

UVPCS Wins VIRs 2015!

UVPCS won VIR's this year with a score of 9174.5 more than doubling second place Island Swimming's point total of 4564.5! There were a number of standards achieved, records broken, and events won by UVPCS swimmers over the weekend. Some of the highlights from the weekend are listed

below.

Provincial Records

- 11-12 Girls Provincial/Club/VIR Record 200 M.R. 207.0 Hana

Edwards, Laura Rincon, Jessica Luo and Sophie Lorette

Club/VIR Records

- 100 Back Lauren Crisp 15-17 Club record

- 11-12 Boys (Kormendy, Schmidt, Ogilvie and Gutierrez) in 2:12.28

- Molly Gowans - club and VIR record in 15-17 Girls 50 Fr at 26.20

- Jessica Luo Club and VIR record in 50 Fr - 27.34

- Jessica Luo Club and VIR record in 50 Butterfly - 30.12

- Nick Beland -15-17 boys club record in 50 Free - 24.04

- Molly Gowans - 15-17 Club Record 100 Fr - 56.59

- Nick Beland - 15-17 Club Record 100 Fr - 52.48

- Jessica Luo - Club and VIR Record 100 Fr - 58.57

- 200F.R. 11-12 girls A Jessica Luo, Hana Edwards, Grace MacDonald and Sophie Lorette Club Record - 1:55.77

- 11-12 Boys 200 F.R - Club Record Anthony Gutierrez, Dylan Kormendy, Michael Schmidt and Keir Ogilvie - 1:59.35

- 200F.R. 15-17 Girls - Club and VIR Record 1:47.56 Rachel

Sawchuk, Lauren Crisp, Allison Ballantyne and Molly Gowans

New Standards

Westerns

- Kennedy Aragon Scriven - 200 Fly

- Jessica Luo - 50 Free, 50 Fly, 200 IM

AAA's

- Asia Trudel - 200fr and 50fr

- Kali Lancaster - 50 Free, 50 Fly, 400 IM, 200 Breast

- Lily Chen - 50 Free, 50 Fly, 100 Back, 100 Free

- Ortansa Somosan - 100 Breast

- Daniel Damian -50 Free, 200 IM, 400 IM, 100 Back, 100 Fly

- Kathryn Lee - 400 IM

- Mikyla Bunting - 200 Breast

- Anthony Gutierrez - 200 Free

- Kennedy Aragon Scriven - 50 Fly

- Miyu Dobashi - 100 Back, 200 Back

- Ben Gyorkos, 100 Free, 200 Free, 400 Free, 100 Fly

- Grace McDonald - 50 Free

- Laura Rincon - 50 Breast

- Michael Schmidt - 50 Free

- Kealey Scott - 200 Breast

AAs

- Taiki Hiroaka - 200fr, 100bf, 400fr

- Sydney Meldrum - 100 Breast

- Jemma Stevens - 800 Free, 400 IM, 100 back, 200 Free, 200 Back

- Teagan Hunt - 800 Free

- Ava Tarrant - 50 back

- Jane Maycock - 200 Back

- Anthony Gutierrez - 100 Free

- David Hiebert - 100 Free

- Emily Laidman - 100 Back, 200 Breast, 200 Free, 200 Back, 100 Free

- Grace McDonald - 200 Free

- Darius Morrison - 50 Back

- Keir Ogilvie - 50 Free, 200 IM (2:46.39)

Medallists

200 Medley Relay

- 11-12 Girls A (above) 1st.

- 11-12 Boys A 1st Dylan Kormendy, Michael Schmidt Keir Ogilvie, Anthony Gutierrez.

- 13-14 Girls A 1st Hanna Lorette, Eden Kormendy, Sophie Tarrant and Jessica Luo

- Senior Girls A 1st Taylor Snowden-Richardson, Sarah Galbraith, Rachael Newman and Kaity Gervais

-Senior Boys A 1st Ryan Howe, Richard Bourgeois, Craig Dagnall and Brett Zollen

50 Free

-11 and U Girls Hana Edwards 1st, Kali Lancaster 3rd

-12-13 Girls Jessica Luo 1st

-14-15 Girls Molly Gowans 1st

-Senior Rachael Newman 1st, Sarah Galbraith 2nd

-12-13 Boys Ben Gyorkos 2nd

-14-15 Boys Lucas Tyler 1st

-Senior Boys Nick Beland 1st, Gerret Mallender 3rd

100 Breaststroke

-11 and U Girls Hana Edwards 1st, Ortansa Somosan 2nd, Kathryn Lee 3rd

-Senior Girls Sarah Galbraith 1st, Jordan Stariha 2nd, Jenn Short 3rd

-11 and U Boys Dylan Kormendy 1st

-12-13 boys Michael Schmidt 1st

-Senior Boys Brett Zollen 1st, Ian Williams 2nd, Richard Bourgeois 3rd

200 Individual Medley

-11 and U Girls Hana Edwards 1st, Kathryn Lee 2nd

-12-13 Girls Jessica Luo 1st

-14-15 Girls Lauren Crisp 2nd, Allison Ballantyne 3rd ⚡



CIS Championships

UVic and PCS are hosting the best Canadian University swimmers from February 19 - 21 at Saanich Commonwealth Pool. The Vikes will be represented by a strong contingent this year, come cheer on our swimmers as they compete against the nation. UV-PCSA swimmers include:

Men:

Jon McKay, Ryan Howe, Brett Zollen, Aidan Thirkell, Richard Bourgeois, Craig Dagnall and Bobby Harling

Women:

Rachael Newman, Jordan Stariha, Rosie Moulton, Kaitlin Gervais, Sarah Galbraith, Hanna Carter, Taylor Snowden-Richardson

VIRs Continued...

-Senior Girls Sarah Galbraith 1st, Hanna Carter 3rd
-11 and U Boys Dylan Kormendy 1st, Daniel Damian 2nd
-14-15 Boys Lucas Tyler 1st
-Senior Boys Ryan Howe 1st, Brett Zollen 2nd, Richard Bourgeois 3rd
Club 8x50 Relay - PCS 1st 3:35.11, ISC 2nd 3:43.51 and Tye 3rd 3:52. 95
10 and Under 200IM
-Girls Asia Trudel 2nd

400IM

-11 and U Girls Hana Edwards 1st, Kathryn Lee 2nd
-12-13 Girls Jessica Luo 3rd
-14-15 Girls Lauren Crisp 2nd, Eden Kormendy 3rd
-Senior Girls Rosie Moulton 3rd
10 and Under 100 Back
-Girls Asia Trudel 3rd

100 Backstroke

-11 and U Girls Hana Edwards 1st, Lily Chen 3rd
-12-13 Girls Hannah Lorette 1st
-14-15 Girls Lauren Crisp 1st, Molly Gowans 2nd
-11 and U Boys Daniel Damian 2nd
-12-13 Boys Miyu Dobashi 2nd
-14-15 Lucas Tyler 1st
-Senior Boys Ryan Howe 1st, Garrett Mallender 2nd, Sebastian Michaud 3rd

200 Breaststroke

-11 and U Girls Hana Edward 1st, Mikyla Bunting 2nd, Kali Lancaster 3rd
-14-15 Girls Eden Kormendy 1st
Senior Girls Jordan Stariha 1st, Sarah Galbriath 2nd, Jen Short 3rd
-11 and U Boys Dylan Kormendy 1st
-12-13 Boys Michael Schmidt 1st
-Senior Boys Brett Zollen 1st, Richard Bourgeois 2nd, Ian Williams 3rd

100 Butterfly

-11 and U girls Kathryn Lee 1st
Senior Girls Rachael Newman 1st
-11 and U Boys Dylan Kormendy 1st
-12-13 Boys Keir Ogilvie 3rd
-14-15 Boys Lucas Tyler 1st
-Senior Boys Craig Dagnall 1st, Bobby Harling 2nd

200 Freestyle

-11 and U Tegan Hunt 3rd
-14-15 Molly Gowans 1st, Allison Ballantyne 3rd
-Senior Girls Kaity Gervais 1st
-14-15 Boys Lucas Tyler 2nd
-Senior Boys Garrett Malender 1st, Jon McKay 2nd, Nick Beland 3rd

200F.R.

-13-14 Girls A 2nd Sophie Tarrant, Eden Kormendy, Keira Edwards and Jessica Luo
-13-14 Boys A 3rd Michael Schmidt, Miyu Dobashi, Keir Ogilvie and Ben Gyorkos
-Senior Boys A 1st Lucas Tyler, Jeremy Lynn, Ian Williams and Nick Beland

10 and U 200 Freestyle

-Asia Trudel Girls - 2nd

400 Freestyle

-11 and U Girls Tegan Hunt 3rd
-12-13 Girls Jessica Luo 3rd
-14-15 Girls Lauren Crisp 3rd

-Senior Girls Kaity Gervais 1st,
Taylor Snowden-Richardson 3rd,
Rachel Sawchuk 3rd
-11 and U Boys 1st
-Senior Boys Jon McKay 1st, Ryan
Howe 2nd, Justin Howe 3rd

200 Backstroke

-11 and U Girls Hana Edwards 1st, Jemma Stevens 2nd
-14-15 Girls Lauren Crisp 1st, Molly GOWans 2nd, Eden Kormendy 3rd
Senior Girls Rachel Sawchuk 3rd
-11 and U Boys Dylan Kormendy 1st, Daniel Damian 3rd
-12-13 Boys Miyu Dobashi 2nd
-Senior Boys Ryan Howe 1st

200 Butterfly

-11 and U Girls Hana Edwards 1st, Kathryn Lee 2nd
-12-13 Girls Sophie Lorette 2nd
-14-15 Girls Sophie Tarrant 3rd
-11 and U Boys Dylan Kormendy 1st
-12-13 Boys Keir Ogilvie 1st, Michael Schmidt 2nd
-14-15 Boys Lucas Tyler 1st
-Senior Boys Craig Dagnall 1st, Jon McKay 2nd, Bobby Harling 3rd

100Freestyle

-11 and U Girls Lily Chen 2nd
-12-13 Girls Jessica Luo 1st
-14-15 Girls Molly Gowans 1st
-Senior Girls Rachel Sawchuk 1st, Kaity Gervais 2nd

-14-15 Boys Lucas Tyler 1st

-Senior Boys Ryan Howe 1st, Garrett Mallender 2nd, Nick Beland 3rd

400Freestyle

-11 and U Girls Jemma Stevens 2nd, Teagan Hunt 3rd
-12-13 Girls Jessica Luo 3rd
-14-15 Girls Haley Bennett 2nd, Lauren Crisp 3rd
-Senior Girls Kaitlin Gervais 1st, Taylor S-R 2nd, Rachel Sawchuk 3rd

-11 and U Boys Dylan Kormendy 1st

-Senior Boys Jon McKay 1st, Ryan Howe 2nd, Justin Howe 3rd

800Freestyle

-11 and U Girls Jemma Stevens 2nd
-14-15 Girls Molly Gowans 1st, Lauren Crisp 2nd
-Senior Girls Kaitlin Gervais 1st, Taylor Snowden-Richardson 3rd
-11 and U Boys Dylan Kormendy 1st
-12-13 Boys Anthony Gutierrez 3rd
-Senior Boys Jon McKay 1st, Ryan Howe 2nd

1500 Freestyle

-12-13 Girls Sophie Lorette 1st, Hannah Lorette 2nd
-14-15 Girls Eden Kormendy 2nd, Erin Jennings 3rd
-Senior Girls Rachel Sawchuk 2nd, Anna Letkeman 3rd
-14-15 David Hiebert 2nd

-Senior Boys Stefan Nasedkin 1st, Justing Howe 3rd

Way to go swimmers!! ⚡



Go PCS!

Notes



- Use Peppers food cards to help support the PCSPA. For every purchase, the PCSPA will receive 5 % back!
- This year's Swimathon will be hosted between April 13th and 19th. The annual Swimathon is a great way for the athletes to challenge themselves, to impress their friends and family with how far and fast they can swim, and for those friends and family members to help support their efforts!
- PCS is hosting AAA's this summer, and will need a lot of Volunteer help! Mark July 2-5 on your Calendar!

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AA Recap

Day 1

Emily Laidman made her 1st AAA in the 200 IM 2:39.96 placing her 2nd going into the finals. Ortansa Somosoan dropped 4 seconds off her 200 IM and placed 10th. Georgia Ballantyne has a swim-off to start off the finals session for 8th place in the 50 Free. Lia Lancaster also gained her 1st AAA in the 50 Free in a time of 28.43 placing her 1st going into tonight. Jemma Stevens placed 2nd in the 800 Free and is looking forward to picking up her silver medal tonight at the awards. Emily Laidman placed 10th in the 800 free taking off 5 seconds and missing her AAA by 3 seconds. Lia Lancaster was 4th in the 800 Free dropping 13 seconds and just missing her AAA by .11 seconds. Taiki Haraoka dropped 19 seconds in his 800 placing first and achieving his 1st AAA time!

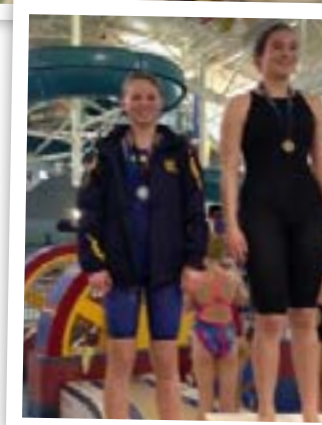
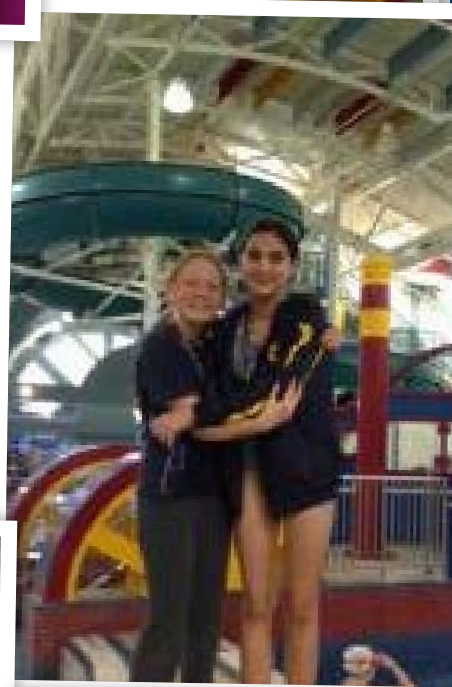
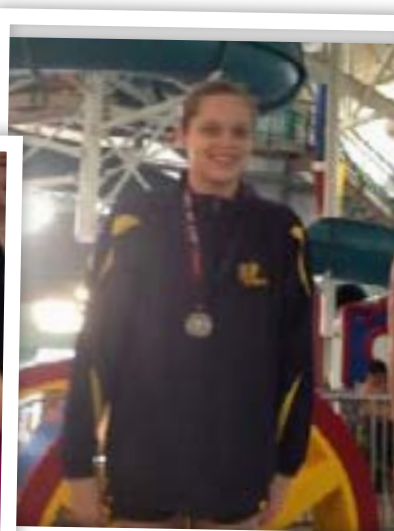
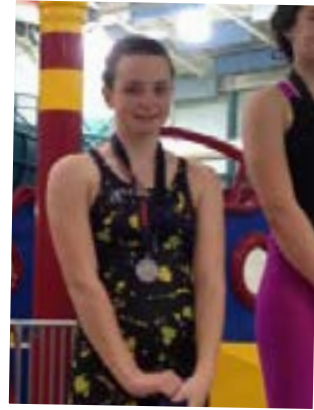
Day 2

Day Two of the SC AA Championships started off with a bang in the heats. Ortansa Somosan earned her second AAA time, qualifying to go to Surrey March 5-7, in her 200 breast with a time of 3:16.17. Emily Laidman followed suit and also qualified her second AAA in 200 breast several minutes later in a time of 2:58.18. Jemma Stevens earned her first ever AAA time in 400 Free in 5:34.44.

Another great session for PCS swimmers in Chilliwack at night. Congratulations to Anthony Gutierrez (12), Taiki Hiraoka (11), and Lia Lancaster (14) who all earned their second AAA qualifying time, securing their way to Surrey next month. This brings the total number of PCS swimmers at the meet who have newly qualified for AAAs up to FIVE.

Day 3

Final day of racing wrapped up at the BC AA SC Championships, with PCS bringing home two gold, two silvers, and a bronze. On top of that Mikyla Bunting earned her second AAA time in the heats of 100 breast (1:32.49), qualifying herself for the meet. Overall PCS has SIX new qualifiers headed to Surrey in two weeks from this weekend. Congratulations swimmers and coaches on a great weekend. ⚡



Provincial
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AAA's Coming!

UVPCS won Long Course AAA's last summer for the first time in its history. With another strong group of swimmers competing this year, we will be looking to repeat that performance. The Provincial Short Course Championships will be held in Surrey from March 5 to March 7, and will include our best swimmers from 11 and Under to 17 year old swimmers. Be sure to watch!

Westerns!

From February 19 - 22 in Edmonton, Alberta, some of our swimmers will be competing against the best swimmers from Manitoba West, in what will be their most competitive Short Course swim meet of the year. Watch the results and cheer from home!

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Did You Know...

- Elephants can swim as many as 20 miles a day — they use their trunks as natural snorkels!
- Niagara Falls has enough water to fill up all the swimming pools in the United States in less than three days!
- The bikini swimsuit was named after a U.S. nuclear testing site in the South Pacific called Bikini Atoll.
- 65% of people in the U.S. don't know how to swim.
- The average person produces 25,000 quarts of saliva in his or her lifetime — that's enough spit to fill TWO swimming pools!
- As with any other type of exercise you need to stay hydrated while swimming and you need to drink water. Your core body temperature can rise as the activity increases. Your body also produces sweat as it does with other physical activity, but it is not as apparent since you are already wet.
- An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.
- Swimming strengthens the heart and lungs.
- Swimming works out all of the body's major muscles.
- Swimming helps reduce stress.
- Water's buoyancy make swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low-impact exercise.
- Swimming is a great cardiovascular exercise because you are moving against the water's resistance, which is over ten times that of the air.
- Over 50% of world-class swimmers suffer from shoulder pain.
- More than 50 years later, the home or residential swimming pool is ubiquitous and even the smallest world nations enjoy a thriving swimming pool industry (e.g. New Zealand pop. 4,116,900 [Source NZ Census 7 March 2006] - with 65,000 home swimming pools and 125,000 hot tub pools).
- The turbopump on the Space Shuttle main engine is powerful enough to drain an average-sized swimming pool in 25 seconds.
- Competitive swimmers use the term fast pool when they are describing a pool that has a good gutter system on the sides. This system allows the water to flow out easily and doesn't allow waves to bounce back to the middle of the pool. The lane lines can also help control the waves and the deeper the pool is, the fewer waves hit the bottom and bounce back up to the surface. The lack of these waves provides less drag/ resistance for the swimmers, which gives them a faster time. ⚡

Fun Page!

For Your Calendar

2015 CIS Championships
February 19 to 21, 2015
Commonwealth Place

2015 Western Canada Championships
February 19 to 22, 2015
Edmonton, Alberta

2014-2015 School F.A.S.T Meet Final
February 28, 2015
Commonwealth Place

2015 Duncan Meet
February 28 to March 1, 2015
Duncan Aquatic Centre

2015 BC AAA SC Championships
March 5 to 7, 2015
Surrey, BC

2015 BC Senior Championships
March 8 to 9, 2015
UBC, Vancouver

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