

June 2013
Issue 3

The Pacific Coast THUNDERBOLT



Spring Training Camp, PCS Style

Ten of PCS's age group swimmers traveled down to Los Angeles to train in Orange County during Spring Break. The crew was there for 14 days and swam over 100,000 metres in the LC pool at Soka University. The fair weather and excellent pool access ensure a great environment in which the swimmers pushed each other to new best training sessions. Coach Iza Labbe (who swam with PCS many years ago) and Coach Stephanie Dixon (WGB) accompanied the team to help provide coaching and management and do some

learning of their own. Coach Rod was there and pitched in to organize and coach the group. Simon Fraser Aquatics brought a group of seven down for part of the time to train with our PCS group. While training was tough and productive, you can see that it was not all work. Our Iron Chefs competition produced some great food (and fun) and we may have had some hours at Disneyland, too. Congrats to all of the swimmers who use their Spring Break to focus on improving even more! ⚡

**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE

Important Club Notes

- ⚡ Volunteers needed for AA Provincial Championships we are hosting June 21-23. You can sign up through the website.
- ⚡ We have Lightning Fast programs outdoors at UVic and indoors at Gordon Head through the summer in two week blocks M-F (swim every day). Register directly through UVic Rec or Saanich Rec.
- ⚡ Swimmers will have 2013/14 registration packages in their hands before the end of June so families can pre-register for next season.
- ⚡ All swimmers who want to go to the "fun in the sun" Moses Lake meet should let their coaches know ASAP as the entries will need to be in soon!
- ⚡ Use a gift card under the club name at Pepper's Foods to help raise funds for the club.

That's Not It

by John Leonard of The American Club Swimming Association

Last week, we had a Mom come and “inform us” that her 13-year-old daughter would be gone for two weeks vacation in late June, maybe another week after that.

Her daughter was not much of an age group swimmer, but she has some endurance capacity and comes regularly to workout at 5:30 am and again at 5:30 pm daily. She works hard, demonstrates little talent, but lots of determination.

Her mother is not athletic and clearly does not value athletics. We expressed our dismay that she'd be missing for 2-3 weeks in the middle of the most important training of the summer. Her mother's response?

“Who cares, she'll never be an Olympic swimmer, so what does it matter really?” This is a dagger in the heart to any swimming coach, and it is to me.

If we only cared, about and worked hard with, those 52 people who will eventually, once every four years, go off to the Olympic Games, it would be a small, empty and meaningless sport.

My response was, “That's really not it.” What is it?

It is the fact that young people need to learn to dedicate themselves to something that is difficult, something that requires perseverance, guts and the daily determination to get your butt out of bed and go out and push your body till it can't go anymore.

Why do they need to learn this?

Because their lives are too easy, too soft, too catered-for. Too many people carry them, make excuses for them, never allowing them to try to be “heroic.” Is it “heroic” to get your butt out of bed and go swim at 5 am? It is if you haven't done it before. Is it heroic to



Ready to race at the Wavemaker

“make” 10x200 fly on 4:00? It is if you haven't ever done it before. Is it heroic to finish your swim and turn around and cheer for the teammate who is even further behind than you are, and is struggling to make the set? Need I say it? It is if you've never done it before.

And that is what “It” is about. About doing what you haven't done before. And learning that sometimes you succeed. Sometimes you fail. If you fail, you go again until you learn to succeed.

It's not about being an Olympian.

It's about being Olympian. Learning to be a hero. And what it takes to learn that.

Or, you can Be Comfortable and teach your child that it's more important to be Comfortable.

So, if that's your choice, I only have one question? What will happen to your child on the day when they are made “uncomfortable” by life?

This isn't the end of the story. Flip to the next page to see the response this coach received after this was originally published.

About The Club

Pacific Coast Swimming



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. 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).

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Reply from George Block, Alamo Area Aquatics Assoc.

Your article really struck home as it reminded me of Robert Reyes — arguably the worst swimmer to ever go through our program — rescuing four of his buddies from choppy, night seas...a hero. Robert Reyes swam on our high school team and he was always the slowest guy in the race, but he would swim **any** race and go all out, all the way.

He was the same way in water polo. We have seven high schools sharing the same pool, so we don't have any weekday games. Every Saturday they play 3 or 4 games, 3 or 4 hours of wrestling up and down the pool. Robert Reyes was always the slowest guy, but he would never quit. Even then, the real reason he was swimming was to help him when he went into the Navy. He had his goal way back then and was preparing back "in Taft High School" for when his moment came. I told our kids that the famous Olympians actually have it easy. They know exactly when their moment is going to come. They can prepare precisely for that moment and they have a lot of help getting them there. For the rest of us it's a lot different.

Your phrase to the mother, "being Olympian" hit it perfectly. All of us will have our "Olympics," when the very best we can bring is called from us. We don't get to know when that moment is going to be. We have to constantly prepare. We may have no one to help us. No one may ever know.

It may come like it did for Robert, as a physical test on a dark night, in choppy seas, with the flaming wreckage of a helicopter still floating in the water. It more often than not won't be a physical test, but a moral one — that integrity thing. I tried to explain to my team that the reason they have to prepare every day is because they have to be prepared every day. "Being Olympian." That is it. ⚡

Newspaper clipping included with George Block's reply.

Man Rescues Navy Pals

A San Antonio sailor saves four crewmembers after a helicopter crashes into the Mediterranean Sea.

by Amy Dorsett
Express-News Staff Writer

A San Antonio Navy man came to the aid of four comrades in the choppy waters of the Mediterranean Sea last month, rescuing them after their helicopter crashed into the sea.

Petty Officer 2nd class Robert Reyes, assigned to a helicopter combat support squadron aboard the USS Kearsarge, made the rescue June 22 when a helicopter flying a routine search-and-rescue mission crashed into the water. Reyes, 21, whose boyhood love of helicopters propelled him to enlist in the Navy three years ago, quickly suited up for what was to be his first rescue mission. Already feeling the rush of adrenaline, Reyes' emotions were running even higher because the crewmembers were like family. "Just the day before we flew together," Reyes said. "While I was dressing out, I was trying to calm myself down."

Within minutes, Reyes' helicopter was hovering in the nighttime sky above the downed chopper. Reyes, a trained rescue swimmer, jumped from his helicopter. "I started swimming up to them, seeing if they were alert," Reyes said. One by one, Reyes helped each crewmember swim to the pickup point, where they were hoisted into the waiting helicopter. Navy officials say the four who were rescued are quick to call Reyes a hero, a title he brushes off. "When they say that, I just think I'm happy they're there," Reyes said, adding some of his water skills were acquired while on the Taft High School swimming team.

Parents' Page

For Your Calendar

2013 VIR LC Championships

June 7 to 9, 2013

Commonwealth Place

2013 BC AA Championships

June 21 to 23, 2013

Commonwealth Place

2013 BC AAA Championships

July 4 to 7, 2013

UBC Aquatic Centre

2013 Mid Summer Madness

Aug 3 to 4, 2013

Commonwealth Place

Registration BBQ

Our annual registration BBQ will be at the Beaver Lake picnic shelter on Sept 13. Come and enjoy yourselves with the team while the coaches cook dinner. Club equipment will also be for sale.

June 2013

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VIKES SWIMMING CAMPS

Swimming

ages 8 - 12, Co-ed

Our swimming camp is a great introduction for children wanting to get a taste of competitive swimming. Experienced coaches will lead the campers in stroke improvement, dryland skills and under/over water video feedback. The afternoon will include a fun swim in the outdoor pool. Participants must be able to swim 50 meters or be at a Red Cross level 6/7 or higher.

\$145	Jul 2 - 5, Tue - Fr	9am - 4pm	28813
\$185	Jul 8 - 12, Mo - Fr	9am - 4pm	28814
\$145	Aug 6 - 9, Tue - Fr	9am - 4pm	28815
\$185	Aug 12 - 16, Mo - Fr	9am - 4pm	28816
McKinnon Pool			

Register online at
VikesCamps.com
or call 250.472.4000
for more information



250.472.4000
VikesCamps.com



2013
Summer Camps



PCS is working with the Vikes to offer these swimming camps. Coach Katie Cook will be running the camps with some of the B-groupers assisting.

Optical Illusion



How I feel when my goggles fog up...



Kids' Page

Joke Time

Q: Where do ghosts go swimming?

A: In the Dead Sea!

Two fish swim into a concrete wall. One turns to the other and says, "Dam!"

A swimmer was on a boat that sank. Thankfully he was able to swim to a tropical island. As he stood up, he noticed his hands were purple. He looked at his feet and they were purple. Worriedly he took off his shirt and his chest and stomach were purple. With his head in his hands he cried, "Oh no! I've been marooned!"

Swimmers remember...

all our programs run through the end of July, which is a great time for training when life isn't so busy with school.