

Long Course events

May 03 FRST Early
Summer Slam

May 17 Fishers FAST
500 Invitational

June 7 THT Summer
Steam

June 28 JAGS
Summer Invite



May 2019 edition



Team photo provided by Karen Alexander

Note from the Board of Directors

What a great start to the long course season! The above photo is from our short course end of season banquet where numerous awards were given out to athletes. We have a great bunch of kids!

As we continue to grow as a club, we have started implementing programs that you may know other swim clubs are involved in. One of those is the USA Swimming Safe Sport Program. In this launch we had the representative from Indiana Swimming Safe Sport train athletes, coaches and parents. What a great turnout! Anyone who hasn't completed the training can go to the following link for parents:
https://learn.usaswimming.org/?_ga=2.267123150.1911464923.1554919637-1753857883.1522251290 Our goal is to have 100% complete. For any questions go to our website to the Safe Sport tab.

Remember to stay informed with PCA by visiting our website and following us on Facebook and Instagram.

Angela Maar

PCA Safe Sport Coordinator



Safe sport training

Contact Us

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From the Coach's Desk

Our Age Group coaches are looking forward to our 2019 Long Course Season, and I have no doubt that our athletes will achieve success. There are two main areas of focus that we have and will always prioritize; 1. Stroke development/technique and efficiency and 2. Growing and expanding our athletes' aerobic base. Technique is the ultimate and final limitation of a swimmer's development and success. After technique, the heart of our age group program is aerobic endurance. A quality aerobic base is important in the development of all our swimmers, in all events. Early aerobic development is a crucial part of what will lead our swimmers to success each season and as they become Senior swimmers.

A main area of focus that we have been hammering away at for the past few weeks is our underwater swimming!! This will continue throughout the entire season. We have adopted the term 4DR; "4 Dolphin Rule." Athletes have been challenged to do 4 dolphin kicks off every wall, all practice, every practice, when swimming butterfly, backstroke and freestyle! We have made it a team goal to make this a part of our stroke technique and muscle memory. This will encourage our athletes' improvement in power and efficiency underwater. We will add DR to their kick count as they get better!

Coach Liz Woodruff

Senior Group Update

We have been working really hard on multiple aspects of our development over this first 4 weeks. One specific area that we have implemented as a major focus is underwater power, speed and discipline. My experience over the past few seasons has shown me that our kids are generally not as strong off of the walls as some of our competitors. One entire workout each week has been entirely dedicated to underwater dolphin kicking, known by coaches around the world as "The 5th Stroke". It is becoming a daily emphasis in every single stroke that we work on. So far, our athletes have been very responsive and have already started to show improvement off of the walls. These improvements should be evident throughout this season, and should be even more noticeable once we get back into short course racing.

Coach Johnson

Parent's Corner

Yep, a section just for parents of our athletes. In this section we want to pass along great information for parents of swimmers. Did you know that on the USA Swimming website there's a tab just for Parent's with all kind of helpful articles and videos? Here's the link to access those <https://www.usaswimming.org/for-you/parents>

The topic for this edition of Parent's Corner is ***"How to help your swimmer have a great mindset"***. With the end of school approaching and the beginning of a new swim season, balance is key. You can find the article here: <https://www.usaswimming.org/news-landing-page/2019/01/30/parents----how-to-help-your-swimmer-have-a-great-mindset>

We will post all articles shared here on our website under the parents tab.

FRST Early Summer Slam Swim Meet recap

PCA kicked off our 2019 Long Course season with a very successful meet at Franklin! The time drops from 2018's Long Course season are astonishing. PCA coaches could not be more proud of this group of athletes, who collectively broke more than 50 team records!! Below is a recap of our athletes' accomplishments.

Team Scores:

PCA men scored 627 points and placed 5th.

PCA women scored 948 points and placed 4th.

Special shout out to our top point earners by age group:

8 and Under

Olivia Moore 20 points

Jaxon Russel 188 points

9-10s

Julia Baker 94 points

11-12s

Averie Keating 102 points

Jared Beasley 129 points

13-14s

Taylor Brackney 112 points

Luke Smith 96 points

Open

Elle Gilkerson 76 points

Dane Market 57 points

A special congratulation to Jaxon Russel for earning the HIGH POINT AWARD for 8 and Under!!

PCA kids recognized at Plainfield School Board Meeting

On May 8th the Plainfield school board recognized several PCA athletes for breaking PCMS swim team records during the 2018-2019 season. Congratulations to all those athletes!!



PCA Athletes in photo include:

Hallie Meier, Tessa Maar, Josie Heyob, Nicole Abell, Jared Beasley, Delaney Edwards, Colin Rogers, Jadyn Russell, Luke Smith, Patrick Dewitt.

