

WORLD TRIALS VICTORIA 2013

APRIL 3 - 6, 2013

Free admission to morning heats, 10 a.m.
Each day. Finals begin at 6 p.m.,

Tickets \$10 at door.

All Event Pass: \$30

Saanich Commonwealth Place

Watch as Canada's
Olympic swimmers and
Olympic hopefuls take
the first major step on
the road to Rio 2016!

Canada's Best Come to Victoria

PCS members who practice at Saanich Commonwealth Place are a lucky bunch—not only do they enjoy the use of a world-class facility, they often share the water with Olympic champions like swimmers Richard Weinberger and Ryan Cochrane. From April 3 to April 6, all of Victoria will be lucky enough to have a chance to cheer on two-time Olympic medallist Ryan Cochrane and others at the 2013 World Championships Trials.

Canada's fastest swimmers, including 10 PCS members (see sidebar), will be participating at the four-day

event to win the right to represent Canada in July at the FINA World Championships in Barcelona—a major step toward the 2016 Rio Olympics. Younger PCS members will also be participating as flag bearers, block wipers, and medal carriers. "I'm excited to go, and I'm even more excited to help out at such a big meet," says C group member Casey Garrison.

Tickets for finals are only \$10 at the door and heats are free, so don't miss your gold-medal chance to support PCS and cheer on Canada's fastest swimmers. ⚡



PCS Swimmers Competing in the World Trials

Richard Bourgeois (20) 50 Br, 100 Br, 200 Br

Craig Dagnall (22) 800 Free, 1500 Free, 4x100 Medley, 4x100 Free, 4x200 Free

Ryan Howe (17) 100 Back, 200 Back, 200 IM, 4x100 Medley, 4x100 Free, 4x200 Free

Evan Letkeman (18) 200 Fly, 200 Back, 400 IM

Ian Mattock (21) 50 Fly, 200 Fly, 200 IM, 400 IM, 4x100 Medley

Jon McKay (17) 400 Free, 1500 Free, 200 Fly, 400 IM, 4x200 Free

Rosie Moulton (17) 100 Fly, 100 Breast, 200 IM

Rachael Newman (18) 100 Fly, 200 Fly, 50 Fly

Nicholas Sinclair (21) 100 Free, 200 Free, 200 IM, 4x100 Medley, 4x100 Free, 4x200 Free

Tyler Smith (21) 800 Free, 1500 Free, 4x100 Free

AAA Recap

The Swim BC Short Course AAA Championships took place Feb 28 - Mar 3 at Commonwealth and PCS swimmers put in a great showing. Here is a quick recap of some of the highlights.

In the 800 Free **Victoria Mock** (15) shaved a second off her best to go 9:06 and took silver. Mock also claimed silver in the 200 Free and bronze in the 400 IM.



Crisp and Andrusak

In the 200 IM **Jordan Andrusak** (13) and **Lauren Crisp** (13) powered away from the field to finish one-two, taking gold and silver. **Rosie Moulton** (17) accelerated home to take bronze and got her Senior National time.

Lauren Crisp lead out the scoring in the 100 Back striking gold in a meet record time of 1:04.

Jordan Andrusak continued her silver streak in the 200 Free with a personal best of 2:07. On the final evening, in the 400 IM, Andrusak was fed up with silver, and stole the show swimming out front to destroy the club record and claim gold in 4:57.6.

On the boys side of the 400 IM, **Jon McKay** (17) took silver in 4:27.5, a new club record.

In the 100 Free, **Molly Gowans** (13) took gold in 59.14.

The meet finished off very successfully with a second win for **Jordan Andrusak** in the 200 Breast, while **Michael Schmidt** (10) takes gold and sets a VIR record. ⚡

Spring Break

The Duncan Spring Break Invitational ran March 16 and 17 and was represented by D group and a few members of C group. All swimmers performed great and these eleven PCS swimmers had top eight finishes:

- Darius Morrison (10), including first in 200IM, 100 Back, and 50 Free;
- Sebastian Emery (9);
- Skyla MacDonald (8), including first in 200 Free;
- Grace Macdonald (10), including first in 50 Back;
- Ben Gyorkos (12);
- Michael Schmidt (10), including first in 50 Breast with a VIR record time and first in 100 Fly in a club record time;
- Yassin Guitouni (10);
- Armaan Gill (11);
- Leah Biberdorf (12);
- Mikyla Bunting (9);
- Paula Cota (12).

Congratulations everyone! ⚡



Welcome to our new newsletter!

We hope you enjoy it. Please send comments, suggestions, and feedback to newsletter@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).

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What Can You Do To Help Your Child at Swim Practice?

by The American Club Swimming Association

The best thing you can do is to encourage your children to “have fun, be safe, and swim smart” before practice and be sure they have a warm towel for after practice. After practice ask them if they had fun and learned anything new or did anything they had never done before and offer your praise. Sometimes children will express feelings to their parents that may help the coach provide a more suitable environment for the individual. You are encouraged to talk to the coach about your child’s responses to the practice sessions.

If you decide to watch practice the most important thing you can do is allow your child to focus on the coach and on the tasks at hand. We know it is common in many other youth sports for parents to stand at the sidelines and shout instructions or encouragements and sometimes admonishments to their children. We ask you not to signal them to swim faster, or to try a certain technique, or to offer to fix a goggle problem, or even to remind them to listen to the coach. In fact, just as you would never interrupt a school classroom to talk your child, you should not interrupt a swim practice by attempting to communicate directly with your child.

What’s wrong with encouraging your child during practice? There are two issues. First we want the child to focus on the coach and to learn the skill for their personal satisfaction rather than learning it to please their parents. Secondly, parental encouragement often gets translated into a command to swim faster and swimming faster may be the exact opposite of what the coach is

trying to accomplish. In most stroke skill development we first slow the swimmers down so that they can think through the stroke motions. Save encouragements and praise for after the practice session.

What’s wrong with shouting or signaling instructions to your children? When I watch my 8 year old daughter play in a basketball league I understand the overwhelming desire to shout instructions to your child because that is what I want to do. But those instructions might be different from the coach’s instructions and then you have a confused child. Sometimes you might think the child did not hear the coach’s instruction and you want to help. The fact is that children miss instructions all the time. Part of the learning process is learning how to listen to instructions. When children learn to rely on a backup they will have more difficulty learning how to listen better the first time.

What’s wrong with helping your child fix their goggles? Quite simply, we want to encourage the children to become self-reliant and learn to take care of their own equipment.

If you need to speak to your child regarding a family issue or a transportation issue or to take your child from practice early you are certainly welcome to do so but please approach the coach directly with your request and we will immediately get your child out of the water. If you need to speak to the coach for other reasons please wait until the end of practice or contact them by email or phone. ⚡

Parent's Page

Reminders

Volunteers are still needed for the World Trials, especially for Wednesday and Thursday. Contact Heather Stebeck hstebeck@shaw.ca.

Other schedule notes...

2013 World Trials
April 3 - 6, 2013

Sunday Stroke Series:
Breaststroke
April 7, 2013

PCS Team Picture Night
April 10, 2013
Commonwealth Place

Sunday Race Series 3
April 14, 2013

Wavemaker
April 26 - 28, 2013
Commonwealth Place
** We will need volunteers for this*

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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

Answer will be published in the next issue.

Swim Tunes

What do Canada's best swimmers listen to while they prepare for the World Trials? Swimming Canada put together this list.

1. The Black Keys – Lonely Boy (Jillian Tyler)
2. Imagine Dragons – Radioactive (Hilary Caldwell)
3. Arkells – Book Club (Zack Chetrat)
4. Swedish House Mafia feat. John Martin – Don't You Worry Child (Samantha Cheverton)
5. Walk Off the Earth – Red Hands (Martha McCabe)
6. Ed Sheeran – The A Team (Katerine Savard)
7. Grimes – Genesis (Ketlly Aspinall)
8. Phillip Phillips – Gone, Gone, Gone (Tera Van Beilen)
9. Carly Rae Jepsen – Call Me Maybe (Erika Seltenreich-Hodgson)
10. Audioslave – Be Yourself (Alec Page)
11. Classified feat. David Myles – Inner Ninja (Savannah King)
12. The Black Keys – Little Black Submarines (Hilary Caldwell)
13. Zedd – Clarity (Ryan Cochrane)
14. Red Hot Chili Peppers – Can't Stop (Alec Page)
15. Major Lazer feat. Flux Pavilion – Jah No Partial (Ryan Cochrane)
16. David Guetta feat. Sia – Titanium (Audrey Lacroix)
17. Avicii – Levels (Alexa Komarnycky)
18. Serena Ryder – Stompa (Savannah King)

Kids' Page

Joke Time

Q: Why did the vegetarians stop swimming?

A: They didn't like meets!

Q: What kind of stroke can you use on toast?

A: BUTTER-fly!

Swimming's good for you. Especially if you are drowning.

Trivia

Swimming in the Olympics started as a men's only event but women were able to participate starting in 1912.

The first recorded swimming races were held in Japan in 36 B.C.

The oldest known concrete swimming pool, the Deep Eddy Swimming Pool, was built in Texas in 1915.