



2007 Swim BC Club of the Year

Welcome ... and welcome back ...!

Pacific Coast Swimming is an athlete-focused, professionally-led and parent-supported swim club, committed to having swimmers at all levels achieve their full athletic potential. Swimming is a sport that requires dedication and perseverance. Along the way, our athletes achieve the satisfaction and enjoyment that come from meeting the challenges of personally-defined, difficult and rewarding long-term goals. They also share in the goals and achievements of their friends and competitors, and experience the fun and camaraderie of team effort and achievement. In consequence, we believe that our swimmers learn important life skills at the pool, in addition to learning how to swim fast.

PCS swimmers range in experience from our youngest beginners to high performance international athletes. We are proudly affiliated with the University of Victoria Vikes Swim Program through the University of Victoria – Pacific Coast Swimming Association (UVPCS).

We applaud the achievements of our swimmers, coaches and our team as a whole. *UVPCS swimmers and coaches are regularly named to SNC International & National and Swim BC Provincial Teams and have won International, National, Provincial and Regional medals, while our officials and meet organization groups are second to none!*

Our senior coaches include **Ron Jacks**, one of the most consistently successful high performance coaches in Canada, a member of the Canadian and BC Swimming Halls of Fame, and a three-time Olympic swimmer himself; **Rod Barratt**, three-time BC Age Group Coach of the Year; **Mark Lancaster**, experienced developmental coach and coordinator of the University of Victoria Summer Swim Camps program; and **Dr. Peter Vizolyi**, Head Coach of the University of Victoria swim program. Senior coaches work closely with junior coaches to ensure that all our swimmers benefit from PCS coaching expertise.

We host a number of events each year. These events include in-house time trials for our beginning swimmers and our own annual Invitational events: the Xmas Cracker Meet in December, the 14 & Under Wavemaker Meet in April and the Midsummer Madness Invitational in August. As well, we are often selected to host International, National and Provincial swim meets.

Parents and friends volunteer as officials at swim meets and participate in fundraising events; these activities enhance our athletes' swimming opportunities and help keep our fees as low as possible.

Pacific Coast Swimming is a member of Swim BC, which in turn is a member of Swim-Natation Canada (SNC). Swim BC and SNC are the governing bodies for year-round competitive swimming in British Columbia and Canada, respectively. Further information about Swim BC can be found at <http://www.swim.bc.ca>; the SNC web site is at <http://www.swimming.ca>.

The Pacific Coast Swimmers and Parents Association (PCSPA) is a non-profit society committed to supporting the activities of Pacific Coast Swimming. Its specific purposes are: 1) to provide volunteer services for the Members of Pacific Coast Swimming with regard to such activities as communications, coordination of swim meets, training of officials and travel; 2) to provide financial assistance for the Members of Pacific Coast Swimming including but not limited to such matters as pool rental, coaching costs, competition, entry fees, travel, and equipment; and 3) to promote the sport of competitive swimming within the Greater Victoria community.

Check out our web site or give us a call for further information about Pacific Coast Swimming!