izzi Henig: YALE Claire Lin: Columbia</p>
<p align="center">Congrats to Sylvie Patterson and PASA-DKS</p> <p>Our Swim for Relief benefiting the Nadadores Ponce Leones Swim Team in Puerto Rico raised over \$3,500 Which the team will use to reopen their pool as soon as possible. Thank you to all who participated and helped this become a great success. https://swimswam.com/pasa-adopts-swim-team-hurricane-torn-puerto-rico/</p>	

How to Work Hard at Relaxing

- Swimswam.com- November 7, 2017

It's that time of the season. The chill of your dark morning room keeps you wrapped up the warmth of your bed. You spend so much time staring at the black line on the floor of the pool that it's ingrained into your vision. Your skin has started to turn into reptile scales and your hair is like dry summer grass. Every good athlete will hit a seasonal burnout, but the great ones know how to glide through it.

Although swimming takes up a lot of our time, it's important to use a slice of the day to give ourselves a mental break. From 3-day swim meets, to double practices, it seems as if we are continuously submerged in water. Fully immersing into something you love (and in our case, we mean it literally) calls for dedication and commitment; some of the essential ingredients of success. While hard work is a necessity, it is important to give time to relaxing and rejuvenating ourselves. Focusing on non-goal oriented activities gives this part of our mind some rest and allows it to be more fresh and productive in the future. Doodling, knitting, doing puzzles, watching a movie, hanging out with friends, or playing with a pet are just some simple activities that allow us to take a mental break from our sport.

Ever come home from a grueling night's practice and have a bowl of pasta and a stack of homework staring right back at you? Sleep is a commonly forgot component to achieving a positive and productive day. According to a study conducted in 2012, at Harvard-Westlake School, 75% of student-athletes reported having under 8 hours of sleep per night. At the end of the 21-month investigation, 56% of the students reported injuries, and 38% reported multiple injuries.

Feeling more motivated to get those extra hours of snoozing in? Here are some sleep hygiene skills that you can use:

- Avoid stimulants such as coffee.
- Take a warm shower or do some meditation before bed.
- Avoid looking electronics (laptop, phone, TV) before bed.
- Decorate your bed (colorful pillows and blankets, stuffed toys).
- Put some essential oil night lamps in your room.
- Adjust room temperature to your comfort.
- Drink warm milk or non-caffeinated herbal tea before bed.
- Turn on some white noise (ocean waves, crickets chirping,)

Breaking a national record, getting all best times, getting into finals, whatever your goals may be this season, giving mental and physical rest to ourselves is essential for stellar performance. Work hard, play hard, and most importantly ... RELAX!