

May 2013  
Issue 2

# The Pacific Coast THUNDERBOLT



## Weinberger Takes Fifth in Mexico

UVPCS swimmer Richard Weinberger launched his 2013 season with a fifth-place finish in the men's 10-kilometre race at the FINA World Cup open water swimming competition in Cozumel, Mexico on April 15.

It was the largest FINA event ever, with representatives from almost every country taking part. The race involved eight laps of a 1.25km course, with a strong current and above average water temperature.

Daniel Fogg of Britain took the gold in 1:56:38.10. Thomas Lurz of Germany was second in 1:56:40.20 and Simone Ruffini of Italy third in 1:56:40.40.

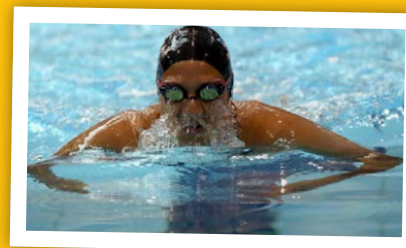
Richard Weinberger clocked in at 1:56:44.80.

Weinberger suffered a bit of heatstroke and was stuck in a pack until the last buoy, where he was able to break free. His result qualified him for the World Championship team.

Fellow UVPCS swimmer, Aimeson King, meanwhile, qualified for the Summer Universiade with his swim, coming in 30th with a time of 1:59:45.80. He was in a good position throughout the race, but was unable to move up within the last lap.

Congratulations Richard and Aimeson! ⚡

**PACIFIC  
COAST  
SWIMMING**  
TEN YEARS of EXCELLENCE



### World Trials Recap

We hosted a world class event, for world class athletes.

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### Wavemaker Photo Gallery

Putting 400 kids in one pool is bound to make waves.

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# World Trials a Big Success

It was a big effort, but we pulled it off: hosting the World Championship Trials. Bringing Canada's best swimmers together to one pool (ours), this was the selection meet for the FINA World Championships in Barcelona (which will take place July 19 to Aug 4) and the FISU Summer Universiade in Kazan, Russia (which will take place July 6 to 17).

Aside from hosting a great meet, if we do say so ourselves, PCS sent a total of 10 swimmers which resulted in some great personal achievements.

Leading the way was **Craig Dagnall** (22), who had considering retiring at the end of last season. In the 800 Free, he swam to a third place finish with a time of 8:15.06. He also came top 16 in his other two races, the 1500 Free (15:54.34, 11th place) as well as the 400 Free (4:01.23, 15th place).

Another standout of the weekend was high school senior, **Jon Mckay** (17). He broke club records in every event he swam: the 200 Fly, 400 Free and 1500 Free. His times in the 200 Fly (2:03.44) and 1500 (16:05.39) earned him 11th and 14th place finishes respectively. Based on these times, Jon should earn himself a place on team BC for the upcoming Canada Games! He will have to wait until the team is actually announced, but there is a good chance he will be selected.

Rounding out the top performers of the weekend was **Tyler Smith** (21) who up until as recently as three weeks ago didn't even qualify for the meet. Tyler swam his way into the meet at a time trial two weeks before the meet and his hard work payed off when he swam to 9th place in the 800 Free with a time of 8:32.93.

The men's relays also had very strong showings, being competitive with some of the best clubs in Canada. The best showing of the weekend was the 4x200 Free,



consisting of Dagnall, Ian Mattock, Nick Sinclair, and anchored by Evan Letkeman which resulted in a sixth place showing with a time of 7:41.03. Next in terms of placing was the 4x100 Medley consisting of Ryan Howe, Richard Bourgeois, Mattock, and anchored by Sinclair who came in with an eighth place showing and a time of 3:53.80. The 4x100m Free relay team made up of Sinclair, Dagnall, Howe and Letkeman swam to an tenth place finish.

Congratulations to all these swimmers and a huge thank you to all the volunteers (kids, parents, grandparents, and more) who helped make this meet a success. ⚡

## 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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# The Parent and the Coach

by The American Club Swimming Association

A very common topic in any swim coaches' chat session is parent involvement. Most coaches agree that the parents do present a definite factor in the success or failure of their swimmers. More than one coach has changed jobs because of parent involvement and usually it has been a negative experience for the coach who has made this change. I have heard coaches compliment a great swimmer with the remark that the swimmer has "great parents". You may have even heard coaches describe a swimmer as having "lousy parents". Is there something that coaches can do to encourage parents to become "good swimming parents"?

Some parents give coaches ulcers, a lack of job security, a lack of confidence, and a general case of jitters. This is true, and many coaches have tuned in a deaf ear to parents over the years. Are there general characteristics that describe "good parents"? The American Swimming Coaches Association asked some of the most successful coaches about the "ideal swimming parents".

"The ideal swimming parent is one who supports and encourages his child without pressure." — *Richard Quick, United States National Team Head Coach*

"The ideal parents are the parents who follow and don't lead". — *Peter Daland, Former USC Head Coach*

"The ideal swimming parent supports, backs, and listens. This parent understands long range goals. This parents sees beyond today." — *Dick Jochums, Head Coach, Santa Clara Swim Club*

"The ideal parent is usually someone who has dealt with children other than his own, such as a school teacher or

a coach. The parents are not as emotionally involved as intelligently involved. The parents also realize that there is much more to learn than just swimming fast." — *Jack Nelson, Fort Lauderdale Swim Team Head Coach*

"The ideal swimming parent is one who supports their child as a person, not as a swimmer." — *Jonty Skinner, former World Record Holder*

"The kids who perform the best are the ones with supportive parents who let the coach have control of the child's swimming career." — *John Collins, Badger Swim Club Head Coach*

"It is important for the parents to be physically, mentally, and financially supportive of their youngster. The parents should support the interest and well being of their children." — *Don Gambriel, Past University of Alabama Head Coach and 1984 Head Olympic Coach*

"The ideal swim parent needs to have a sense of humor and is primarily interested in the development of his child as a person, not a swimmer." — *John Leonard, ASCA Director and former Lake Forest Swim Team Head Coach*

"Some kids may perform better for a while with harassment and pressure from parents, but in the long run, it is best if the swimmer develops his/her own goals and discipline." — *Rob Orr, Princeton University Coach*

"An ideal swimming parent is someone who realizes his child's limitations as well as his achievements. The parent is supportive but not demanding and loves the child whether he wins, loses or draws." — *Penny Taylor, Past Parkway Swim Club Head Coach*

## Parents' Page

### For Your Calendar

**Hyack Festival Youth Cup**  
May 17 to 19, 2013  
New Westminster, BC

**2013 Mel Zajac Jr International**  
May 24 to 26, 2013  
UBC, Vancouver, BC

**2013 NRST Spring Sprint LC Meet**  
May 25 to 26, 2013  
Nanaimo, BC

**Sunday Race Series 4**  
June 2, 2013  
McKinnon Pool

#### Not Just For Kids

PCS has two adult groups: stroke and fitness Mon and Thu afternoons at Gordon Head and a masters group Tue and Wed mornings at UVic. [pcs@pacificcoastswimming.com](mailto:pcs@pacificcoastswimming.com).

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# Wavemaker Photo Gallery

**Kids'  
Page**

## **Best Sayings for Swimming Shirts**

Seven days without swimming  
makes one weak.

The best things in life are free. Fly,  
back, and breast aren't bad either.

They say a person can live five  
days without water...but not when  
you're a swimmer.

WARNING: Excessive speed may  
result when submerged in water.

You know you are a swimmer  
when your friends complain the  
water fountain smells like chlorine  
and you think it smells like home.

Have goggles, will travel.

Send us your favourite sayings  
and jokes: [newsletter@pacific-  
coastswimming.com](mailto:newsletter@pacific-coastswimming.com)

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# More Wavemaker Photos

## Kids' Page



## 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!

## Send In Your Submissions!

Kids, teens, parents: send us your photos, art, jokes, race reports, poetry, and stories for publication. [newsletter@pacificcoastswimming.com](mailto:newsletter@pacificcoastswimming.com).