



Canadian Olympic Trials

Coming up this week, from April 5 to April 10; 12 UVPCS swimmers will be competing at the Canadian Olympic Trials in Toronto Ontario. Olympic Trials is the fastest Canadian national level meet in the Quadrenial, and UVPCS is looking forward to some great racing.

Competing for PCS are the following swimmers:

- Lauren Crisp - 100, 200 Bk
- Kaity Gervais - 400, 800 Fr
- Erin Lawrance - 200 Fly, 400, 800 Fr
- Jessica Luo - 100, 200 Fly
- Vicky Mock - 800 Fr
- Richard Bourgeois - 100 Br
- Evan Letkeman - 200 Fr, 100, 200 Bk
- Buzz Mallender - 100, 200 Bk
- Jon McKay - 400 Fr, 1500 Fr
- Cale Murdock - 200 Fr
- Lucas Tyler - 100, 200 Fly
- Brett Zollen - 50, 100 Fr, 100 Br, 200 IM

If you're looking for any information for the meet, please see the following links:

- 1) [Live Results](#)
- 2) [Meet Information](#)
- 3) [Psych Sheet](#)
- 4) [Live CBC Webcast](#) (Including contribution from our very own Alum - Stephanie Dixon)
- 5) [Meet Website](#)

Please follow along as our swimmers do their best to become Canada's best!



Open Water Trials

On April 8 in Fort Myers, Florida, UVPCS coached swimmer and UVIC Alum Stephanie Horner will be trying to continue her pursuit of qualifying for her third consecutive Olympic Games.

In order to compete for an Olympic Berth at the 2016 Olympic Marathon Swim Qualifier in Setubal Portugal. Canada will send two women to Portugal, the top two Canadians of the three invited to compete for the spot in Fort Myers this week. Stephanie is one of those three swimmers, and must beat out one of the two rivals to earn her ticket.

Please follow along by following the links below:

- 1) [Entry List](#)
- 2) [Meet Information](#)
- 3) [Event Website](#)

Go Stephanie!! ⚡

Provincials - PCS wins 4th Consecutive Championship!!

PCS came into Provincial Champs as not only the Host Club, but also as three time defending champions and a target on our back.

The first day of BC Short Course Age Group Championships saw Pacific Coast Swimming show why they were three time defending Swim BC AAA Champions, as twenty swimmers found the podium. After one day, Pacific Coast Swimming sat atop of the team point totals, with Hyack Swim Club close behind.

On day two of competition, the Bolts captured twelve individual medals and five relay medals. Hyack made up some ground in terms of team points on the second day, and came out of the day deadlocked for first with PCS.

PCS closed out day three of competition by opening up a slight lead on Hyack in the overall team point scores. With multiple club and Vancouver Island Regional records on the day, the Bolts continued to push the pace.

In one of the closest overall team point finishes

in recent memory, Pacific Coast Swimming edged out Hyack Swim Club from New Westminster by one hundred and twenty six points. A full team effort was on display from the Bolts, as they filled A and B Finals with a total of forty-six swimmers on the last night of competition, to hold off Hyack's late charge.

PCS Director of Athlete Development, Rod Barratt, commented on the team effort over the four day meet, saying "we are very proud of all of our swimmers, as there was contribution across the board from our youngest club members right on through to our oldest. Making finals, getting on the podium and cheering each other on over the course of the weekend. The atmosphere around the team was great." Barratt went on to comment that "a meet like this doesn't happen without the volunteers, officials, and Saanich Commonwealth Place helping put on a first class sporting event in our backyard - to give swimmers in Victoria the opportunity to compete at the highest level in a world class facility". Congratulations swimmers and coaches! ⚡

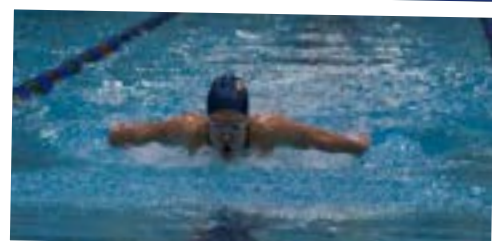
Western Canadian Open

UVic-Pacific Coast Swimming was represented at the Western Canadian Open by a contingent of 15 swimmers, 13 Women and 2 Men: Jordan Andrusak, Kennedy Aragon-Scriven, Allison Ballantyne, Haley Bennett, Lauren Crisp, Hana Edwards, Molly Gowans, Erin Jennings, Erin Lawrance, Hannah Lorette, Sophie Lorette, Jessica Luo, Jeremy Lynn, Rachel Sawchuk, and Lucas Tyler. In terms of team points, UVPCS finished in 6th overall and 5th on the Women's side.

Top 8 Finishes are as follows: Molly Gowans led the way for UVPCS with 88 total points, 3 Golds,

a Bronze, a 4th, and a 6th. Jessica Luo grabbed a Silver, two Bronze Medals, a 4th and a 6th. Lucas Tyler came home with a Silver, a 4th and a 7th place finish. Lauren Crisp came home with 2x5th place finishes and one 7th. Hannah Lorette placed top 8 twice, a 4th and a 6th. Sophie Lorette was 7th in the 1500 Fr and Erin Lawrance was 7th in the 400 IM. Erin Jennings placed 8th in the 1500, and finally a few relays placed in the top 8, the best of which grabbed a bronze in the Women's 4x200 Fr. Way to go swimmers! ⚡

Past Highlights!



April 2016



From the Desk of Dr. Jen: Healthy Digestion

Proper digestion begins in the mouth. Your mouth is actually the first step of food digestion in the body. Chewing your food correctly to reduce its size, and mixing it well with the saliva and its enzymes stimulates digestion along the rest of the digestive tract. Consider this: Digestion is likened to buttoning a long coat - if the first button is not done right, none of the others line up. It is also important to take your time when eating. You cannot eat on the run and expect things to work properly. Lastly, try not to consume large amounts of fluids with your meals. It is ok to sip some water to wet your whistle, but drinking large amounts at mealtime can dilute the digestive enzymes necessary for proper food breakdown and absorption.

Dr. Jennifer Dyck, BSc ND is a Victoria born and raised Naturopathic physician with a family practice focusing on healthy digestion, athletic optimization, brain health, hormone balancing, and natural pain relief. She follows the 6 Naturopathic Principles to assess, educate, and

treat her patients, and supports local farms and markets to promote community health, wellness, and happiness! In her spare time, Dr. Jen is actively involved in saving Africa's wild elephants from extinction, and volunteers in Nicaragua providing medical care to children in need. She currently sees PCS athletes in her practice at Active Health and Wellness Clinic in Oak Bay. For more information, call 250-382-7246 or visit www.DrJenniferND.com ⚡



SLEEP MORE AND PREVENT INJURIES

* By [Dan McCarthy on usaswimming.org](http://DanMcCarthyonusaswimming.org)

Sleep is not a new topic on the High Performance Tips web page. The importance of sleep as a recovery tool, napping, and most recently how sleep is more important than almost every other recovery modality have all been featured articles. Add to the list the growing stack of evidence that the hours of sleep an athlete gets at night is a significant predictor of injury.

The Journal of Pediatric Orthopedics published the results of a survey completed by 112 athletes (grades 7-12) in which they found athletes that slept less than eight hours per night were 1.7 times more likely to have been injured playing sports than athletes that slept more than eight hours per night. Surprisingly many variables usually associated with injuries (hours of participation per

week, number of sports, strength training) were not found to be significant variables for injuries. There have been previous studies that tied professional athletes' success to how sleepy they were during the day. The less sleepy were more likely to have longer careers. This study emphasizes the importance of sleep for the developing athlete between 7th and 12th grades.

For the curious, the second most important variable was grade in school. Putting these two variables together would be harmful, but unfortunately likely. A junior in high school is probably more apt to get less than eight hours of sleep than a 7th grader and apparently already at a higher risk based on grade in school alone. According to the study for every additional year in school the athletes were 1.4 times more likely to have been injured. ⚡

Learning
Time!

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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Looking for a Homestay Next Season

We have a 15 year old boy from Mexico coming next season, and are currently looking for a homestay. He will be arriving on August 27th, and will swim in either the B-National Development group or the B-National group. It would be great to find a family within those groups to put him up for his time here, it would make getting to and from workout much easier. If you have any information or inquiries, please contact Mark Lancaster. ⚡

PCS Hosting Upcoming Wavemaker!

PCS will be hosting the Thirteenth Annual Wavemaker Long Course Invitational Swim Meet from April 29 - May 1 this year. This meet is fast approaching at this point, and we will need volunteers to help make this a great swim meet as always. Please visit pacificcoastswimming.com and sign up by finding the meet on the right hand side of the page and clicking the 'Sign-up for a Meet Job' link. ⚡

PCS Hosting Upcoming VIR Championships!

Like the Wavemaker, hosting the VIR championships will require a great volunteer effort once again. VIR Champs will run from June 3 - 5 this year, so mark your calendar! Please sign up for volunteer shifts at your earliest convenience by finding the meet on the right hand side of the page and clicking the 'Sign-up for a Meet Job' link. ⚡

Notes

Picture Night!
PCS' Annual Team Picture night this year will take place on April 13, at 5:30 PM at Saanich Commonwealth Place. No matter how young or old, or how long you've been swimming, if you're part of the PCS family please come out. Picture night is always a great time for the swimmers, and make sure to bring your suits so you can participate in the team activities and relays!!



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