

Short Course Events

**SCS begins: August
28th**

**ACST Fall Classic:
October 7-8**

**FRST Meet of Fall:
October 20-22**

**PCA Winter Invite:
November 3-5**

**Jingle Bell Classic
GCAC: November
17-19**

**BA Winter
Champions Classic @
Purdue: December
8-10**

**Donner Winter
Invitational: January
13-14**

**WTSC Groundhog
Invitational: January
26-28**

**ACST Aquasprints:
February 9-11**



August 2023 Edition



**Thank You Coaches!!
Welcome Coach Bethany and Coach Ellie!**

**Long Course Awards +
Parent Meeting**

PHS Cafeteria

**Saturday September 9th @
10:00am**

Contact Us

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**Plainfield Community
Aquatics**

Website:

www.swimpca.com

The Long Course Season saw many successes for PCA. Our club membership was just short of an all time high, with 115 swimmers training and competing. Our Summer Splash Series celebrated its second season. The amount of parents and older swimmers on deck volunteering to make those meets happen was incredible. I was proud of everyone who helped. Our championship meets saw records being broken and swimmers competing at the divisional, state and zone level. Things are looking great for the upcoming short course season

Swim Group Recaps:

Ripples/Swells: Coach Jenna & Coach Jess

Ripples and Swells had a great long course season. Our main goal for Ripples was lane etiquette and fundamentals. We had lots of meets and many opportunities to practice our skills at our summer league meets. Swells focused on sportsmanship, learning how to read a set, and racing at meets. At the end of our season, we had many swimmers come within a few seconds of some divisional cuts. We had 6 swimmers qualify to compete at Divisionals. Owen Slightom from Ripples and Emma Dale from Swells had their first divisional cuts in the 50 back. Elizabeth Birkey had her first divisional cut in the 100 back. Finn Honegger had her first divisional cut in the 50 breast. Hayley Mason had her first divisional cuts in the 50 back, 100 back, and 200 free. Mia Knierim was our only returning divisional swimmer who competed in the 50 back and 100 back. This is the most we have brought to Divisionals so far! We watched lots of fun relays, races, and friendships forming in our group. We are looking forward to many more competitions, time drops, and swimmers qualifying for Divisionals. Thank you for fun memories of the summer of 2023! Congrats Haley Mason, she broke the 8 and under club record in the 200 free, 100 free, and 50 breast!!





Breakers: Coach Lise

The Breakers had an amazing Long Course Season. I'm so proud of all the improvements every swimmer made with their stroke technique, starts, and turns. I love that so many swimmers entered in meets this season and were able to see great success in achieving personal best times, Divisional cut times and State cut times.

The following Breakers achieved Divisional Cut times this season.

Jack Birkey

Olivia Dunaway

Lily Johnson

Fiona Rosbottom

Aidan McAdams

Kunsh Patel

Charlotte Rose

Sam Townsend

The following Breakers achieved top 8 finishes at the Divisional Championship meet.

Jack Birkey: 100 free-3rd, 50 Breast-7th, 100 back-6th, 50 free-2nd

Olivia Dunaway: 50 back-3rd, 100 free-2nd, 50 breast-2nd, 200 free relay-2nd, 100 back-1st, 100 breast-2nd, 50 fly-1st, 200 medley relay-6th

Fiona Rosbottom: 50 back-8th, 200 free relay-2nd, 100 back-6th, 50 free-5th, 200 medley relay-6th

Aidan McAdams: 200 free relay-7th, 200 medley relay-5th

Kunsh Patel- 200 free relay-7th, 200 medley relay-5th

Charlotte Rose- 200 medley relay-7th

Sam Townsend- 200 free relay-7th, 200 medley relay-5th

Congrats Olivia Dunaway, she qualified for the Age Group State meet in the 10 & under 50 free, finished 16th place and broke the club record!!



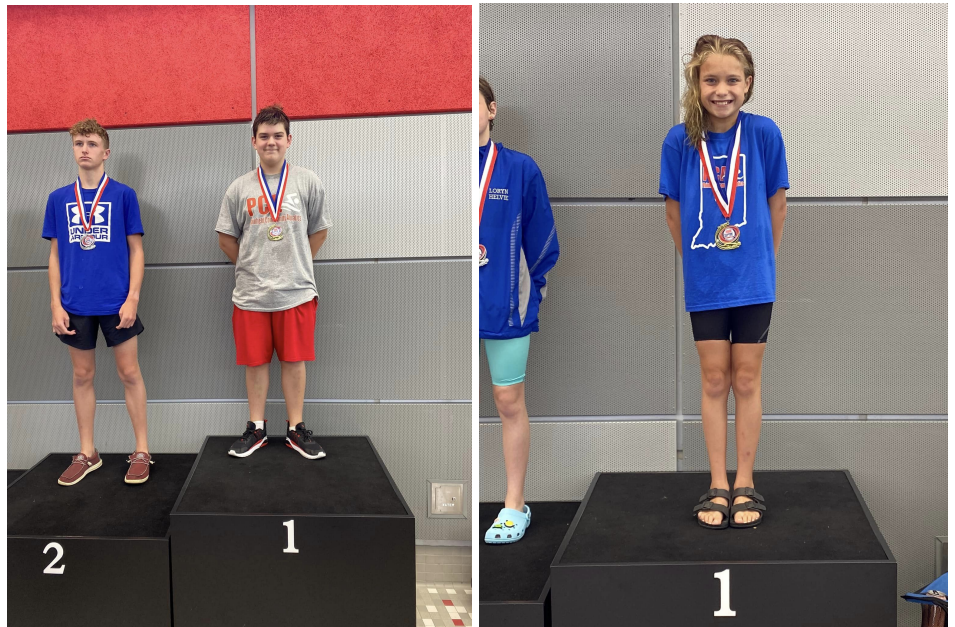
Juniors: Coach Chris

The Juniors team had an incredible end to the 2023 LCM season. Short though it may be this season the Juniors found great success at all levels of competition.

Some highlights at the Divisionals level include: Sawyer Helton placing 3rd in the 500 Free, Olivia Moore placing 2nd in the 50 Free, Maddie Western placing 2nd in the 100 Fly & 200 IM, Lainey Johnson placing 1st in the 50 Breast, & Ranger Bray placing 1st in the 100 Breast! Some highlights at the Age Group State level include: club records broken in the girls 13-14 200 free, 200 medley, 400 free, & 400 medley relays with Julia Baker, Hudson Helton, Aubrie Keating, Maddie Moore, Adele Simon, & Maddie Western participating in varied capacities for each! Club records in the 13-14 girls 50 free, 100 free, 400 free, & 100 back were broken by Aubrie Keating, Maddie Moore, & Julia Baker as well! And finally, an extra special acknowledgement to Jaxon Russell who earned the individual high point award again for the 11-12 boys age group with 3 – 1st place finishes, 2 – 2nd place finishes, & 1 – 3rd place finish, not to mention club records in all his events! The growth these athletes have seen in such a short time has been nothing short of amazing. I can't wait to see what our team will accomplish moving forward into the SCY 2023/2024 season!







Seniors: Coach Johnson & Coach Ben

Summer season being as short as it is puts an extra challenge on the swimmers to get into shape and have a base to work from in championship season preparation. Our group who had high attendance rates were able to achieve some success at championship meets because of their commitment to the training plan. The senior group had several swimmers who had a very successful Senior State meet and also a couple from our group at Age Group State. Finishing out the summer, a handful of senior swimmers competed at Divisionals, where they all had some lifetime bests and improved their times a great deal from divisionals one year ago. This summer we added a couple of new faces onto the coaching staff for the senior group. PCA alumni Elle Gilkerson and PHS Teacher and former coach Brian Woodard. Gilkerson served as a senior assistant and Woodard began to work into the dryland scene alongside Coach Johnson. Both of these coaches, along with Coach Ben Moore were integral in the success of the summer season.

New Club Records set by senior group swimmers (Long Course)

- Taylor Brackney (open 200 Individual Medley)
- Averie Keating (open 100 Backstroke)
- Aubrie Keating (open 50 Freestyle, open 100 Freestyle)
- Aubrie Keating (13-14 50 Freestyle, 13-14 100 Freestyle)
- Julia Baker (13-14 100 Backstroke)
- Averie Keating, Taylor Brackney, Alli Woodard, Aubrie Keating (open 200 Medley Relay)

- Aubrie Keating, Averie Keating, Alli Woodard, Taylor Brackney (open 200 Freestyle Relay)

- Julia Baker, Aubrie Keating, Adele Simon (members of 13-14 200 Medley Relay and 13-14 400 Medley Relay)

- Adele Simon, Aubrie Keating (members of 13-14 200 Freestyle Relay and 400 Freestyle Relay)

USA Swimming Futures - West Fargo, ND

- Taylor Brackney - 23rd in 200 Breaststroke, 24th in 100 Breaststroke

USA Swimming Central Zone Championships - Elkhart, IN

- Aubrie Keating - 13th in 50 Freestyle, 37th in 100 Freestyle

- Adele Simon - 63rd in 100 Freestyle

Indiana Senior Championships - Indianapolis, IN

- Jared Beasley, Nate Bolinger, Brackney, Keating, Keating, Brock Schall, Xander Straw, Alli Woodard





CONGRATULATIONS Jaxon!!

Central Zones

1st: 50 Back, 50 Free, 200 Mixed Medley Relay, & 200 Free Relay

2nd: 50 Fly, 100 Fly, 200 Medley Relay & 400 Free Relay

3rd: 400 Medley Relay

5th: 100 Free

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: September 7th 5:30-7:00 pm at PHS

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

Elmore Gear Items & PCA Online Spirit Store

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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