

Long Course Events

LCS begins: April 10th

Summer Dual Meet
Season (more info to
come)

Pike Spring
Invitational: May
12th-14th

THT Summer Steam:
June 2nd-4th

SSC Summer Sizzler:
June 9th-11th

Mid-Summer
Spectacular-Center
Grove : June 23rd-25th

Summer Splash-Pike:
July 14th-16th



April 2023 Edition



Thank You Coaches!!

PCA Swim-A-Thon Fundraiser

Saturday April 29th

Short Course Awards PHS Cafeteria

Saturday April 29th @ 11:30am

Contact Us

**Plainfield Community
Aquatics – PCA**

Mail:

PO BOX 774

Plainfield, IN 46168

E-mail:

pcaswim@gmail.com

Remind:

Send a text to 81010

Text this message

@27a38k2

Facebook:

**Plainfield Community
Aquatics**

Website:

www.swimpca.com

Swim Group Recaps:

Ripples/Swells: Coach Jenna & Coach Jess

Ripples and Swells had a great short course season! We had lots of swimmers showing great potential while they were competing in USA meets. Our biggest achievement is having 5 of our ripples and swells participating in Divisionals (3 in relays, 3 in individual events). This season, Ripples has focused on the basics. They worked hard on good breathing, pulling, and lane etiquette. Swells has focused on leadership, learning how to read a set, and endurance training. It is fantastic seeing how dedicated these kiddos are to the sport. They are putting in the time and effort to get better, which makes us fully prepared for some great races this summer. There will be several meets for our newer swimmers to participate in that will be perfect for them! Summer meets are exciting and an excellent opportunity to see how much they have improved. It doesn't hurt that they get to hang out with their buddies either. It is one of our team goals to have as many of our Ripples and Swells competing as we can in these fun meets. We hope to see your kiddos signed up! Great work this season! :)



Breakers: Coach Lise

The Breakers had an amazing short course season. Evan Eash qualified for his first State Championship meet in the 10 & under 50 back. The following swimmer qualified for their first Divisionals Championship meet:

Aria Cook
 Nick Dunaway
 Olivia Dunaway
 Lily Johnson
 Fiona Rosbottom
 Sam Townsend

The following swimmers had multiple top 8 finishes in an individual event at the Divisionals Championship meet.

Olivia Dunaway
 Fiona Rosbottom
 Evan Eash
 Kunsh Patel
 Olivia Moore

I am so proud of how all the Breakers performed this season. They worked hard and it showed in their performance. Every swimmer had awesome time drops over the course of the season

**Juniors: Coach Chris**

The juniors saw great success at the conclusion of the 2022/2023 SYC season. This group of young athletes spent a long 31 weeks cultivating a great work ethic and strong team culture this season. We saw numerous 11-12 & 13-14 records broken multiple times throughout the season. Some individual highlights include: Aubrie Keating in the 13-14 50 & 100 free as well as Jaxon Russell in ALL the boys 11-12 records! Some group

highlights include: Adele Simon, Aubrie Keating, Maddie Moore, Julia Baker, Rayah Rugenstein, Ava Becker, and Alli Woodard all contributing to breaking the 13-14 200 Free & 200 Medley Relay Records as well as 400 Free & 400 Medley Relay Records at Age Group State!

One special note; Jaxon Russell performed exceptionally well at Age Group State this season. Achieving 4 - 1st's, 1 - 2nd, & 1 - 3rd in his individual events at AGS. This incredible performance earned him the individual high point award for the boys 11-12 age group for this competition! Congratulations to his hard work and amazing performance! Amazing efforts and great job to all our athletes who participated at our championship meets!



Seniors: Coach Johnson & Coach Ben

The senior group concluded their season with standout performances at all three of our championship meets. The senior group was represented in each Divisionals, Senior State and Age Group State championships. Highlighting our Divisionals meet were Nate Bolinger, who earned a senior state qualifying time in the 500 Freestyle, and Alli Woodard, who earned multiple age group state qualifying times. The largest time drop in the meet was clocked by Lexi Osgatharp in the 1650 freestyle, where she dropped a minute and fifteen seconds!

Senior State was another great showing for our group, where Hallie Meier broke club records in the 200 and 500 Freestyle and teamed with Taylor Brackney, Averie Keating and Aubrie Keating to break the record in the 200 Freestyle Relay. Meier and Brackney each scored in the top 16 in multiple individual events. On the boys side, Patrick DeWitt powered home the 400 freestyle relay to put that group into scoring position with their finishing time. In addition to Meier and Brackney... Averie Keating, Rayah Rugenstein and Jared Beasley each qualified for evening heats individually.

We sent 2 from the senior group to compete in the Age Group State Championship. Alli Woodard and Ava Becker were members of the club record breaking 400 Freestyle relay which placed 11th in the state. Woodard also teamed with members of the juniors group to finish 7th in state in the 200 freestyle relay, which was the first podium for a relay at a state meet in club history.

Over the course of the entire short course season, notable time standard achievements were earned by the following:

FUTURES CUTS

- Taylor Brackney

SPEEDO SECTIONALS CUTS

- Taylor Brackney
- Averie Keating
- Aubrie Keating
- Hallie Meier

- Nate Bolinger
- Jared Beasley
- Patrick DeWitt

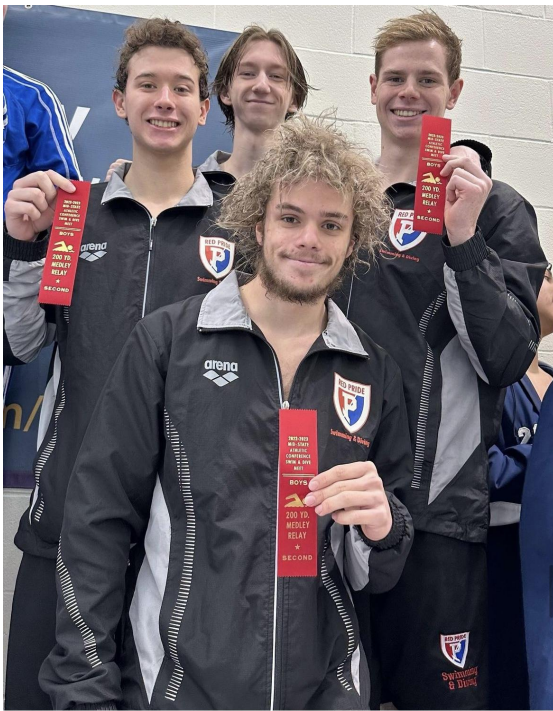
We are looking forward to continued success through building our team culture this summer!

CONGRATS!!

PHS Girls Swim Team-County Champs, Conference Champs, Sectional Champs!!

PHS Boys Swim Team-County Champs, Conference Champs, Sectional Champs!!





PCMS Girls Swim Team-Conference and County Champs!

Broke 7 school records!!

PCMS Boys Swim Team-Conference and County Champs!





CONGRATULATIONS to all our PCA Seniors!! We wish you all the best in all that you do. You will always be a part of our PCA family.



Parent's Corner:

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 kinds of helpful articles and videos? Here's the link to access those <https://www.usaswimming.org/for-you/parents>

Calling all parents looking to get involved in PCA!!

PCA Board of Directors * PCA Meet Committee * PCA Officials

More information to come at Parent Meeting

Mark your Calendar: April 29th 10:00-11:30 am at PHS

Elmore will be available for suit fittings and/or gear purchasing

Elmore Gear Items & PCA Online Spirit Store (link to come):

All PCA swimmers competing in swim meets must be in a PCA Arena suit and PCA swim cap (if cap is worn). Suits are available to purchase from our partner swim shop-Elmore. A link is provided on our website under team gear or [click here](#). Swimmers must wear PCA logo apparel on the podium and Arena brand (for example: if a swimmer has a parka of another brand such as Speedo, they are asked to wear a PCA shirt/sweatshirt for podium awards instead as we are under an Arena contract.)

(Non-personalized caps will be available to purchase from coaches. \$10/each)



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