



## Xmas Cracker Coming Up!

The Xmas Cracker is Pacific Coast Swimming's premiere invitational swim meet each year, and often attracts swimmers from various Provinces as well as the United States. Swimmers from all ages compete at the Cracker, from 10 and under athletes to University and post-University swimmers. Last year, it was the second largest invitation swim meet in the country, and this year is no different.

Approximately 800 swimmers are expected, 1300 Christmas Crackers will be given away, as well as many prizes for the top swimmers. For many swimmers,

this meet serves as the best opportunity to reach their maximum potential before training hard through the Christmas vacation. Many fast times and great races can be expected across the board.

If you haven't already, go to the Online Registration page for this meet and sign up for some volunteer spots. If you want more information about Xmas Cracker, the meet package as well as session timings and an explanation of the volunteer incentives prize draw can be found on the Xmas Cracker Event Information page. ⚡

## 11 & Under Staff of the Year Award from Swim BC Awarded to Pacific Coast Swimming!

Congratulations to our coaches and swimmers on being awarded the 11 & Under Coaching Staff of the Year for 2013-14 at the recent BCSCA/Swim BC Awards evening. The award goes to Mark

Lancaster, Dave Creel, Cody Flegel, Brent Gaudreau and Ryan Slater for the hard work and performances of their young charges. Well done all! ⚡

### Early Volunteer Signup!

Sign up to volunteer for a PCS-hosted swim meet 2 weeks in advance and qualify for the Early Volunteer Registration prize draws, highlighted by a two night stay at Tigh Na Mara Resort! ⚡



Awards Night Recap  
Check out who won the annual PCS awards

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Langley Photo Gallery  
Racing hard on the mainland!

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# Awards Night Winners - Summary

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## National 10 and Under top 50:

Mikyla Bunting, Kathryn Lee, Teagan Hunt, Jemma Stevens, Kali Lancaster, Sebastian Emery, and Daniel Damian

## Provincial 10 and Under top 50:

Sydney Meldrum, Faith Alberts, Stephanie Borissov, Anastasia Trudel, Isabelle Green, Sophie Li, Mary MacDonald, Trinity Aragon-Scriven, Taiki Hiraoka, and Kaleb Lee

## AA/VIR Qualifiers:

Faith Alberts, Trinity Aragon-Scriven, Stephanie Borissov, Simone Caruso, Nathan Chow, Paula Cota, Maia Denis, Shaun Gill, Taiki Hiraoka, Nathan Howe, Teagan Hunt, Kali Lancaster, Kaleb Lee, Sophie Li, Jane Maycock, Sydney Meldrum, Mattius Melvie, MacKenzie Mueller, Ortansa Somosan, Anna Stebeck, Jemma Stevens, Ava Tarrant, Anastasia Turdel and Mikyla Bunting

## AAA Provincial Championships Qualifiers:

Rachel Sawchuk, Anna Letkeman, Ana Mcleod, Emma Carter, Hanna Carter, Gabriel Roos, Raymond Chou, Nick Beland, Fionnuala McKenna, Grace MacDonald, Lia Lancaster, Darius Morrison, Michael Schmidt, Kier Ogilvie, Dylan Kormendy, Anthony Guitierrez, Kiera Edwards, Kealy Scott, Victoria Von Sacken Nash, Kennedy Aragon-Scriven, Ian Williams, Daniel Damian, Kelsey Andrusak, Erin Jennings, Ben Gyorkors, Georgia Ballantyne, Annie Macintosh, Fionnuala McKenna, Kathryn Lee, Aidan Thirkell

## Age Group National Qualifiers:

Eden Kormendy, Rachel Sawchuk, Anna Letkeman, Emma Carter, Hanna Carter, Gabriel Roos, Jackson Sinclair, Allison Ballantyne, Haley Bennett, Anya Pasemko, Jessica Luo, Reegan Peace, Sophie Tarrant,

Sophie Lorette, Hanna Lorete, Hanna Edwards, Justin Howe, Ryan Howe, Alandra McDowell, and Blair McDowell

## Senior National Qualifiers:

Jordan Andrusak, Victoria Mock, Lauren Crisp, Molly Gowans, Rosie Moulton, Rachael Newman, Jon McKay, Ryan Howe, Brett Zollen, Evan Letkeman, Aimeson King, Nick Sinclair, Ian Mattock, Lucas Tyler, Craig Dagnall, Tyler Smith, and Richard Bourgeois

## International Swimmers:

Aimeson King, Jon McKay, Victoria Mock

## Provincial Team Members:

Blaire McDowell, Allison Ballantyne, Lauren Crisp, Jordan Andrusak, and Molly Gowans

## National Team Members:

Jon McKay, Vicky Mock

## Trophy Awards

### Top Kickers

10 and Under: Teagan Hunt, Dylan Kormendy  
11-12: Jessica Luo, Keir Ogilvie  
13-14: Sophie Tarrant, David Hiebert

### Fina Add Up Cups

11-12: Jessica Luo, Michael Schmidt  
13-14: Molly Gowans, David Hiebert

### Top Swimmers

10 and Under: Kali Lancaster, Dylan Kormendy  
11-12: Jessica Luo, Michael Schmidt  
13-14: Molly Gowans, David Hiebert and Regan Peace  
15-17: Vicky Mock, Lucas Tyler  
Senior: Molly Gowans, Jon McKay  
Open Water Overall: Jon McKay

## Volunteers Awards

Jeff Stevens	Doreen Meldrum
Mandy Stevens	David Clouston
Leon Politano	Laurel MacIntosh
Moyra Brackley	Mary Gowans
Heather Bunting	Laura Lancaster
Mac MacDonald	Kate Jennings
Cyndy Chan	Steve Zammit
David Letkeman	Myrna Hiebert
Bill Gowans	Alan Howe
Jason Laidman	Kingsley Lee
Varinia Somosan	Kandas Lee
Joanne Klassen	Daniela Damian
Dan Sawchuk	Kim Laidman
Kate Ballantyne	Aaron Gyorkos
Tara Black	Janelle Hunt
Sue Mattock	Lynne Testemale
Machiko Mock	Audrey Panter
Greg Caruso	Mark Carter
Lauren Letkeman	Boualem Khoider
Georgine Nash	Dave Tesch
Jim Mattock	Heather Stebeck
Margaret Penning	Audrey Painter
Rob Crisp	Laurel Macintosh
Nirad Chaudhari	Kennedy Aragon-Scriven

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# Nutritional Advice from [Pacifcoastswimming.com](http://Pacifcoastswimming.com)

## - What does my body use for fuel?

Carbohydrate from your food is turned into glycogen, which is your body's most important fuel during exercise. Part of your training is to train your muscles to store more glycogen. To do this, you need to make sure that you eat enough carbohydrate every day while you are training. The most common reason to have a 'bad workout' is not eating enough carbohydrate to give fuel to your muscles

## - How much carbohydrate do I need in a day?

You need between 8 and 10 grams of carbohydrate per kilogram of your body weight. Multiply your weight in kilograms by 8 and then by 10 to find the range of carbohydrate that you should aim for each day

## - Does it matter when I eat this?

Morning workouts and races use last night's dinner and snacks for fuel. Evening workouts rely on fuel that you've stored from breakfast and lunch. Don't miss these opportunities!

You can improve the ability of your body to store fuel by eating within 30 minutes after a workout. Have a small amount of protein too. This will help you to build muscle or to keep the muscle that you have strong. Eating soon after workout is especially important when you have another workout within 10-12 hours.

## - What should I have after workout?

Here are a few ideas for an "after workout" snack:

Chocolate Milk (500 ml)

Kozy Shack rice pudding or yogurt (180-250 ml)

A Yop and a few arrowroot cookies

A peanut butter sandwich and a glass of juice

Cheese and Stoned Wheat Thins

Cereal with milk

It is a good idea to have rice or potato with your dinner sometimes. The carbohydrate from these will allow you to

store glycogen a little faster than pasta or bread. Try to have something with salt in it, or add a bit of salt to your dinner.

Sports drinks are not the best choice after a workout

## - Is there anything special I should have after school?

You should have two large glasses of fluid as well as a snack. This is a good time to have a high carbohydrate fluid like juice or lemonade.

## - Do I need to eat before morning workout?

It is a good idea to eat a little bit before a morning workout. Your body will have used all of your liver glycogen for energy while you slept. This meal should contain some carbohydrate and a little protein, but not much fat.

## - Do I need to take carbohydrate during workouts?

Having a drink with carbohydrate is better than having plain water during any workout that is over one hour long. The carbohydrate helps your glycogen to last longer and increases your ability to swim well. It also helps to keep your immune system stronger, so that you are less likely to get sick. Sports drinks like PowerAde, Gatorade or homemade versions of these, are formulated to empty quickly from your stomach. They have salt in them and a lower concentration of carbohydrate than fruit juice. The type of sugar they contain is more quickly converted to energy than the sugar from fruit juice.

## - What if I don't have time to drink during workout?

There will be some times when you don't have enough time between sets to drink. Don't let that stop you from taking the drink when you do have time. Try to make sure that you have about 250 ml. of a sports drink before you start to swim - immediately after "dry land". Putting this much fluid in your stomach helps it to empty faster than if you just take small sips. ⚡

## 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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### Joke Time

- Q: Why did the teacher jump into the water?  
A: She wanted to test the water!
- Q: Why wasn't Susan afraid when she saw a shark while she was swimming in the water?  
A: Because it was a man-eating shark!
- Q: What race is never run?  
A: A swimming race!
- Q: What kind of fish can't swim?  
A: A dead one!



# Langley Swim Meet

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## Langley Finalists

Kennedy Aragon-Scriven  
(1st - 100 Fly; 2nd - 100 Back,  
200 Fly; 3rd - 400 Free; 4th -  
200 IM; 6th - 200 Back)

Anthony Gutierrez  
(5th - 50 Free; 6th - 100 Free)

Teagan Hunt  
(3rd - 100 Fly; 8th 200 Fly)

Kathryn Lee  
(1st - 100 Fly; 2nd - 200 Fly; 5th  
- 400 IM)

Jemma Stevens  
(5th - 100 Back; 6th - 200 Back;  
8th - 400 Free)

Annastasia Trudel  
(4th - 100 Free)

Kali Lancaster  
(7th - 100 Breast)

