

Summer 2013
Issue 4

The Pacific Coast THUNDERBOLT



The mascot, Xop, is a drop of water.

Countdown to World Champs

With only days until the start of the World Championships in Barcelona, the swimming world is dripping with excitement.

The FINA World Championships includes all aquatic sports: swimming, diving, open water swimming, synchronized swimming and water polo. They are run by FINA (Fédération Internationale de Natation), and all swimming events are contested in a long

course (50-meter) pool.

The event was first held in 1973 and is now held every two years (in the odd years).

The championships run from July 19 to August 4. 2,500 athletes from 180 countries are expected to compete.

PCS's Richard Weinberger will be competing in the 10 km open swim on July 22nd and the 25 km open swim on July 27. Good luck, Richard! ⚡

PACIFIC COAST SWIMMING
TEN YEARS of EXCELLENCE



Summer Universiade

Good luck to Aimeson King who is representing PCS and Canada at the World University Games in Kazan, Russia. He will be racing in the 10 km open swim on July 17.



Canada Games

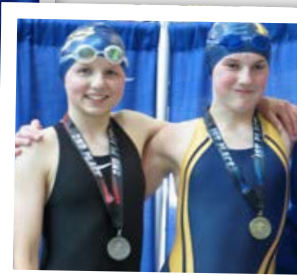
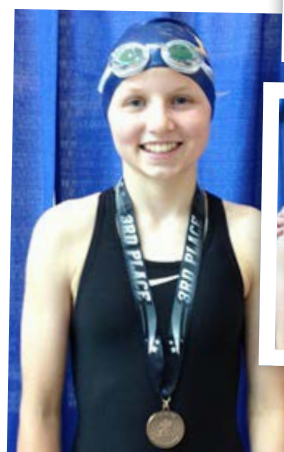
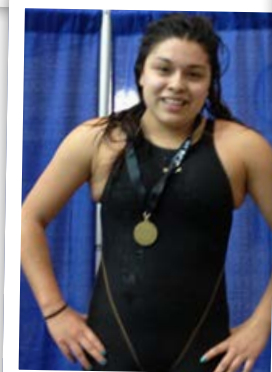
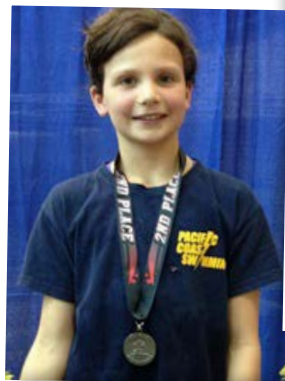
Good luck to Jon McKay who is representing PCS and BC at the Canada Summer Games. Swimming events begin August 4.

AA Recap

We hosted the BC AA LC Championships from June 22-24. The meet was a great success and proved to be the largest AA LC meet so far. There were only positive comments from attending teams, so a big thanks to all the volunteers who helped pull this off!

Our swimmers also had a fantastic meet. Here is a quick overview of the individual podium finishes: **Grace MacDonald** (11): Silver in 50 Free and 200 Free. **Fionnuala McKenna** (12): Silver in 50 Free. **Anya Pasemko** (13): Gold in 50 Free, 100 Back, 100 Free, and 400 IM. Silver in 200 Back. **Ana MacLeod** (17): Gold in 100 Fly and 200 Fly. Silver in 100 Free. **Erin Jennings** (12): Gold in 400 Free. Silver in 800 Free. **Lia Lancaster** (12): Silver in 400 Free and 100 Breast. Bronze in 100 Free. **Victoria von Sacken Nash** (13): Gold in 100 and 200 Breast. **Tabitha Zammit** (14): Silver in 200 Breast. **Kennedy Aragon-Scriven** (15): Bronze in 100 Fly.

Congratulations to all the top 8 finishers as well: **Achintya Chaudhari** (15), **David Hiebert** (13), **Darius Morrison** (10), **Damon Pullan** (14), and **Riley Tesch** (15). ⚡



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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AAA Recap

PCS was the top club from the island at Provincial AAA LC Championships and finished eighth overall — amassing our highest ever total points score. The championships were held July 4-7 and included over 550 swimmers from across the province. It was hosted at the UBC aquatic centre with both the indoor and outdoor pools being used for the heats with the finals moving indoors at night.

Here is an overview of the individual podium finishes: **Molly Gowans**: Gold in 50 Free, 100 Free, 200 Free, 400 Free, and 800 Free. Bronze in 200 Back. **Jordan Andrusak**: Gold in 200 Breast. Silver in 800 Free. Bronze in 200 Fly and 100 Breast. **Lauren Crisp**: Gold in 100 Back, 200 Back, 200 IM, and 400 IM. **Ryan Howe**: Silver in 100 Back. **Justin Howe**: Bronze in 1500 Free. **Jon McKay**: Silver in 400 Free. **Blair McDowell**: Gold in 200 Breast. Silver in 100 Breast. **Michael Schmidt**: Silver in 100 Breast and 200 Breast. **Jessica Luo**: Bronze in 50 Free and 200 IM. **Vicky Mock**: Silver in 800 Free.

There were lots of top 8 finishers as well: **Allison Ballantyne**, **Emma Carter**, **Hanna Carter**, **Evan Letkeman**, **Rosie Moulton**, **Rachel Sawchuk**, **Jackson Sinclair**, and **Sophie Tarrant**.



Race Page

Important Notes

⚡ We are hosting the “Mid-Summer Madness” meet this summer on August 3 & 4. You can volunteer on 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.

⚡ Maintenance practices run M/W/F from Aug 7-16th at UVic from 5:30 - 7pm.

⚡ The registration package is now available on the website, so you can get the paperwork out of the way before the chaos of a new school year. Everyone who has submitted their registration and post dated cheques, etc, by the end of July will be entered in a draw to win a free cap and goggles!

The Positive Attitude

by The American Club Swimming Association

Just as it is of utmost importance that coaches must be positive and optimistic, so too must parents. It has been said that 95% of us are predominantly negative in our approach to life—so most of us have a problem!

These notes are equally applicable to parents, and if not understood and acted upon by the whole swimming family, swimmers will be greatly handicapped, and not reach full potential. Being critical, no matter how much it may seem justified to the parents (“who have spent so much money and time”) is clearly a negative approach with a strongly undermining effect. When constructive criticism is needed to form the foundations of a revised plan for improvement, parents should express their ideas to the coaches. The secure coach will be able to handle such help. Most coaching organizations welcome constructive criticism, presented in the right way at the appropriate time.

Parents should continually protect the swimmers from the damaging input of negative thoughts. If they can make a habit of always being positive and only foreseeing success, swimmers will be given the greatest opportunity to transcend existing performance levels. Clearly, the training must be as good as well, but where, in addition, an atmosphere is of positive self-expectancy continually promoted by coaches and family, even when progress seems to be slow and the going difficult, swimmers will have the right mental approach. While doing their best to carry out all aspects of preparation well, swimmers will learn to regard themselves as winners, and eventually succeed in reaching realistic goals. The chances of this diminish greatly when parents, often because personal shortcomings (in having a pessimistic, negative

nature) continually remind a child of the lack of improvement or failure to come up to expectations. Swimmers should continually be programming their subconscious by positive self-talk and visual imagery of success. This task should be made easy by reinforcing positive vibrations around them.

It is important for the swimmers to know that they are loved no matter what their swimming performance. The negative fear of failure is much less likely to develop when parents emphasize their love and compassion.

When setbacks occur, the attitude of parents and coaches must express the idea...“Well, you did not do as well as you are capable of this time, but next time it will be better”...positive self-expectancy and optimism. This helps the programming of the subconscious mind that we should be striving for. The coach and swimmer should analyze and determine what can be improved and positive action taken. Parents, above all, should be the least critical and never suggest that what has happened is more than a temporary setback. If such principles are applied to all our thinking, we might well improve our lives too. It is not only the swimming development of the child that parents can help by the right psychological approach. We can all benefit greatly.

The parents eventual reward for their sacrifices of time and money will be when the grown-up, mature swimmers realize that their parents have played an important part in their success as a swimmer, and as an individual, by giving them the opportunity to train without attempting to intrude, or basking in reflected glory.

By Forbes Carlile, Head Coach of the Carlile School of Swimming and of numerous Australian Olympic Teams. ⚡

Parents’ Page

For Your Calendar

2013 SNC Summer Nationals

July 17 to 20, 2013

Pointe-Claire, Quebec

Moses Lake Summer Sizzler

July 19 to 21, 2013

Moses Lake, WA

Age Group Nationals

July 25-30

Montreal

Thetis Lake Race

July 28, 2013

Thetis Lake

2013 Mid Summer Madness

August 3 to 4, 2013

Commonwealth Place

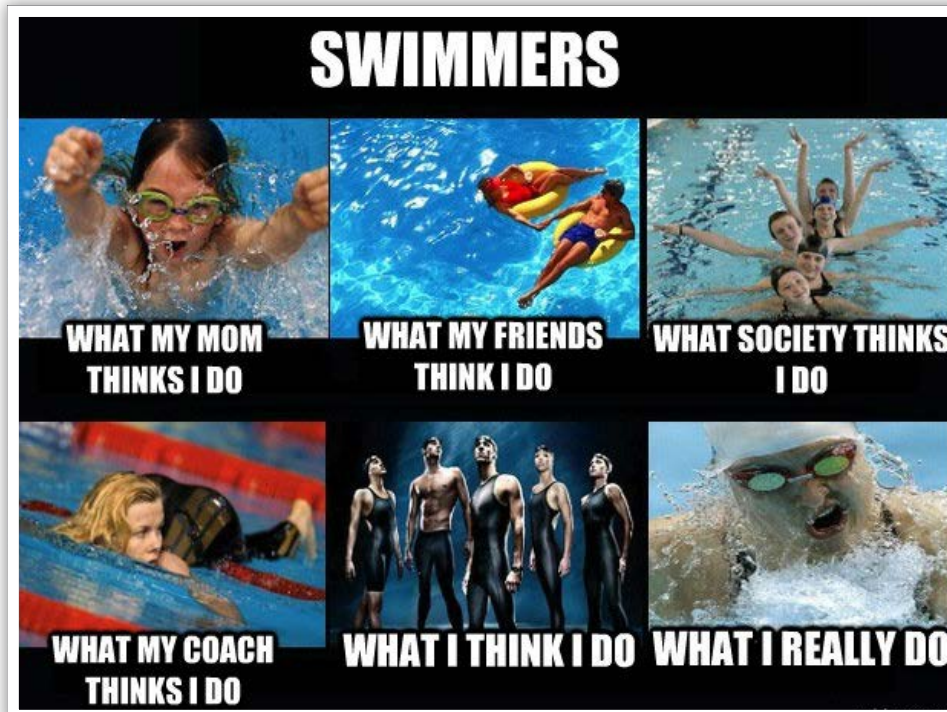
Annual Registration BBQ

Our 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.

Summer 2013

You Know You're a Swimmer When...

1. ...you collect swim caps.
2. ...you critique the way people swim on TV or movies, because their technique is terrible.
3. ...every conversation somehow reverts back to swimming.
4. ...you can smell a pool from a mile away.
5. ...you wear flip flops year round.
6. ...you decorate your fins.
7. ...you have gotten into a fight with the lane markers during a backstroke set.
8. ...there is nothing worse than a warm pool.
9. ...you regularly buy your suits two sizes too small.
10. ...you have the sound of "take your marks... beep!" forever engrained in your mind.
11. ...a 10:00 am practice on Saturday morning means you get to SLEEP IN!
12. ...your conversations take place in 15 second intervals.
13. ...you find yourself doing random shoulder stretches in class or the office.
14. ...you have a permanent suit tan.
15. ...you can swim longer distances than you could ever run.
16. ...you have gone two weeks without a normal shower.
17. ...waking up before dawn to exercise seems normal.
18. ...you would win an eating contest against a football player.
19. ...you know how many tiles there are from one end of the pool to the other.
20. ...your skin is always dry.
21. ...you have few non-swimmer friends because you can never hang out with them.
22. ...you get excited about Speedo's newest catalog.
23. ...bugs die of chlorine poisoning when they land on your skin.
24. ...you've learned how to squirt water 15 different ways.
25. ...the first place you go when you're stressed out is a swimming pool.
26. ...being fishlike is a compliment.
27. ...practice of only 5000 metres sounds like heaven to you.
28. ...you have trouble fitting into clothes because your shoulders are so broad.
29. ...you have mastered the art of deck changing.



Kids' Page

Joke Time

Q: What do a dentist and a swimming coach have in common?

A: They both use drills.

Q: Why wasn't Susan afraid when she saw a shark while she was swimming in the water?

A: Because it was a man-eating shark!

Q: Why shouldn't you swim on a full stomach?

A: Because it's easier to swim in a full swimming pool!

Send us your favourite sayings and jokes: newsletter@pacific-coastswimming.com

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.