

September 2014

Issue 7

The Pacific Coast THUNDERBOLT



Swimmers Celebrate winning Long Course Provincial Champs

PCS Wins AAA's

Pacific Coast Swimming both hosted and won the Provincial Championships over the weekend at Saanich Commonwealth Place. It was the first ever win for PCS which led the scoring race from start to finish, ending the meet with 2729.5 points, over 700 points above the second place team, Richmond Rapids. PCS began the weekend with 49 enthusiastic athletes, the club's largest contingent to date, who took an early lead in the point race and never

looked back.

In the process, PCS swimmers established 3 new VIR Regional Records and 14 new Club Records. Our individual record breakers were Molly Gowans (VIR and Club Records in the 13-14 Girls 100, 200, 400 Free; Club record in the 200 Back); Jordan Andrusak (Club records in the 15-17 Girls 200 Breast, 200 IM, 400IM); and Michael Schmidt (Club records in the 11-12 Boys 200 Breast, 200IM). Club records were also set in five relay

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**PACIFIC
COAST
SWIMMING**
TEN YEARS of EXCELLENCE



Registration BBQ

Come have your dinner cooked by your coach! The BBQ will be Friday, Sept 12 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.

Winning AAA's (continued)

events in the 11-12 age group: Girls 200 and 400 Medley (Hana Edwards, Jessica Luo, Sophie Lorette, Hana Lorette); and Boys 200 Free (Dylan Kormendy, Keir Ogilvie, Darius Morrison, Michael Schmidt), 200 and 400 Medley (Darius Morrison, Michael Schmidt, Keir Ogilvie, Dylan Kormendy).

Finally, PCS also flourished in the Open Water events,

highlighted by sweeping the 11/12 boys 1km race with Michael Schmidt, Kier Ogilvie and Darius Morrison, and Erin Jennings winning a bronze in the 13/14 girls 2km race.

A total of 13 PCS swimmers came home with 43 individual medals. They and their teammates also claimed 8 relay medals. ⚡

Senior National Championships

The Summer National Championships took place July 16 to 19 in Saskatoon, Saskatchewan. Competing at the championships from PCS were

Jordan Andrusak (15), Lauren Crisp (14), Molly Gowans (14), Ryan Howe (18), Aimeson King (23), Jon McKay (18), Victoria Mock (17) and Lucas Tyler (15).

The top result from the meet was Gowans' 4th place in the 1500 Free. Other top 8 finishes include Mock who finished 6th in the 1500 and McKay in the 800 and 1500 Free finishing in 7th place.

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

Age Group National Champs

Shortly following the senior nationals, from July 23 to 28, Winnipeg hosted the Canadian Age Group Championships. The age group nationals are for youth up to age 18. Seventeen PCS swimmers qualified for the meet: Jordan Andrusak (15), Allison Ballantyne (14), Emma Carter (14), Hanna Carter (18), Lauren Crisp (14), Hana Edwards (11), Molly Gowans (14), Justin Howe (16), Ryan Howe (18), Eden Kormendy (13), Sophie Lorette (11), Jessica Luo (12), Alandra McDowell (17), Blaire McDowell (13), Victoria Mock (17), Regan Peace (14), Rachel Sawchuk (15), Sophie Tarrant (14), Lucas Tyler (15).

It was a fantastic meet with the swimmers bringing home 15 medals, and finishing as the top BC team, 8th

overall. The girl's side was 3rd team overall out of 138 teams! Way to go!

Individual medals went to Gowans (Gold in 200 Free, 400 Free, 800 Free; 1500 Free), Crisp (Gold in 200 Back), Andrusak (Bronze in 200 IM and 200 Breast), Kormendy (Gold in 1500 Free; Silver in 2.5Km Open Water; Bronze in 400 IM), Tyler (Bronze in 200 Fly), McDowell (Bronze in 5Km Open Water), and Luo (Bronze in 200 Free and 200 IM). The team of Gowans, Ballantyne, Crisp, and Kormendy took Bronze in the 4x200 Free.

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

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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2014 East West Youth Dual Meet

East West meet - Jordan Andrusak, Lauren Crisp and Molly Gowans were named to the East West Meet which took place in Winnipeg July 29-30. Representative teams from Eastern and Western Canada competed in a two day heat and finals to see who is the top side of the country. Coach Rod Barratt was on the staff to coach Western Canada's 13-14 girls.

The first day of competition set 2 more club records and some great swims from the PCS segment

of the West Team.

At the out set of the meet Lauren and Molly set the tone combining efforts the 4x50 Medley Relay for second. Soon afterwards, Molly handily won the 800 Fr in record time - her time of 8:55 set a new club mark (Gowans 8:56 '14). Molly again swam the next event, the 200 Freestyle, coming third in a time of 2:04.16.

Jordan Andrusak set a new 200IM record for 15-17 as well as open girls going 2:17.2 ⚡

Junior Pan Pacific Championships

Vicky Mock and Jon McKay both represented Canada at the 2014 Junior Pan Pacific Championships in Maui From August 27 - 31. This annual meet always boasts some of the best 18 and under swimmers in the world, as it includes the best young swimmers from the USA, Australia, Japan, China, Mexico, Fiji, and Canada.

Jon earned two silver medals over the weekend, the first in the 1500 Freestyle in a new club record time of 15:21.82, and the second in the 10km Open Water event. In addition to these swims, Jon also swam the 200 Butterfly heats in a best time of 2:02.72, but scratched finals in favour of successfully medalling in the 1500 Freestyle that night.

Vicky swam the 800 Fr and was just off her best time placing 17th overall, and impressed in her main event of the weekend, finishing the 10km Open Water event in 7th place, and first Canadian in a fast field of 14 swimmers.

Great swims Jon and Vicky in your first experience swimming for team Canada! ⚡



Meets
Hosted Next
Season

- 1) Senior Circuit
- 2) Christmas Cracker
- 3) CIS Championships
- 4) Wavemaker
- 5) Long Course VIR Championships
- 6) Long Course AAA Championships

Notes

Last Year's Age Group Tropy Winners - Please return your trophies to the club in the first two weeks of the season as we prepare for this year's awards

The Annual Vikes Championship Breakfast - This will take place September 30. If you would like to buy a ticket, please head [HERE](#) for any information.

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Thoughts Every Swimmer Has During Practice

- | | | |
|---|--|---|
| 1. ...*5 a.m.: ALARM BLARES*
'And I was just dreaming about swimming. Or maybe it was a nightmare? Whatever. I can't escape the pool.' | 1. ...tougher than swimming. FOOTBALL PLAYERS ARE PANSIES.' | 1. ...and make sure the coach doesn't see...' |
| 2. ...*Dives in* 'Most of my friends are still asleep right now. UGH!' | 2. ...'AT LEAST I WILL FEAST AT THE END.' | 2. ...8. ...How am I so thirsty if I am in a pool? It doesn't make any sense. |
| 3. ...'Whatever, I have the heart of a champion. No sport is | 3. ...'Freestyle counts as a stroke, right? RIGHT?' | 3. ...9. ...When do we leave? On the 20 or on the 30? Why can't I count? |
| | 4. ...'OK, fine, I'll swim fly!' | |
| | 5. ...'Ah, backstroke. Now I just need to tug on the lane line | |

H₂O

Two parts Heart and one part Obsession.

If you have a lane, you have a chance.

Seven days without 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 go for a swim!