

Short Course Events

SCS begins: August
26th

ACST Fall Invite @
Avon: October 5th-6th

Riviera Fall
Invitational @ IUPUI:
October 19th-20th

PCA Invitational @
Plainfield: November
1st-3rd

CGAC Jingle Bell
Classic @ Center
Grove: November
22nd-24th

BA Winter
Champions Classic @
Purdue: December
13th-15th

WTSC Groundhog
Splash @ North



September 2024 Edition

Congratulations Swimmers!!



Thank you Coaches for all you do!!

**Central: January
24th-26th**

**ACST AquaSprints @
Avon: February
14th-16th**

**Divisionals @
Crawfordsville: March
1st-3rd**

Swim Group Recaps:

Ripples: Coach Jess

We had a smaller group for the long course season and we were able to focus on a lot of the basics. Body position, distance per stroke, proper breathing techniques, stroke timing, and much more! We also threw some fun games in to get a little more "training" in. The ripples worked really hard all season. They had some great opportunities to compete in the summer league meets! There were lots of time drops, lots of lessons learned, and we had lots of fun!

Swells: Coach Jenna

Swells had a fantastic long course season! I continue to be amazed by these swimmers each season. We had lots of swimmers competing in the USA meets and pushing themselves to do their best. Our biggest achievement was having 9 swells participate in Divisionals and 5 swimmers make the podium! This is the most we've had yet! Swells focused on technique, endurance, and learning how to read a set. It is fantastic seeing how competitive these kids are and how dedicated they are to the sport. They are putting in the time and effort to get better, which shows in their time drops and medals. The Short Course season will be filled with new meets and new adventures. We are most excited for the PCA invitational. This is a competitive meet on home turf. It is one of our team goals to have as many of our Swells competing at our invite and USA meets as we can. We hope to see your kiddos signed up to join in the fun and races. I am beyond proud of your kiddos, and I can't wait for the short course to begin! :)



Breakers: Coach Sam + Coach Laura

The breakers had an outstanding season and I couldn't be more proud of them. They had a mile progression set over the course of a few weeks that would slowly build their endurance to swim a full mile without stopping; I'm proud to say that all who were there were able to complete it! Their technique has improved immensely and multiple

personal records were set throughout the season. I can confidently say each and every one of them pushed themselves to their fullest potential. We had 8 individual club records broken (6 by Aria Cook and 2 by Finn Honegger).

We also had 8 swimmers make divisional cuts

- Aria Cook
- Emma Dale
- Finn Honegger
- Lily Johnson
- Mia Knierim
- Lucy Love
- Carter Metz

The following achieved top 8 in their event at divisionals

- Aria Cook: 200 IM ~ 3rd, 50 Backstroke ~ 2nd, 50 Breaststroke ~ 2nd, 200 free relay ~ 7th, 100 backstroke ~ 6th, 100 breaststroke ~ 3rd, 200 medley relay ~ 4th
- Emma Dale: 200 free relay ~ 7th
- Finn Honegger: 200 IM ~ 5th, 200 freestyle ~ 4th, 50 backstroke ~ 5th, 100 free ~ 2nd, 50 free ~ 4th, 200 medley relay ~ 4th
- Lily Johnson: 200 free ~ 6th, 100 free ~ 6th, 200 free relay ~ 7th, 200 medley relay ~ 4th
- Carter Metz: 200 free relay ~ 3rd

We also had 4 breakers make it to the age group state meet, which is a huge accomplishment.

- Elizabeth Birkey: 200 free ~ 35th, 200 free relay ~ 15th, 200 medley relay ~ 12th
- Aria Cook: 200 free ~ 14th, 200 free relay ~ 15th, 50 free ~ 13th, 200 medley relay ~ 12th, 100 free ~ 9th, 50 fly ~ 27th
- Lily Johnson: 200 free relay ~ 15th, 200 medley relay ~ 12th
- Finn Honegger: 50 breaststroke ~ 11th, 200 free relay ~ 15th, 200 medley relay ~ 12th, 100 breast ~ 10th



Juniors: Coach Chris + Coach Lise

The Juniors group saw another very successful conclusion to the 2024 LCM season this summer. The season began with a shift in the coaching dynamic for the Juniors group as Coach Lise Moore joined Coach Chris as an additional head coach to the group. Coach Lise brought with her a vast wealth of technical knowledge from the Breakers group last

season, and proved to be a more than valuable asset towards strengthening the stroke development for the Juniors group this season.

With the onset of the 2024 Paris Olympic Games as well as the US Olympic Trials being hosted in Indianapolis, IN, the championship meets for LCM 2024 were sure to be exciting events. The Juniors group did not disappoint as nearly every swimmer participating in the Divisionals and Age Group State meets saw either lifetime bests, club records, or team point scoring swims.

Best Swim of the Season (Highlights):

Divisionals:

Dunaway, Nick (5th in 200 Fly)
McAdams, Aidan (2nd in 50 Free)
Patel, Kunsh (12th in 500 Free)
Rose, Charlotte (14th in 100 Breast)
Sims, Jackson (20th in 200 Back)
Townsend, Sam (15th in 50 Free)

State:

Alvarenga, Esteban (13th in 50 Free)
Birkey, Jack (23rd in 100 Free)
Bray, Ranger (14th in 200 Breast)
Dunaway, Olivia (15th in 200 Free Relay)
Helton, Sawyer (5th in 100 Back)
Johnson, Lainey (9th in 200 Breast)
Moore, Olivia (7th in 200 Fly)
Rosebottom, Fiona (15th in 200 Free Relay)

Zones:

Helton, Sawyer 14th place 50 fly (club record)
Moore, Olivia 12th place 100 fly (club record)

At the close of each season, we as coaches get the pleasure of witnessing our athletes' hard work and dedication to the sport pay off. The time and energy put into a sport like swimming is no easy feat, but our Juniors group always shows up to the championship meets ready to compete! We can't wait to see what this group brings to the table next season!



Seniors: Coach Johnson

The 2024 long course season provided for some great improvements in a handful of our swimmers in the senior group. Summer practice attendance is always a challenge, but those that committed to the training plan found success in championship season. Coach Brian Woodard continued to establish and enforce expectations and our culture goals in the dryland program. It was the first season for our new assistant coach, Mel DeCamp, and I am grateful for her contributions to the group. We placed an emphasis on higher volume training this summer and it paid off with some big time drops at the senior and age group state meets.

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

- Alli Woodard - 200 Individual Medley, 400 Individual Medley
- Adele Simon - 100 Butterfly, 200 Backstroke
- Aubrie Keating - 100 Freestyle
- Woodard, Keating, Keating, Simon - 200 Free Relay
- Simon, Woodard, Keating, Keating - 400 Free Relay

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

- Maddie Moore - 13-14 200 Freestyle, 400 Freestyle, 1500 Freestyle, 200 Individual Medley
- Maddie Western - 13-14 100 Butterfly, 100 Backstroke
- Hudson Helton - 13-14 400 Individual Medley
- Western, Wood, Helton, Moore - 400 Medley Relay

Indiana Senior Championships Participants

- Jared Beasley, Nate Bolinger, Aubrie Keating, Averie Keating, Adele Simon, Alli Woodard

Indiana Age Group State Participants

- Hudson Helton, Maddie Moore, Maddie Western, Ella Wood

Looking forward to continued progress next season.





2024 Quaker Day Parade

Saturday September 21st

Please arrive at Duke no later than 9:30!!

- PARTICIPANTS BEING DROPPED OFF ONLY may use Gate #3
 - o This entrance will only be used for a QUICK drop off of people ONLY. NO access to St Susanna parking, no parking or supply drop off at this point.

CANDY DETAILS & GUIDELINES - Passing out candy is optional, but if you do, please do the following:

Candy Distribution Guidelines for Parade Participants

Objective: Ensure candy is distributed evenly along the parade route, with enough saved for the end.

Quantity: What you buy depends on your budget. For our purpose, here is our sample candy purchase.

- 6 jumbo bags of Tootsie Rolls
 - 2 10lb bags of Starbursts
 - 4 5lb bags of Smarties
 - 2 large bags of Dum Dums

PCA Invitational Meet

November 1st, 2nd and 3rd

- Families **must** work 2 of the 5 sessions, please sign up when you register your child to swim
- This meet takes every PCA family to run successfully!!

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.org

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

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.)

**Personalized swim caps will be available for purchase 9/7-10/1
on the Elmore site**

(Non-personalized caps will be available to purchase from coaches. \$13/each)

Spirit Wear Store is currently open:

<https://317graphicandapparel-com.myshopify.com/collections/plainfield-community-aquatics-pca>



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