



PAC COACHING NEWS

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SA State Short Course Championships

What a great result for the PAC team at the State Short Course Championships.



With 47 swimmers, the youngest being 8 years old to our oldest 19 years old and 10 swimmers competing at their first State level of competition, the PAC team approached the meet feeling relaxed and gained confidence through the meet.




Many of our junior swimmers in the Junior and Intermediate squads gained valuable experience at these championships performing well and more importantly enjoying the experience and having fun at the same time.

At these championships it was great to see some of our 12 and unders being given the opportunity to compete in finals. This was new this year and it was great to see many experiences to be learnt from these finals.

On day 5 was the ever so colourful Relay day with disco fever. PAC was no doubt the best dressed team. Thank you to Kylie for the use of the outfits and everyone that dressed up. We looked great.

Below is a summary of the results.

-  264 individual swims with 213 Pb's = 81 %
-  48 finals

-  4 GOLD
-  11 SILVER
-  21 BRONZE



Playford Aquatic Club finished a respectable 3rd place in South Australia.

These results reflect all the hard work that the swimmers have done to achieve goals and ambitions. I am very proud of all swimmers and congratulations to every swimmer on their achievements.

Thank you to everyone from the Coaches, officials, Team Managers and parents for supporting the PAC swimmers. It is really appreciated.

Coach Carole