

September 2013
Issue 5

The Pacific Coast THUNDERBOLT



Weinberger (#86) leads early at the World Championships

PCS's Weinberger at Worlds

Canada's best swimmers headed to Barcelona in July to compete in the FINA World Aquatic Championships. Richard Weinberger, PCS swimming and Olympic bronze medalist, was among the racers.

In the 10 k open water swim, Weinberger was racing well but missed a turning buoy midway through the race and was forced to leave his position near the front of the pack to repeat the turn.

"I'm one of the strongest guys out there and I know I could have come first. It's just so disappointing that I made such an amateur mistake and I didn't notice

the turning buoy pass on my right," Weinberger said after the race. "I know I'm better than that."

The Victoria native, who won a bronze medal in the event at the 2012 Olympics, didn't just play catch-up. He battled all the way back to the front as the competitors entered the final lap, winning over the crowd with his impressive comeback.

"I'm pretty proud of the fact that I didn't give up," Weinberger said. "I tried to stay cool but I knew it was a fatal mistake and I paid for it."

Continued on next page...

**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE



Registration BBQ

Come have your dinner cooked by your coach! The BBQ will be Friday, Sept 13 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.

Bring your parents, bring a blanket, and bring your appetite!

World Championships (continued)

After expending the extra energy fighting his way through the pack of bodies, Weinberger found himself in a three-way battle for third as Greece's Spyridon Gianniotis and Germany's Thomas Lurz charged ahead. Oussama Mellouli of Tunisia out-touched him for the bronze and Damien Cattin-Vidal of France took fourth by just 0.1 second.

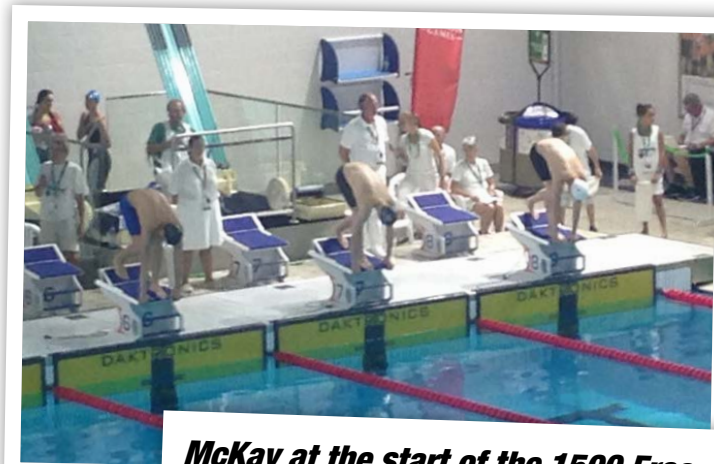
"We're disappointed he made a mistake around a buoy and had to make that up. That obviously cost him a little bit more energy than he wanted to put in. He still fought really hard," said Weinberger's coach, Ron Jacks. "It shows a lot of character. It shows that he doesn't give up and I think that shows a lot of substance as a person for Richard." ⚡

2013 Canada Summer Games

PCS's Jon McKay represented BC at the Canada Games which took place in Sherbrooke, Quebec from August 2 to 17. McKay wrapped up the Games with an impressive performance which yielded him two medals in the final 24 hours of the Games swimming competition.

McKay got Team BC off to a great start on the final night of finals at the University of Sherbrooke pool by handily winning the men's 1500 Free at the start of the session. While McKay went into the event seeded just fourth, he established a pace early on that left the other contenders struggling to keep up. By the time the leaders passed the halfway mark, McKay had opened a bit of a gap and then continued to extend it, eventually winning in a new personal best time and Games record of 15:40.35.

Just over 12 hours later, McKay was on the start line in Lac Magog for the start of the men's 5000m open water race. The rest of the field knew that McKay was the guy to beat and swam their race accordingly, not giving him much room to manoeuvre; the two Quebec open water



McKay at the start of the 1500 Free.

specialists worked especially well together, squeezing out McKay as the race came around the last marker buoy and into the final 160m sprint to the finish.

At the end, McKay finally found a little bit of open water, and he was closing quickly on the two Quebec front-runners. But ran out of water, but out-swam Oliver Strazysynski of Ontario to take the bronze medal. ⚡

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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September 2013 2

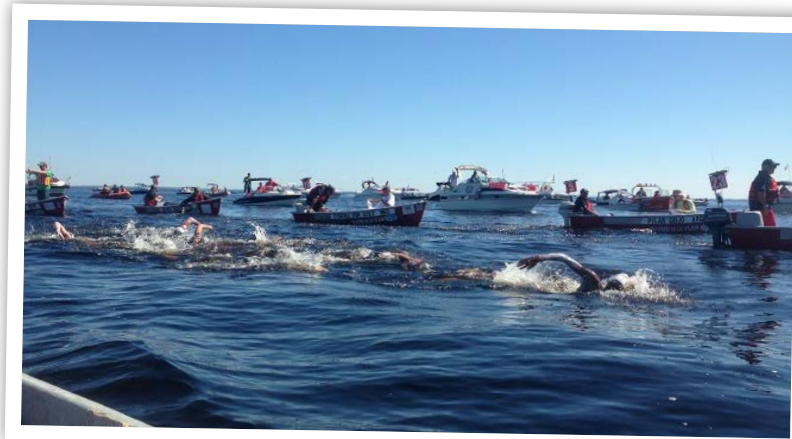
Open Water Tour de Quebec

A flurry of open water races in Quebec kept PCS's open water swimmers Aimeson King and Richard Weinberger busy this summer.

While Weinberger was competing at the World Championships in Barcelona, King was in Roberval, Quebec getting ready to race the first of three races, a 10 km World Cup race in Lac St-Jean. The town of Roberval takes its open water swimming seriously and the whole town it seemed showed up the night before to celebrate the swimmers and the upcoming events.

King's race went well. He finished 6th and was happy with how he swam. He didn't have much time to rest, though, as this race was followed two days later by the 59th running of the historic Traversée Internationale du Lac St-Jean, a 32 km crossing of Lac St-Jean. The combination of frigid temperatures and the grueling length (6.5 to 8 hours depending on conditions and speed) and intensity of the swim, make it one of the hardest races in the world. This was King's first race over 15 km, and he swam well finishing the race in 7:10:25 to take 9th place.

Following a week of recuperation and training, King



completed in a 10 km race in Lac Magog and took first place. Congratulations! Weinberger had been planning to race the 34 km Grand Prix race the same weekend in Lac Magog — and came second in a preliminary 2 km open water sprint race — but fell ill prior to the start of the race and had to pull out before it began. Unfortunately, the same illness prevented him from competing the following weekend in the 10 km World Cup event in Lac Megantic. King was able to compete in the race, however, and rounded out his Quebec tour with a 9th place in a time of 2:17:09. ⚡

Senior National Championships

The Summer National Championships took place July 17 to 20 in Pointe-Claire, Quebec (near Montreal). Competing at the championships from PCS were Craig Dagnall (22), Ryan Howe (17), Evan Letkeman (18), Jon McKay (17), Victoria Mock (16), Rosie Moulton (17), and Nicholas Sinclair (21).

The top result from the meet was Dagnall's bronze in

the 800 Free. Other notable performances include McKay in the 1500 Free taking over 20 seconds off his PR to finish 5th overall in a time of 15:43.91! In the 4x200 Free the team of Sinclair, Dagnall, Letkeman, and Howe brought home the bronze.

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

Open
Water



Roberval, Quebec



King preparing to race.

September 2013 3

Age Group National Champs

Shortly following the senior nationals, from July 25 to 29, Montreal hosted the Canadian Age Group Championships. The age group nationals are for youth up to age 18. Twelve PCS swimmers qualified for the meet: Jordan Andrusak (14), Emma Carter (13), Hanna Carter (17), Lauren Crisp (13), Molly Gowans (13), Justin Howe (15), Ryan Howe (17), Evan Letkeman (18), Blaire McDowell (12), Victoria Mock (16), Rosie Moulton (17), and Jackson Sinclair (16).

It was a fantastic meet with the swimmers bringing home 17 medals, breaking 1 provincial, 5 regional, and 18 club records, and finishing as the top BC team, 10th overall. The girl's side was 7th team overall out of 150 teams! Way to go!

Individual medals went to Gowans (Gold in 200 Free, 400 Free, 800 Free; Silver in 100 Free; Bronze in 200 Back), Crisp (Gold in 50 Back, 100 Back, 200 Back), Ryan Howe (Silver in 50 Back), Andrusak (Silver in 400 IM; Bronze in 50 Breast and 200 IM), Mock (Bronze in 1500 Free) and McDowell (Bronze in 200 Breast and 200 IM). The team



of Andrusak, Crisp, Gowans, and McDowell took Silver in both the 4x200 Free and 4x100 Medley.

Well done, swimmers! Your hard work paid off making it PCS's top performance at this meet.

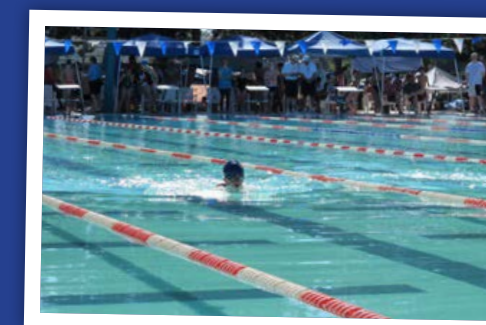
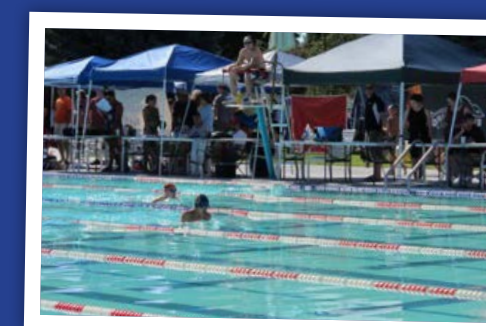
In the open water swim, the day after Age Group Nationals, Sinclair took 3rd and Mock took 2nd in their age categories. The team overall placed fifth. ⚡

Sizzlin' Summer in Moses Lake

Eleven PCS swimmers headed down to Moses Lake in Washington state for the annual Sizzlin' Summer event. Congratulations to Simone Caruso (10), Benjamin Gyorkos (12), Kali Lancaster (9), Lia Lancaster (12), Kaleb Lee (8), Katie Lee (10), Darius Morrison (10), Mackenzie Mueller (12), Shubeg Nijjer (14), Andrew Sun (12), and Anastasia Trudel (9) for their hard work and fantastic results! ⚡



Moses Lake



September 2013

The Ten Commandments For Parents of Athletic Children

by The American Club Swimming Association

1. Make sure your child knows that win or lose, scared or heroic, you love him, appreciate his efforts, and are not disappointed in him. This will allow him to do his best without a fear of failure. Be the person in his life he can look to for constant positive enforcement.
 2. Try your best to be completely honest about your child's athletic ability, his competitive attitude, his sportsmanship, and his actual skill level.
 3. Be helpful but don't coach him on the way to the pool or on the way to the pool or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
 4. Teach him to enjoy the thrill of competition, to be "out there trying", to be working to improve his swimming skills and attitudes. Help him to develop the feel for competing, for trying hard, for having fun.
 5. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you blacked off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his word turns bad. If he is comfortable with you win or lose; he's on his way to maximum achievement and enjoyment.
 6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment...with your athlete.
 7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his hearing.
 8. Get to know the coach so that you can be assured that his philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his leadership.
 9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before over-reacting.
 10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.
- The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect." ⚡

**Parent's
Page**

For Your Calendar

Swim With the Vikes

Oct 6, 2013

11:30am - 1:00pm

Commonwealth Pool

PCSPA Annual General Meeting

Oct 6, 2013

11:30am - 1:00pm

Commonwealth Pool

Nanaimo Invitational SC Meet

Oct 26-27, 2013

Nanaimo

Sunday Stroke Series - Freestyle

Oct 27, 2013

UVic McKinnon Pool

Sunday Race Series

Nov 3, 2013

UVic McKinnon Pool

Send us your photos!

We hope you enjoy our newsletter. Help fill our pages by sending us club photos — not just at races. Also send comments, suggestions, and feedback to newsletter@pacificcoastswimming.com.

September 2013 5

You Know You're a Swimmer When...

1. ...You have rings around your eyes unrelated to the amount of sleep you got.
2. ...There are wet towels over every door in your house.
3. ...Nearly your entire wardrobe consists of swimming shirts, sweatshirts, shorts, and sweat-pants.
4. ...You sweat chlorine.
5. ...Your hair is always wet, and ladies, your hair is always in a messy bun.
6. ...You barely recognize fellow swimmers when they have dry hair and normal clothes on.
7. ...There is nothing better than a continental breakfast.
8. ...It is not weird for girls to stop shaving their legs, and for guys to start shaving theirs.
9. ...You train 2 to 4 hours a day, 5 to 7 days a week, for 11 months of the year...for a race that lasts less than two minutes.

H₂O

Two parts Heart and one part Obsession.

*If you have a lane,
you have a chance.*

**SEVEN DAYS WITH-
OUT SWIMMING
MAKES ONE WEAK.**

Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.



Joke Time

Q: What do you get if you cross two elephants with a fish?

A: Swimming trunks.

Q: Why don't traffic lights ever go swimming?

A: Because they take too long to change!

A man in a swimming pool was on the very top diving board. He poised, lifted his arms and was about to dive off when the attendant came running up, shouting, 'Don't dive — there's no water in the pool!' 'That's all right,' said the man. 'I can't swim!'

Knock Knock
Who's there?
Les
Les who?
Les for a swim!

Send us your favourite sayings and jokes: newsletter@pacific-coastswimming.com