

December 2015

Issue 12

The Pacific Coast THUNDERBOLT



Xmas Cracker a Great Success!

The Xmas Cracker is Pacific Coast Swimming's premiere invitational swim meet each year, and often attracts swimmers from various Provinces as well as the United States. Swimmers from all ages compete at the Cracker, from 10 and under athletes to University and post-University swimmers.

Over 800 swimmers participated in this year's event. The size of this meet makes it consistently one of the biggest invitationals in Canada, and it takes a huge effort from so many volunteers to successfully run it. Thank you and congratulations to all of the volunteers that participated in this event!

Over 140 PCS swimmers competed in the event in all age groups. Ours was by far the biggest team, and we

were definitely noticeable, both on deck and in the pool.

There were too many great swims throughout the weekend to list here, but the swim of the weekend goes to the Girls 11-12 year old 200 Medley Relay team of Lily Chen (32.21), Hana Edwards (34.49), Sophie Lorette (29.53), and Anastasia Trudel (28.75), who smashed the National Age Group Record in a time of 2:04.98. Congratulations swimmers and coaches! ⚡



**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE

Last Minute Gift Ideas!

- PCS toque \$15*
- PCS backpack \$85*
- PCS track suit \$100*
- PCS silicone cap \$19*
- Goggles \$20*
- Paddles \$19*
- PCS skipping rope \$5*
- Pull Bouy \$9-19*
- PCS sweatpants \$29*
- PCS ball cap \$15*
- PCS t-shirt \$19*
- PCS long sleeve t-shirt \$29*
- PCS grey shirt \$9*
- Fins \$45*
- PCS club suit \$55-75*
- Mesh bag \$10*
- PCS Parka \$199*
- PCS Umbrella \$25*

Coaches Needed

PCS is looking for motivated part-time coaches who love to teach, and have some computer, planning, organizational skills. On job mentorship is provided. Please contact Mark here if interested!

Richmond Fast Swim

Gold seemed to be the theme of the meet for PCS swimmers in Richmond from December 12 - 14. Coaches Rod Barratt and Pawel Rurak brought a squad to the mainland for more racing opportunities before the Xmas holiday (Training Camp!) season. Over the three day meet, the swimmers achieved 11 Gold, 3 Silver and 5 Bronze medals.

Lauren Crisp 3rd in 14-15 and Molly Gowans 3rd in 16 and O Girls 200IM. Over 200m Butterfly Molly Gowans had an exciting swim for gold and snuck under 2:20. Erin Lawrance was close behind and was on her best ever pace through 150m but did not quite carry her speed over the final 50 finishing slightly over her best from cracker for 3rd (2:21). 100m Back Lauren Crisp took gold but was a little outside her best by 1.1 seconds. Erin Lawrance dominated in the 400 Free, swimming a near perfect

race to come from behind in the last 100 for her first sub 4:20 swim and Gold in the 16 and O Girls. Lauren Crisp added a 2nd in the 14-15 Girls. In the 200m Free, Anthony Gutierrez won the 12-13 boys.

Gowans added 2 gold on day 2 in the 200 back and 400 IM. Michael Schmidt won the 100 Breast. Erin Lawrance added a silver for a 1-2 finish for PCS in the 400 IM behind Molly.

Day 3 saw Crisp (50 Back), Schmidt (100 Breast), Gutierrez (400 Fr), and the 12-13 Boys Relay (Chapman, Schmidt, Ogilvie and Gutierrez) all strike Gold. Crisp added a silver medal in the 200 Free, while Ogilvie and Lawrance also reached the podium, for bronze in the 100 Fly and 200 Free respectively.

Congratulations swimmers! ⚡

Canada West University Championship

The UVic Swim Team headed to UBC from November 27 through the 29th for the annual Canada West Championships. This meet pits the University teams west of Ontario against each other and is a great tune-up meet against top University competition.

The UVic squad was small in numbers and untested compared to some of the competition, but still found ways to succeed in the pool. The best results came from Kaity Gervais, who came away with 4 Bronze Medals, in the 200, 400 and 800 Freestyle, and as part of the 4x200m Freestyle relay along with Sarah Galbraith, Taylor Snowden-Richardson, and Vicky Mock.

Vicky Mock came away with the best placed swim of the weekend for the Vikes when she swam for the Silver medal in the 800m Freestyle. As a rookie on the team, this shows great potential for Vicky moving forward in her

University Swimming career.

Jon McKay swam a good race in the 1500 Freestyle against tough competition to finish in 4th. Evan Letkeman grabbed a 4th place finish in the 200 Back and a 7th in the 100 Back. Sarah Galbraith swam to two 5th place finishes in 50 Breast and 200 IM, as well as an 8th in the 200 Breast. Richard Bourgeois was 6th in the 100 Breast, Aidan Thirkell and Taylor Snowden Richardson grabbed 7th in the 200 Breast and 200 Free respectively, and Brett Zollen and Ryan Howe finished 8th in the 50 free and 200 IM respectively.

With some disqualifications and having Jon McKay return home after the first day, UVic managed to storm back and beat the much larger Lethbridge team on the final day of competition. ⚡

Swim
Meets



Swim BC Teams

Prospects Team

Jessica Luo
Sophie Lorette
Hanna Lorette
Sophie Tarrant
Allison Ballantyne
Artem Kuklev
Kelsey Andrusak

Junior Team

Lauren Crisp
Lucas Tyler
Molly Gowans

Age Group Team

Anthony Gutierrez
Bijou Speirs
Ortansa Somosan
Keir Ogilvie
Kali Lancaster
Thomas Chapman
Anastasia Trudel
Darius Morrison
Teagan Hunt
Sydney Meldrum
Lily Chen
Jemma Stevens
Katie Lee
Brendan Fitzpatrick
Dylen Kormendy
Michael Schmidt
Hana Edwards
Daniel Damian

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Bennett Cup

2015 Bennett Cup was pretty generous for B group swimmers. Generous in solid swims and lots of experience.

We started Saturday finals with some great 4 x 50 IM relays. Our 12-13 boys (Dylan Kormendy, Tom Chapman, Jacob Rambo and Anthony Gutierrez) placed second, although they had to race the clock in the first heat. We won 14-15 girls category (Lily Chen, Emma Carter, Jessica Luo, Allison Ballantyne) and placed 3rd in girls 16 & over (Anna Letkeman, Haley Bennett, Erin Lawrance, Rachel Sawchuk).

Individual session started with Lauren Crisp winning her 100 back in 14-15 girls category - 1:02.97. Sophie Tarrant placed 2nd in 100 breast with a good time 1:13.02 beating her previous best time

by 2 seconds.

Some good results in 200 free: Allison Ballantyne placed second with 2:09.03 followed by Lauren Crisp 2:09.53 (girls 14-15). In girls 16 & over Erin Lawrence was fourth with a PB in 2:05.20

200 fly was an event definitely worth watching. Jessica Luo won her 12-13 final with 2:21.53 showing great skill. On the boys side Justin Howe went 2:09.45 - his new personal best after an awesome and strong swim.

On the longest distance of the day (and the meet) 1500 free Matt Fuller smashed his personal best by 38 seconds. He placed fourth with 16:07.25. Not bad for the beginning of a season! ⚡

Langley Invitational

UVPCS had a total of 14 finals for the first days finals. In the first event of the evening, Asia, won the 100 BK with a time of 1:20.89, Nathan came 3rd with a time of 1:25.42. Kaleb Lee came 4th in the 200 BR with a 3:45.92. Asia took first again in the 100 FL with a 1:26.43, Maia was 3rd with a 1:43.46 and Maia came in 4th with a 1:45.70.

For the boys, Nathan took 4th in the 100 BK with a 1:36.63, Taiki and Brendan both placed in the boys 100 FL. Taiki taking 6th with 1:21.01 and Brendan 7th with 1:24.42.

In the 200 IM Asia placed first again with a time of 2:49.6 winning her 3rd event out of 3 chances today. Nathan took 4th for the boys with a 3:13.19.

To end off the night Bijou took 7th in 50 FR with a 32.27 and Fionnuala took 8th for 14 and over with a 29.60. For the boys Yassin took 4th with a 31.12 going a best time from the morning.

Yassin and Bijou made some AA times. Bijou with 2 and Yassin with 1 in the 50 FR.

Our first swimmer on day 2, Asia Trudel won her 4th event 400 IM with a time of 6:08.61 dropping

over 10 sec from the morning swim followed by Nathan Chow placing 6th with a time of 6:44.07 dropping over 11sec.

Our next event of the night was 200 FR Asia won the 11&U and Maia Denis (10) placed 5th. Taiki Hiraoka swam to a 7th place finish in 12&U category.

The two 100 BR finalists of the night were Kali Lancaster placing 8th and Kaleb Lee placing 6th in the 11 and under boys with a time of 1:48.10. Asia's last event of the night was the 100 FR which she won for her 6th title of the weekend. Maia placed 8th for 100 FR. Nathan Chow also swam the 100 FR with a time of 1:16.57 and placed 3rd in the 11&U while his older brother Brendan placed 4th in the 12&13 category catching teammate Yassin Guitouni who placed 5th by .2. Last event of the night Nathan in the 200 BK took 3rd place and made his 2nd AAA with a time of 2:57.85. He dropped 6 seconds off his morning time, but made him miss the 7 PM ferry by 10 cars. ⚡

More Meets



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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Awards Night!

Pictures!



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