

September 2015

Issue 11

The Pacific Coast THUNDERBOLT



Swimmers Celebrate winning Long Course Provincial Champs

PCS Wins AAA's 3 Times in a Row ⚡

Pacific Coast Swimming both hosted and won the largest Provincial Championships ever this Summer. It was the third win in a row for PCS which led the scoring race from start to finish, ending the meet with 2890 points, over 400 points above the second place team, Richmond Rapids. PCS began the weekend with 55 enthusiastic athletes, the club's largest contingent to date, who after two days fighting for first with Richmond and Island Swimming, took command of the meet on the third day.

In the process, PCS swimmers walked away with 14 Gold, 14 Silver and 15 Bronze Medals, established more than 5 new VIR Regional Records, over

15 new Club Records and one new Age Group National Record. This National Record was set in the boys 12 and under 4x200 Fr Relay by Anthony Gutierrez, Brendan Fitzpatrick, Keir Ogilvie and Michael Schmidt. The record excited the home crowd and energized the rest of the swimmers to continue their excellent weekend.

Finally, PCS also flourished in the Open Water events, highlighted by sweeping the 11/12 boys 1km race for the second year in a row with Anthony Gutierrez, Michael Schmidt, and Kier Ogilvie. In addition, in the 15 and Over girls 5km swim, Vicky Mock and Kaity Gervais came 1st and 2nd respectively. ⚡

**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE



Registration BBQ

Come have your dinner cooked by your coach! The BBQ will be Friday, Sept 11 from 5pm to dusk at the picnic shelter at Beaver Lake.

The REGISTRATION PACKAGE can be downloaded [HERE](#). It's a great help if you can have all the forms filled out — and cheques written — ahead of time.

PCS Women Win Age Group National Champs ⚡

PCS won the Women's banner, and were the 5th overall team at this year's Age Group Nationals with a 22 member team. There were 94 scoring teams on the Women's side and 124 scoring teams overall, a depth that highlights how competitive the field we competed against really is. Molly Gowans also won the award of top female aggregate at the meet with five individual Gold medals and one Silver. In addition to winning the top female aggregate award, Molly also set two senior club records at the meet, in both the 200 Free and 200 Back. Michael Schmidt also set the Provincial record in the boys 11-12 200 Br.

This was the first time that PCS won Age Group Champs. In order to win, a team must have fast swimming across many age groups as well as a lot of high quality depth within to make up winning relays and maximize point totals. This is also the third year in a row that PCS has been the top BC team at the meet, and our team's placing has only gone up!

This is a great achievement by the whole club, and we hope to build on this success in the coming years!



Western Canada Summer Games ⚡

PCS swimmers Rachel Sawchuk, Lucas Tyler, Lauren Crisp and Molly Gowans were selected to represent BC at the Western Canada Summer Games this summer. Coach Rod Barratt was also appointed as Head Coach of the Women's Team at the event. PCS' swimmers were the largest contingent of any club in the Province.

Our athletes played a large part in helping team BC win the meet in commanding fashion. Lucas won 1 Gold and 2

Silver medals, Lauren won 2 Bronze Medals and came close to another with a 4th, Molly came away with 5 Gold, a Silver and a Bronze medal, and Rachel made two Finals, finishing in 6th and 8th places. In addition, Molly broke the senior club record in the 400 Free, and Lauren broke the senior club record in the 100 and 200 Back.

Congratulations to the swimmers and Coach Rod! ⚡

Senior National Championships

The Summer National Championships took place August 6 to 9 in Pointe-Claire, Quebec. Competing at the championships from PCS were Lauren Crisp (15), Molly Gowans (15), and Lucas Tyler (15).

Molly Gowans achieved her first National Championship Medals at the meet, earning the Silver Medals in both the Women's 400 and 1500 Freestyle in times of 4:15.15 and 16:52.84. The 400 Frees was a senior club record. She also

finished 6th in the 200 Fr, and 5th in the 800 Fr. Lauren Crisp made two B-Finals, finishing in 17th in the 100 Backstroke in 1:04.31, and 11th in the 200 Backstroke in 2:14.63, breaking Molly's senior club record set at Age Group Nationals. Lucas Tyler qualified for the 200 Butterfly B-Finl, finishing in 16th overall with a time of 2:05.97

Congratulations to all our swimmers on their hard work and determination! ⚡

Meets
Hosted Next
Season ⚡

- 1) Senior Circuit Oct 31
- 2) Christmas Cracker Dec 4-6
- 3) SC AAA Champs Mar 3-6
- 4) Wavemaker Apr 29-May 1
- 5) Long Course VIR Championships Jun 3-5

Notes

Last Year's Age Group Trophy Winners - Please return your trophies to the club in the first two weeks of the season as we prepare for this year's awards

The Annual Vikes Championship Breakfast - This will take place September 29. If you would like to buy a ticket, please head [HERE](#) for any information.

When Buying equipment from Team Aquatic Supply use our coupon code: 'swimming-PC'

September 2015 ⚡ 2

PCS Swimmer Wins Worlds!

Aurelie Muller, an Open Water swimmer from France, came to train and compete with coach Ron Jacks and Pacific Coast Swimming from September through February this season. Before arriving, she was a promising international open water swimmer, and came to Canada to really focus on Open Water with an eye on the Olympics and an Olympic Medal.

This Summer in Kazan, Aurelie won Gold in the 10km event, thus winning her first World

Championship and qualifying for the Olympics next summer in Rio! ⚡



Megantic Open Water World Cup!

Stephanie Horner, Vicky Mock and Kaity Gervais all swam in the Megantic 10km Open Water World Cup this Summer coached by Ron Jacks. The World Cup is one of a series of international level Open Water races hosted by FINA annually.

In a 'Sprint' 1km race a few days beforehand, Steph finished in 3rd, Kaity 6th and Vicky 7th overall.

During the 10km race, Steph and Vicky fought their way into the lead pack of 8 swimmers for most of the race. Steph fell back with 300m to go finishing 5th - but defeating this year's National Champion. Vicky finished 8th, and Kaity 10th overall.

September 2015 3

FISU World University Championships

Jon McKay and Stephanie Horner represented Canada at the FISU World University Games this past Summer in Gwangju City, South Korea. Ron Jacks was also selected as a coach for the Championships. Jon qualified for the team in the 1500 Freestyle and also competed in the 400 Freestyle, while Stephanie qualified in the Open Water 10km event and added the 1500 Freestyle to her schedule.

Steph swam a solid 1500 Freestyle, finishing in 15th place overall while warming herself up for the 10km race which would take place a few days later. Jon almost broke his best time in the prelims of the 400 Freestyle, by far his best morning swim, but at 13th place overall he didn't qualify for finals.

In the 1500 Freestyle, Jon became the only male Canadian swimmer at FISU games to make a Final, where he finished 8th overall in a best time and club record time of 15:18.69. It was his first time

swimming heats and finals in the event which is great experience for his World Championship and Olympic aspirations.

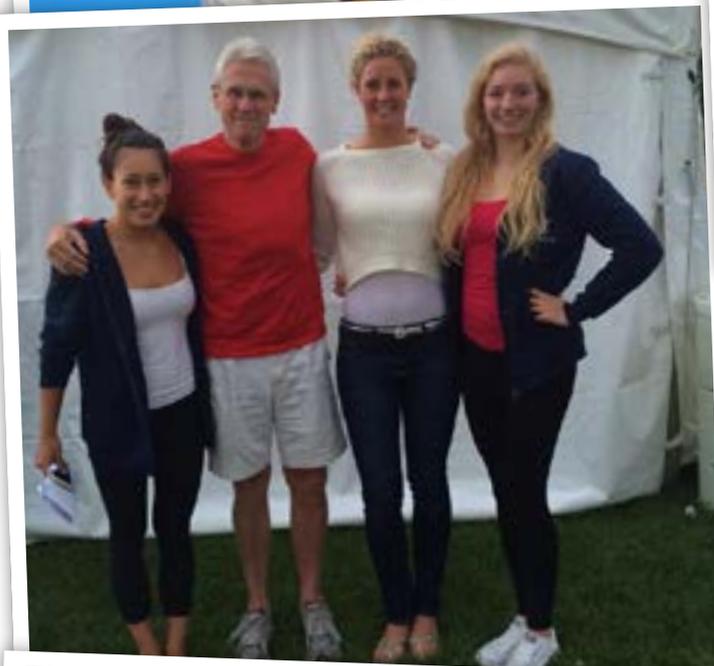
Stephanie finished off the swimming competition placing 10th overall in the 10km Open Water race, and was the top Canadian finisher

Great swims Jon, Stephanie and Coach Ron! ⚡





Pictures!



September 2015