

July 2014
Issue 6

The Pacific Coast THUNDERBOLT



PCS Hosting AAA's

PCS will be hosting the 2014 Swim BC AAA Long Course Championships from July 3 - 6 at Saanich Commonwealth Pool! Many PCS swimmers are preparing to compete at AAA's, from our best 11 and under swimmers from D and C-groups to our best senior swimmers in A-group.

With over 700 swimmers competing, this will be one of Swim BC's biggest and fastest competitions yet. PCS medalists from this year's Short Course AAA Provincial Championships include Jessica Luo,

Michael Schmidt, Kier Ogilvie and Anya Pasemko, just some names to watch out for at this coming championships!

Make sure to sign up as a volunteer if you haven't already done so, we will need your support to run such a big meet successfully. You can sign up online at pacificcoastswimming.com

Come cheer on your favourite swimmers throughout the weekend as they try to be the best in BC, and keep an eye on the club rankings to see where PCS ends up! ⚡

**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE

Upcoming Schedule:

2014 Canadian Swimming
Championships
July 16, 2014 to July 19, 2014

2014 BC Summer Games
July 17, 2014 to July 20, 2014

2014 Moses Lake Meet
July 18, 2014 to July 20, 2014

2014 Age Group Nationals
July 23, 2014 to July 28, 2014

2014 HtO Thetis Lake Open
Water Swim for MS
July 27, 2014

2014 Midsummer Madness
Meet
August 1, 2014 to August 2,
2014

* We will need volunteers for
this

AA Recap

The Swim BC Long Course AA Championships took place June 20 - 22 at Commonwealth and PCS swimmers put in a great showing. Here is a quick recap of some of the highlights.

Georgia Ballantyne claimed a Gold Medal in the girls 11 and under 50 Fr, and a Silver in the 100 Fr.

Fionnuala McKenna similarly claimed the Gold in the 50 Freestyle and Silver in the 100 Freestyle, but swimming in the 12-13 year old age group.

Lia Lancaster, also swimming in the 12-13 age group, attained the Silver Medal in the 50 Freestyle, and Bronze in the 200 Freestyle.

Daniel Damian, representing PCS in the boys 11 and under age group, came away with two Bronze Medals, in both the 200 IM and 200 Backstroke.

Finally, Mikyla Bunting swam her way to a Bronze Medal in the girls 11 and under 200 Breaststroke.

The goal of swimmers at AA's are ultimately to qualify for AAA's for a chance to represent themselves and PCS at the Provincial Championships. In order to qualify, swimmers must achieve two separate qualifying standards. Two PCS swimmers, Georgia Ballantyne and Daniel Damian, successfully qualified for AAA's at this meet. Congratulations!! ⚡



Lancaster and McKenna

Summer Camps

Every year Pacific Coast Swimming runs a swimming camp through the University of Victoria as one of their sport development Vikes Camps. PCS swimmers are encouraged to attend these summer camps (and bring their friends!) as a way to keep fit, have fun in the water and stay sharp on their swimming skills during the summer holidays.

This camp is run by PCS coaches and it is a fun way to meet other swimmers from Lightning Fast or D-group and is also a good introduction into competitive swimming for people who are newer or unfamiliar with the sport.

Here are the details:

Dates: The camp runs for four weeks, those of July 14-18, July 21-25, Aug 5-8 and Aug 11-15.

Hours: 9am-4pm with before/after care available.

Registration can be completed online here: <http://vikescamps.com/sport-development-camps/> ⚡



Welcome to our new newsletter!

We hope you enjoy it. Please send comments, suggestions, and feedback to rclouston@pacificcoastswimming.com.

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).

pcs@pacificcoastswimming.com
250-727-9243
www.pacificcoastswimming.com

July 2014

2

Jon McKay, Vicky Mock and coach Ron Jacks headed to Junior Pan Pacific Championships

Vicky Mock and Jon McKay both came up big on the day in the 10km race in the Canadian Jr Pan Pac Selection trials at the Flowers Sea Swim in Grand Cayman. The race went well for both PCS competitors.

Jon McKay finished the men's event in second spot overall and as the first Canadian giving him an open water spot on the Jr Pan Pac Team, adding to his pool spot earned in the 1500 Fr. Jon was unable to hold onto the pace of Poland's Mateusz Sawrymowicz, 2007 world champion in the 1500m Freestyle, but was able to build and maintain a sizable lead to the rest of the field in order to come second overall, and first Canadian. Jon finished almost a minute ahead of the third place swimmer.

Vicky Mock was also second overall and first Canadian woman out of the water to make the Jr Pan Pac Team - her first national team spot. Vicky swam much of the race in a pack that included eventual winner, two-time open water World Champion and Olympic silver medalist Keri-Anne Payne, before she was able to break away with about 2km to go. Vicky would swim along with the more experienced, and eventual third overall and second Canadian Justine Rheaume, and over the last 400m of the race, pass and gain a 10 second lead on Justine by the completion of the race.

Ron Jacks was also named to the Junior Pan Pacific Games coaching staff in order to coach the Open Water team. ⚡



Open
Water



Volunteers

A big thank you to the following volunteers who helped make the pancake breakfast a huge success:

- Jenn Alberts
- Fran Rachert
- Laura Lancaster
- Riah Hoehsmann

Also a big thanks to those that have already put in so much work towards making AAA's successful, and to those that will help pull it off when the time comes. Your help makes all of this possible. ⚡

July 2014



3

Word Search

Find the words about swimming, listed below, in the word search grid. Each letter of the swimming word search grid may be used in more than one word.



Word List
Breaststroke
Dive
Dog Paddle
Fins
Floating
Front Crawl

Horseplay
Lake
Lifeguard
Ocean
Pool
River
Scuba

Side Stroke
Snorkel
Splash
Summer
Surfing
Swimsuit
Water

Swim Facts

- Elephants can swim as many as 20 miles a day — they use their trunks as natural snorkels!
- The average person produces 25,000 quarts of saliva in his or her lifetime, enough spit to fill TWO swimming pools!
- The turbopump on the Space Shuttle main engine is powerful enough to drain an average-sized swimming pool in 25 seconds.
- The oldest form of stroke used is the breaststroke.
- Swim fins were invented by Benjamin Franklin.
- Swimming first became an Olympic event in 1896.
- The first recorded swimming races were held in Japan in 36 B.C.
- The Titanic was the first ocean liner to have a swimming pool and a gym.
- The first swimmer to break the two minute barrier in the 200 meters was Don Schollander.

Kids' Page

Joke Time

Q: Why did the teacher jump into the water?

A: She wanted to TEST the water

Q: What race is never run?

A: A swimming race.

Q: What race is never run?

A: A swimming race.