



PCS Wins Second Straight AAA's!

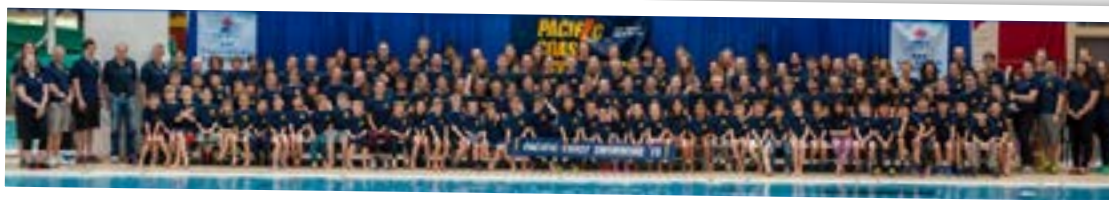
*Story pulled from swimbc.ca:

Following up on their home-town win last summer, UVic-Pacific Coast Swimming won the 2015 SwimBC Short Course Age Group Championships, held March 5-7, at the Surrey Sports and Leisure Centre.

After the first day of the meet, UVPCS was just marginally ahead of a surprising Kisu Swim Club out of Penticton, holding a lead of under 40 points. The second day saw

UVPCS pull a little more ahead - just over 100 - but still within striking distance.

The final day, though, saw UVPCS pull ahead decisively, to win with 2050 points, while Kisu (1563.5) fought off a tough challenge from Richmond Rapids (1525.5) and Langley Olympians (1505) to take second-place honours, by far the best finish in that club's history. ⚡



AAA's and Club Pictures Available to Order!

Club picture is available to order for: (1) Block Mount AAA's Photo, for 28\$ (2) Block Mount Club Photo for 40\$ (3) Photo of AAA Picture for 10\$, or (4) Club Photo for 18\$.
Deadline for ordering from Mark: May 28th. ⚡



Important Club Notes

- ⚡ Volunteers needed for AAA Provincial Championships we are hosting July 2-5. We will need a lot of help, so ask your friends and family! You can sign up through the website.
- ⚡ The 2015/16 Registration BBQ will be on September 11th. Come out, have fun and show everyone how swimmers eat! Registration forms for next season will be on the website soon.
- ⚡ Any families that shop at Peppers, you can ask to use your Peppers cards to help support the PCSPA!
- ⚡ Keep your eye out for summer updates! We will soon be releasing the Vikes Summer Camp info as well as the August Maintenance swim schedule!

Jon McKay & Stephanie Horner Going to FISU Games!

World Championships & Pan Am Games Trials Wrap-up

Day one saw Lauren Crisp advanced to the B final and finished 16 in 1:03.3 taking over 1.5 sec off her best and exceeding the VIR record in the process. Her time broke the standing record 15-17 of Nickki Dryden from 1992. Molly Gowans was off her game in the 200 fr but came up big in 1500 m with the third fastest time for Bronze! Her time also a VIR record!

On day 2, Lauren Crisp had a PB in 50 back (30.58) and established a new 15-17 and senior club record in the process.

During the finals of Day 3, Jon McKay hit hard on the second half of the men's 400m Free climbing up the field

over the second half to finish fifth in another PB. His last 200m was very competitive and brought him close to the podium. Lauren Crisp had been working on her middle 100m of her 200m Backstroke and it showed. She continues to close the gap on top group in country. She finished 12th and had the second fastest last 50m in the field. Her time of 2:14.84 set a club 15-17 and senior record. Molly Gowans also improved on her prelim performance and moved up two positions to conclude in 17th place (2:17.4).

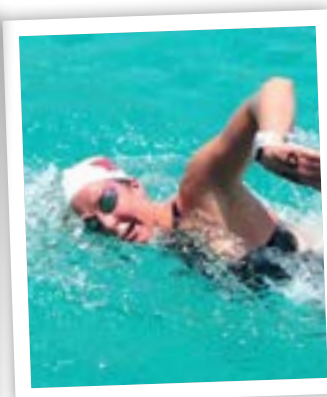
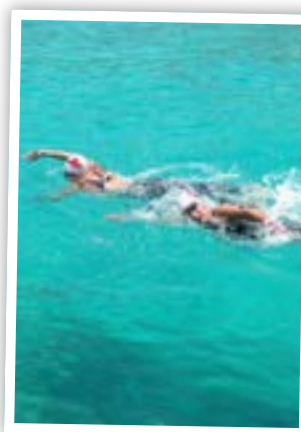
On the final day, Molly Gowans swam to 9th place in the 800 Free in a time of 9:01.46. Later in the day Jon McKay swam to 3rd place for bronze in the 1500m Free-style in a tie of 15:22.27, securing a place on the FISU games team as well as breaking Richard Weinberger's Club Record at the 800m point!⚡

Cozumel Open Water World Cup

On May 2nd our best Open Water swimmers competed in 10k World Cup in Cozumel Mexico. It was the biggest contingent of World Class Open Water swimmers since the sport was introduced to the World Championships in 1990. With a very strong current, rocks, and the biggest number of athletes ever, (69 Women and 75 Men) on the smallest dimension course, (1.25k loop) experience was a key factor our swimmers were lacking to perform at their best.

Although our swimmers competed well within the Canadian Trials their overall performance was not up to our expectations. I'm sure the work we have done will show up later! Stephanie Horner swam to 41st place (3rd Canadian) to make the World Student Games in Korea this summer.

Vicky Mock was 50th (8th Canadian) and Kaity Gervais was 54th (10th Canadian) Jon McKay was our sole Men's entrant placing 58th (6th Canadian) He will also be going to the World Student Games this summer, but will be swimming the 1500 m in the pool.⚡



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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Western Canada Games Selection

Congratulations to Lucas Tyler, Lauren Crisp, Rachel Sawchuk and Molly Gowans on their selection to BC's Western Canada Games Team. Also to Coach Rod Barratt who will be the women's coach for the team. Swimming events take place in Fort Mc Murray August 13-15. ⚡

Wavemaker Report

Well, we all had a great time in our beachy wear at the 2015 Wavemaker Meet.

Ninety-eight UVPCS swimmers were out there making waves and swimming fast long course early in the Long Course season.

Some of the highlights were:

Jemma Stevens came up big with 4 new AAA qualifying times;

Nolan Crisp made his first AAA time in the 50 FL in 41.17s and is one of Pacific Coast Swimming's first 8 year olds to do so!! Congrats Nolan following in his sisters footsteps!

There were a number of club records set:

The 11-12 girls (H. Edwards, L. Rincon, S. Lorette, G. MacDonald) Medley Relay shaved 2 seconds off the previous record finishing in 2:13.01;

The 11-12 boys (D. Morrison, M. Schmidt, K. Ogilvie, A. Gutierrez) set a new club record in the Medley Relay upgrading their time by a few tenths to 2:14.76;

Michael Schmidt upgraded a few of his club records in the 100 BR to 1:18.59, and the 200 IM to 2:38.21; and,

Anthony Gutierrez cleaned up an old 11-12 record from Craig Dagnall (who just graduated from UVic) in the 200 FR with a 2:18.36. Congrats to the record breakers!! ⚡

Many Opportunities for Open Water Racing

With such a successful history PCS has in Open Water Swimming, we are looking to continue that legacy throughout the age groups this summer.

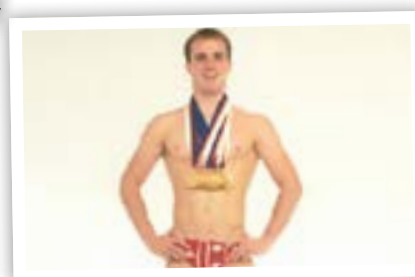
The first opportunity - 2015 BC Open Water Provincials will follow the final day of AAA Provincial Championships, and will be hosted in our very own Thetis Lake July 6th.

Again in Thetis, the annual HtO Thetis Lake Swim for MS will take place on July 26th, again in Thetis Lake!

Finally, Age Group Championships will include an open water portion on the final day (August 3rd) as always, and we will be looking for some brave swims after a long meet in the pool!

Former Vike Edgson Inducted into Canadian Sports Hall of Fame

Former Vike and Paralympic swimmer Michael Edgson has been announced as a member of the 2015 class of the Canadian Sports Hall of Fame. This year marks the 60th anniversary of the establishment of Canada's Sports Hall of Fame, held in Calgary, AB. Edgson joined 10 others in this year's induction that included speed skater Susan Auch, ice hockey's Paul Coffey, freestyle skier Jennifer Heil and cyclist Lori-Ann Muenzer. The class of 2015 will be inducted on October 21, 2015. ⚡



Parents' Page



For Your Calendar

2015 Hyack Invitational
May 15 to 17, 2015
New Westminster

Sunday Race Series #4
May 24, 2015
UVic McKinnon Pool

2015 VIR LC Championships
June 5 to 7, 2015
Commonwealth Place

Tucson Ford Classic
June 5 to 7, 2015
Tucson, Arizona

BC AA LC Championships
June 26 to 28, 2015
Kamloops

BC AAA LC Championships
July 2 to 5, 2015
Commonwealth Place

BC Open Water Championships
July 6, 2015
Thetis Lake

Moses Lake Swim Meet
July 17-19, 2015

HtO Thetis Lake Swim for MS
July 26, 2015
Thetis Lake

Age Group Championships
July 29 to August 3, 2015
Quebec City

May 2015

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Having Fun on Picture Day!

Kids'
Page



Joke Time

- Q:** Why won't they allow elephants in public swimming pools?
- A:** The might let down their trunks!
- Q:** How do swimmers clean themselves?
- A:** They wash up on shore!

If swimming is so good for your figure, how do you explain whales?

Why should you never swim on a full stomach? Because it's easier to swim in water!

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.

May 2015

