



**ATHLETE REPS**



**POTOMAC VALLEY  
SWIMMING**

# **MONTHLY NEWSLETTER**

**OCTOBER 2024**





# MONTHLY NEWSLETTER

## NEW PVS ATHLETE REPS

Senior Rep - Harper Freeman  
Junior Rep - Nicole Zhang  
At Large Rep - Zach Suarez

## TEAM REPS COMMITTEE

The Club Athlete Representative represents their swim team. They attend all athlete committee calls to share what their team is doing and take any information back to their team. They serve as a leader, help their coaches, and work with teammates to better their team and Potomac Valley Swimming as a whole. They can also serve on committees of choice to further contribute to Potomac Valley Swimming.

## PVS SWIMATHON RECAP

We are so happy to announce the ending of the swimathon! We thank everyone who participated and donated. We were able to raise \$2,200.



## \*NEW\* TEAM REPS COMMITTEE

NEXT SCHEDULED MEETING 10/12 @7PM

Jacob Fayed, Zachary Fayed, Mathilda Mott, Maddie Moffitt, Ava Goins, Kai Henrikson-Brandt, Addy, Boyd, Alexa, Johnson, Michael, Johnson, Spencer Liu, Addi Ramey, Alana Molino, Nilani Thanigainathan, Anna Valasco, Cecelia Russell, Madeline Roche, Averie Davis, Kiera Parsons, Ella Nelson, Kaz Reeves, Sebastian Iglesias, Leonardo Valli, Ian Schaper, Heidi Nahid, Phineas Johnson, Asher van Schagen, Isabel Merideth, Joh. Chapman, Bella Down, Elena Thornton, Ben Campet, Campbell DeLuca, Annie Engstrom,

## USA SWIMMING ABM

Our athlete board of directors attended USA Swimming's annual business meeting where they attended webinars and conferences to better the LSC!

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## MEET SCHEDULE ON PAGE 2

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## PVS SWITCHES TO ARENA

For the 2024 quad, PVS has switched to Arena as our new LSC brand! We are excited for this new chapter

Quad - four-year time period

## MEET SCHEDULE

### 4-5:

- NTG Showdown (RMSC) at Rockville Swim & Fitness Center/Silver Spring Recreation and Aquatic Center

### 5-6:

-Harvest Moon (HACC) at Herndon Community Center  
-Occoquan Medley Series 1 (OCCS) at Occoquan Swim Academy

### 6:

-Eat-n-Meet Mini Meet (RMSC) at Rockville Swim & Fitness Center/Silver Spring Recreation and Aquatic Center

### 11-13:

-PVS October Open (PVS)  
-Occoquan Series 2 (OCCS) at Occoquan Swim Academy

### 12-13:

-October Kick-Off (ASA) at Stone Ridge School

### 18-20:

-October Kick-Off Classic (RMSC) at Germantown Indoor Swim Center

### 19:

-Ghouls & Goblins Mini Meet (PM) at Audrey Moore Rec Center

### 19-20:

-Fall Gator Mini Meet (AAC) at Long Bridge Park  
-Autumn Kingfish Splash (NCAP) at The St. James

### 26:

-Trick or Treat Mini Meet (DCPR) at Takoma Aquatic Center  
-10&U RockHopper Penguin Meet (PAC) at Fairland Aquatic Center

### 26-27:

-Loughmiller Memorial Invitational (FXFX) at PWCS Aquatics Center  
-Monster Mash Invitational (SDS) at South Run Rec Center  
-MAKO Pumpkin Classic (MAKO) at George Mason University

## USA SWIMMING ABM

The Athlete Business Model (ABM) in USA Swimming is a framework designed to support athletes in their professional and personal growth, helping them navigate sponsorships, endorsements, and other business opportunities while competing. It ensures athletes have the tools to build sustainable careers beyond the pool by connecting them with resources like branding strategies, financial management, and public relations support.

Athletes involved in the ABM are typically focused on elevating their visibility, managing personal brands, and securing income streams through partnerships with businesses. They also work on engaging with fans and the broader swimming community, aiming to make the sport more appealing and accessible while preparing for life after swimming.

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# MONTHLY NEWSLETTER

## MEET MINDSET

Setting goals is a great way to start the new season! Setting clear and achievable goals is the first step to success. In order to swim fast, you need to believe in yourself. Goals don't have to be limited to what time you will go, they can also be related to practice habits! For example, if your goal is to get a cut in your best event, you could also make a goal to do 4 underwater kicks off each wall in practice, which will help you achieve the time standard. Write your goals down somewhere you look at daily, such as your bathroom mirror, to inspire and remind you of them.

## ATHLETE SCHOLARSHIP

Please join us in congratulating the following PVS student athletes who are recipients of a PVS scholarship as they enter their freshman year of college:

Lucious Crawford  
Tessa Jones  
Maddie Kiernan  
Bryar Laine  
Annika Rieger  
Nadia Thomas  
Henry Tragle III  
Livia Venditti  
McKenzie Walsh  
Andrew (AJ) Won

## PVS OLYMPIANS

### Olympians

- Phoebe Bacon (NCAP)
- Erin Gemmell (NCAP)
- Torri Huske (AAC)
- Katie Ledecky (NCAP)

### Paralympians

- Lawrence Sapp (NCAP)



### EASTERN ZONE SWIMMING JUNIOR REP

We congratulate Nicole Zhang as the new Junior Zone athlete rep for the Eastern Zone! We can not wait to see what you acheive!

### USA SWIMMING ATHLETE EXECUTIVE COMMITTEE

We congratulate Harper Freeman as a the new Athletes Executive Committee member for USA Swimming, we cannot wait to see what you acheive!

### WE THANK OUR NEWSLETTER TEAM

Alana Molino, Anna Valasco, Asher Van Schagen, Ava Goins, Averie Davis, Bella, Cecelia Russell, Spencer Liu



# MONTHLY NEWSLETTER

## HEALTHY MEAL



SERVINGS  
6 People



PREP TIME  
20 Mins



COOKING TIME  
0 Mins



READY IN  
20 Mins

1/2 cup Hellmann's® or Best Foods® Light Mayonnaise

1/2 cup pasta sauce

3 cups elbow macaroni, cooked, drained and cooled

1/2 cup sliced green onions

1/2 cup red bell pepper, finely chopped

**01**

Combine Hellmann's® or Best Foods® Light Mayonnaise with sauce in large bowl. Stir in remaining ingredients. Serve chilled or at room temperature.

**HAVE A  
RECIPE TO  
SHARE?**

**SEND IT IN!**

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Found at BestFoods

A collage of photos showing a swim team group, a mascot, and a swimmer. The top left shows a large group of swimmers and coaches posing for a photo. The top right shows a person in a blue mascot costume (a blue creature with a large head) standing next to a person in a white shirt. The bottom left shows a swimmer in a pool. The bottom right shows a person in a blue and red swim team uniform with a logo on the back.

# CONTACT US

 pvathletes

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Mission Statement: PVS supports and promotes excellence for all through competition, education, inclusion, and leadership in a safe, equitable environment.

Vision Statement: PVS aims to achieve excellence in and out of the pool as a diverse community grounded in a shared love of competitive swimming.

**Editors: Harper Freeman, Zach Suarez, Nicole Zhang**