

NEWS LETTER

April Edition

ATHLETE REPS



POTOMAC VALLEY
SWIMMING

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PVS

Benefit Swim

We are excited to announce a benefit swim that will benefit Hawaiian Swimming

The funds raised will directly benefit the Hawaiian Athletes, assisting them with travel expenses, meet fees, and other necessities that might be challenging for them to afford.

WILL BE IN MAY

In this Newsletter

- PVS Benefit Swim
- April Swim Meet Schedule
- Athlete Spotlight
- Social Media Handles
- Healthy Dessert

APRIL MEETS

- 5-7 March Madness in April - Oakmont Rec Center**
- 10-13 TYR PRO Series - San Antonio TX**
- 13- Spring Penguin Meet - Fairland**
- 13- Earth Day Rumble 10&U - PWCS Aquatic Center**
- 20-21 Pirate Pacer - PWCS Aquatics Center**
- 20-21 MAKO Sprint Spectacular - The St. James**
- 20-21 Eat,Sleep,Swim LC Meet - Fairland Aquatic Center**
- 26-28 Machine LC Classic - The St.James**
- 27 PAC Dive into Spring LC Meet - Fairland Aquatic Center**

SUMMER/SPRING BERRY PAVLOVA

4 egg whites, room temp.

Pinch of salt

1 1/4 cups sugar, superfine
preferable

1 Tbs plus 1 tsp cornstarch

1 tsp white wine vinegar

1/4 tsp vanilla extract

- Preheat oven to 350F and line a baking sheet with parchment.

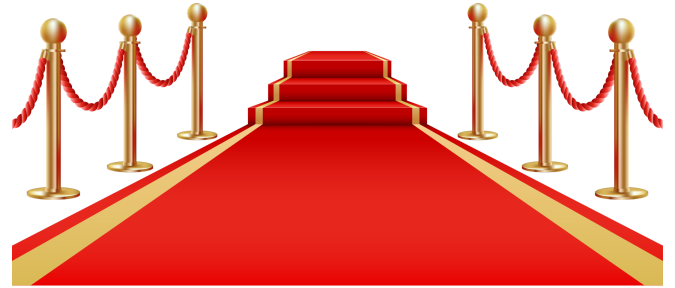
Draw an 6" diameter circle and flip over, so line is face side down, to avoid contact with meringue.



- In the bowl of a stand mixer fitted with a whisk attachment, combine egg whites and salt and beat on low, very gradually increasing to high speed. Continue until satiny peaks begin to form then beat in sugar a tablespoon at a time until meringue is stiff and shiny. When you turn the whisk attachment up, the peaks should be stiff and not weepy.
- Using a sieve, sprinkle in cornstarch, add vinegar and vanilla and fold in gently.
- Mound into parchment and form into a mound shape using the drawn circle as a guide. I like to create a very shallow well in the middle to hold the topping. This area may collapse. This is fine as you will be filling it with cream.
- Place in oven and immediately reduce heat to 225F and bake for about 1 hour and 30 minutes. If you notice any spots beginning to turn golden brown, rotate pan. Turn off heat and allow to cool completely while remaining in the oven. Do not open the oven. Do not.
- Top with whipped cream and fresh berries.
- If you would like to add a layer of raspberry whipped cream: when cream is whipped, divide in half, add 2 Tbs confecosugar and 1/2 pint raspberries. Beat until fully combined on medium high speed.

ATHLETE SPOTLIGHT

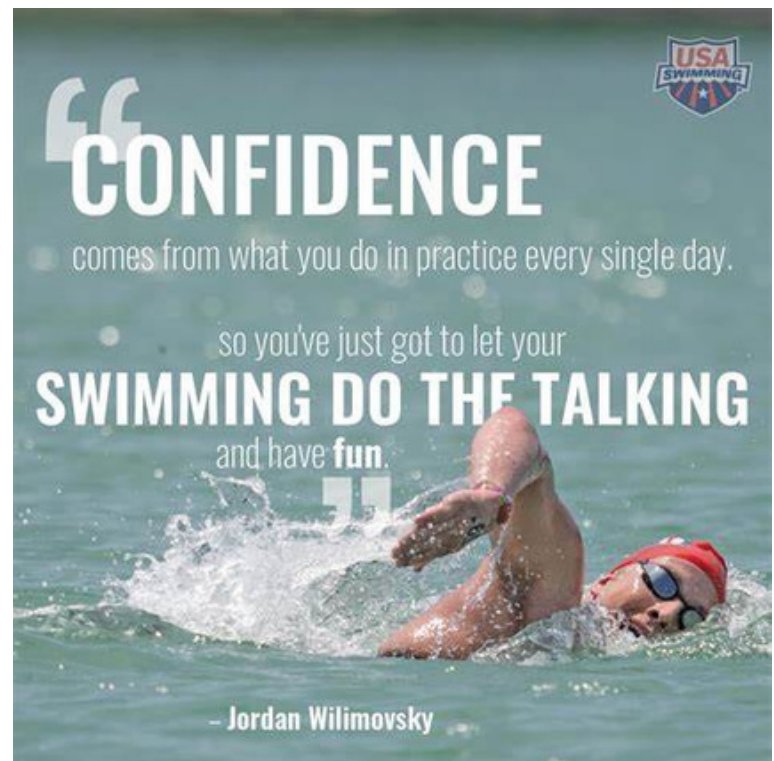
Fill out the quick five minute google form to be featured on to the Potomac Valley Athletes Instagram



<https://forms.gle/BPfHLeFCxxaqB9vh8>

75
Days Until
Olympic
Trials

As of April 1t



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Tag Us !

#potomacvalleyathlete