

July 2016

Issue 14

# The Pacific Coast THUNDERBOLT

## Stephanie Horner is Going to Rio!

Once again, a PCS coached swimmer and UVic Vikes Alum has qualified for the Olympics! Stephanie Horner qualified as the only female Canadian open water swimmer to compete in Rio this summer. In order to qualify, she raced in Setubal, Portugal on June 11 at the second Open Water Olympic Qualifier. Finishing 15th overall, her place was solidified as she was the top Canadian, as well as the top swimmer from the Americas outside of the top nine finishers in the race.

The qualification rules are complicated, but the result is clear - Stephanie Horner will compete at her third Olympic Games, and her role as an Open Water swimmer. In doing so, she will be the first Canadian to compete at the Olympics both in the Pool and in Open Water.

Make sure to tune in to watch the race on August 15 at 9:00 AM Rio time (4:00 AM in Victoria!) and cheer her on!

Congratulations Stephanie! ⚡



## Lauren Crisp Heading to Jr. Pan Pacs!

Every summer a collection of the best junior swimmers in the country are selected to compete for Canada at the Junior Pan Pacific Championships in Maui. This year, our very own Lauren Crisp was selected for her Backstroke prowess.

Lauren Crisp initially started swimming competitively on the Campus View Swim Team. Since then, she has continually improved steadily year in and year out, and

has always been one of PCS' top talents.

Lauren qualified with her performances at this year's Olympic Trials. Even though it was the biggest meet of her life thus far, she didn't disappoint, making second swims in both the 100 and 200 Backstroke. In finals she dropped time, and finishing both events with best times! Her times of 1:02.74 and 2:13.58 were good for 12th and 13th place overall respectively. Way to go Lauren! ⚡



## Vicky Mock to Compete at Jr. Worlds

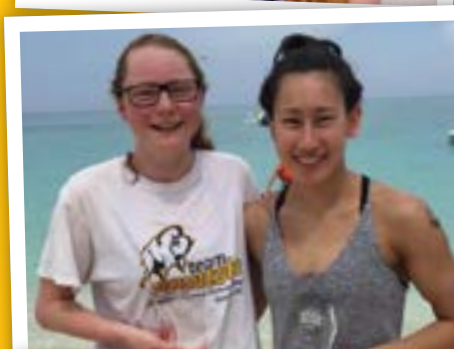
Another Open Water success story! Vicky Mock, long time PCS swimmer and first year Vike, competed in the 10km Open Water race in Grand Cayman on June 13. Competing for a spot on the Canadian Junior Worlds team against the best in Canada, Vicky finished over 2 minutes ahead of the second overall Canadian!

Not only did Vicky blitz the Canadian

field, but she also finished second overall on the Women's side, only 12 seconds behind Emily Bruneman, who in 2013 took home the title in the Fina World Cup circuit!

The Junior Open Water World Championships will take place July 16-18 in Hoorn, Netherlands.

Let's go Vicky! ⚡



## SNC Brought Jessica Luo to Bermuda!

Jessica Luo, another top swimmer coming up the PCS pipeline, was one of only 6 female swimmers invited by Swimming Canada this spring to partake in a Youth Relay Camp.

"We're focusing on the next crew - get ahead of the quadrennial by a few months and kick-start the next generation," national development coach Ken McKinnon says. "Actually, we're going down two generations,

with a youth squad, just below the age of junior. We're going to run almost the same type of camp that we have at the senior level - same messaging. Just from more of a basic perspective like teaching some of the elements that we tend to see as a weakness when they first come in to the junior international teams."

Way to go Jessica! Show them how it's done! ⚡



# Brent McMahon Completes Second Fastest Ironman in History!

Brent McMahon has been a part of the PCS family since the 2010-2011 season. As a triathlete, Brent has never competed for PCS, but he sought out the tutelage of Ron Jacks and PCS to help him improve his swimming and overall performance on his journey to the 2012 Olympics.

After 2012, Brent decided to focus on the longer Half and Full Ironman races, and continued to train with PCS ever since.

In winning Ironman Brazil on May 29th, Brent finished in a time of 7:46:10, the second fastest Ironman in history!

Brent came out of the water one second behind 1st on the 3.8km swim in 47:46, won the 180.2km bike by over 10 minutes in 4:11:54 before finishing in a marathon of 2:42:52! Simply awesome! ⚡



## Mark Your Calendars!

PCS has a lot of exciting meets coming up! Here's a summary:

- AAA's - PCS will look to win its unprecedented 5th straight title at the 2016 BC AAA Championships in Victoria from July 6 to July 10. Make sure to come out and cheer the swimmer's on! ⚡

- BC AAA Open Water Race - On July 11, many PCS swimmers will hit the Open Water at Thetis Lake. Make sure to arrive by 9:30 to watch the race starts! ⚡

- Jr. World Open Water Champs - Cheer Vicky Mock on as she competes against the world's best young swimmers from July 16-18! ⚡

- Moses Lake Sizzlin' Summer - A contingent of younger PCS swimmers will be heading to Moses Lake, Washington to compete at the annual meet from July 15-17. Let's show the Americans how good PCS swimmers are! ⚡

- Age Group Nationals - After winning the Women's banner at the meet last year, PCS will look for more amazing swims this year in Calgary from July 27 - 31. ⚡

- Senior Nationals - A week after Age Group Nationals, swimmers will hit the pool in Edmonton to compete against the nation's best from August 4 - 7. Make sure to watch as up and coming, as well as established PCS swimmers will be looking to perform at their best! ⚡

- Olympic Games - Cheer our own Stephanie Horner on as she competes against the world's best in the 10km Open Water swim on August 15! Also make sure to tune in for the pool swimming from August 6-13 to witness some of the best racing in the world! ⚡

- Junior Pan Pacs - Cheer on Lauren Crisp as she competes against the best Junior swimmers on the Pacific, running in Maui from August 24-27! ⚡



Coming Up! ⚡

### Registration BBQ!

The yearly Registration BBQ has been booked for September 9 at the Beaver Lake Picnic area. The event will start at 5PM and run until dusk, so bring your whole family and come have fun with swimmers of all ages, coaches and families as we all stuff our faces for the hard training ahead!

### Order Your Team Picture!

This year's Team Picture Night was a blast! PCS keeps getting bigger every year, and so many kids came out and had fun together, swam some relays, made some friends and even used the underwater camera to get some great shots! The official Team Picture (framed in yellow below) can be ordered through Mark Lancaster for only 10\$. Make your orders by July 31! ([mlancaster@pacificcoastswimming.com](mailto:mlancaster@pacificcoastswimming.com))

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# Sports Massage for Swimmers

My name is Darcie Coles and I am a Registered Massage Therapist (RMT) with advanced training and experience working with sports injury, rehabilitation, and chronic pain. Since becoming an RMT I have worked with a wide variety of athletes including (but not limited to): runners, triathletes, cyclists, rowers, dragon boaters, dancers, and of course swimmers. Since I began working with Pacific Coast Swimming, I've had the privilege of accompanying swimmers to the Canadian Westerns and Toronto Olympic Trials.

Sports massage can be utilized at any point for a swimmer, from months before a competition all the way up until the swimmer starts his or her race. The frequency, intensity, or types of techniques used are the largest variables relative to competition and training schedules, meaning that a swimmer may receive more therapeutically intense treatment a week before or after a competition, but will get a more general, brisk massage during a competition to maintain the swimmer's mental and physical energy.

There are several benefits to sports massage that range from physiological to psychological, including:

-increased circulation

-increased tissue permeability  
-stretching  
-breaking down scar tissue  
-improved tissue elasticity  
-pain reduction  
-relaxation  
-anxiety reduction  
-a sense of invigoration

Massage is also an invaluable resource for assessing potential injuries or soft tissue damage, which enables the swimmer and his/her support team (coach, trainer, massage therapist, etc.) to remedy any weaknesses or imbalances before permanent or long-lasting damage is done. I've found this especially important with swimmers, as even a few days out of regular training takes its toll on endurance, speed, and power in the water. If you have any questions regarding therapeutic or sports massage, please do not hesitate to contact me at Absolute Therapy (250-590-6126) or by email at [darcie.coles@absolutetherapy.ca](mailto:darcie.coles@absolutetherapy.ca). ⚡

## SLEEP MORE AND PREVENT INJURIES

\*by Elizabeth Wickham on [swimswam.com](http://swimswam.com)

It's a tense time for a lot of parents, swimmers and coaches. There're a lot of hopeful athletes trying for the cut for the next big meet—whether it's an age group meet or Olympic Trials. Tears, frustration and heartbreak can be seen all over the pool deck and in the stands. Then, there are shouts of "We're going to Omaha!" and the biggest smiles ever. That's wonderful and congratulations! But, when our child doesn't make the cut, we may dab a few tears from our eyes.

Here are my tips for swim parents when your swimmer misses the big cut:

ONE - Unconditional Love.

"I love to watch you swim." It's true. We do love to watch our children swim—for better or worse. We are their biggest fans. We will love them no matter what happens at any swim meet. Let's make sure they know that.

TWO - Listen don't talk.

Don't bring up the meet or the missed cut. Wait for them to bring it up and listen without interrupting. We don't need to explain our theory of what their coach should have done or what our child could have done.

THREE - Don't rehash.

After our kids miss a cut they've been trying for—they probably aren't up to hearing our rendition of it. Not once, not twice, or the next times, either.

FOUR - Encourage new goals.

Our lives are filled with disappointments and losses. If a swimmer sets new goals after a failure, they will be on the road to success in swimming and other aspects of their lives. If you don't hear about new goals, maybe you can share some ideas in the future.

FIVE - Give them space to regroup.

If it's last ditch and they didn't get a cut, a little time off could be a treat. If there're more meets ahead, maybe an ice cream and hug is in order.

SIX - Disappointment is real.

Give your child time to mourn. Allow ourselves time to get over it, too. A lot of family time is tied to achievement and success around the pool deck.

SEVEN - Celebrate.

Recognize our kids are in the hunt. They are doing something daily that very few others in the world can do. Be proud and realize that swimming will help them throughout their lives, in so many ways. ⚡

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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