

PCS is Hosting AAA's!

Pacific Coast Swimming is hosting the 2017 Short Course AAA Provincial Championships from March 2 - 5 at Saanich Commonwealth Pool! AAA Championships are the highest level Provincial Championships in the British Columbia and Yukon area for age group swimmers, and they are swum twice a year. Short Course AAAs generally run in March every year, and Long Course AAAs generally run in July. This Championship will bring a lot of strong competition, fast racing and excitement to our pool.

PCS as a team has a strong recent history at the AAA Championships. Each swim in the finals earns points for the team, and the point totals are compared to provide competition and comparison between swim clubs across the province and the Yukon Territory. PCS has won the last 5 consecutive AAA Championships! This year, PCS will again be competitive with 44 swimmers entered in the meet, making up almost a tenth of the meet of ~500 swimmers! Last year Hyack was the strongest team other than PCS at these meets, and challenged us closely day by day. Look for another tough competition between these two clubs this year, and strong challenges from other prominent clubs throughout the province.

The team points competition is one thing that makes this meet fun and challenging, but it's really the tight competition that makes it so exciting.

Some of our athletes will be competing at their first Provincial Championships as they step up their level of competition, and others are returning champions defending their titles against some of the best swimmers in the province and country! Everyone in the meet should come out and support our swimmers.

Volunteers Needed!

A meet as large as AAAs takes a large and dedicated force of Volunteers. Since it's inception, PCS has strived to provide the best run meets possible, and that has taken a huge undertaking with our parents, swimmers and friends over the years. If you can find the time, please come out and support all the swimmers, ensure that the competition runs smoothly, and take in all of the fantastic racing from poolside!

[Volunteers can sign up online here](#) ⚡



Vikes Compete at USport Champs This Weekend!

The top Vikes swimmers are in Sherbrooke, Quebec this weekend, February 24-26, at the USport National Championships (Formerly known as the CIS Championships). This is the top Canadian University Championship swim meet every year, and it attracts the best student athletes to represent themselves and their school. This is one of the fastest meets in the country, and it only gets faster and faster every year as more and more top athletes choose to stay in Canada for their studies and athletic endeavors.

This year, the Vikes will be represented by a team of 13 swimmers, 9 Men and 4 Women including:

For the men's team: Aidan Thirkell, Bailey Espersen, Brett Zollen, Buzz Mallender, Chris Deegan, Eric Hedlin, Jon McKay, Justin Schramm, Sebastien Michaud

... and for the Women's team: Kara Wilson, Kaity Gervais, Taylor Snowden-Richardson and Victoria Mock!

World Championship Trials in Victoria!

Canada's best swimmers will flood into Victoria for the World Championships Trials from April 6 - 9 at Saanich Commonwealth Pool. This meet will serve as the sole chance for pool-swimmers to qualify to compete for Canada at the 2017 FINA World Championships in Budapest, Hungary taking place from July 14 - 30. Those swimmers will join the Canadian Open Water team that has already been chosen, and includes 3 PCS coached swimmers in Richard Weinberger, Eric Hedlin and Stephanie Horner.

There will be a strong team of PCS swimmers

You can catch up with the Vikes' season [here](#) and can familiarize yourself with the roster [here](#). Shout out to Brett Zollen and Aidan Thirkell who will be retiring as Vikes at the end of the meet as it is their 5th year as Vikes!

We will be updating pacificcoastswimming.com to provide the link to the live video feed so you can follow the meet online and cheer on our Vikes Swimmers! [You can also find live results here.](#) ⚡



competing at these Championships, though the list is not yet finalized. New rules state that swimmers must qualify for trials in a Long Course race, and must qualify since September 2015. For these reasons, some of our swimmers will be looking to qualify or re-qualify in a Long Course meet before Trials for the chance to race at this top event.

Come out to cheer on your PCS swimmers, and see the fastest swimmers of the country including recent superstars Penny Oleksiak and Taylor Ruck! ⚡

Coming Up!

Swim-A-Thon!

Swimmers throughout the PCS Family will be hard at work the week of April 20-27, swimming a challenging distance swim to raise money for our club. These fundraisers help greatly to ensure costs are minimized and make our great sport available to as many children as possible! Donations can be made, and PCS' progress can be followed at swimathon.ca/pcs

Team Picture Day!

The PCS family will be partaking in Picture Day at 5:30 PM (with their lightning bolt shirts on!) on April 12 this year. This is a great way for all swimmers to see just how many people are working hard and having fun in PCS practices across the city. Swimmers will get some great pictures taken, meet new people, and have fun with their fellow swimmers in and out of the pool!



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Wavemaker 2017

The annual Hawaii-themed Wavemaker Swim Meet will be coming up April 28-30! This is a great meet for the swimmers to race some tough competition, get into the Long Course swing of things, have fun, and go after new time standards and best times!

Swimmers looking to qualify for and compete at the Far Western Championships held in Concord California in July will be looking at this weekend for their first big chance at qualification. Many more swimmers will be going after A/AA and AAA times, and many of our younger swimmers will be trying out their first Long Course meet.

For those Swim Suit enthusiasts, the Jolyn suit company will be there for Wavemaker this year, so make sure to come out and check out the newest gear from their shop.

Again, swim meets such as these will need a great effort by our dedicated volunteers to run smoothly and successfully. Online sign-up for these Volunteer positions will be added to pacificcoastswimming.com following the AAA Championships. ⚡



Final FAST School Meet This Weekend!

Congratulations and good luck to our School Swimmers from across the Greater Victoria area, who will be swimming their final meet of the season. This is the 4th FAST meet this year! If FAST participants want to continue learning how to swim and race, you can get a coupon for a free month of PCS training by contacting mlancaster@pacificcoastswimming.com

For those unfamiliar with the FAST School Meet format, it is a fun, exciting format brought forward by PCS for school swimmers to have fun racing, doing their best, and being introduced to the sport. Each swimmer competes in every stroke, kick, and a relay at each meet! ⚡

Vikes Summer Camp Registration

Parents can start registering their kids for this summer's Vikes Summer Camps starting April 1. PCS has worked with the Vikes to provide a great swim focused summer camp. In this camp, not only do kids have fun all day and stay safe while their parents are at work, but they are able to swim twice a day, work with a PCS appointed coach under a directed technique driven

guideline. This work includes a different stroke focus each day, daily underwater video work, and jump their skills forward.

The swim camps this summer are offered the following weeks: July 10-14, July 31-August 4, August 8-11 and August 21-25. ⚡

More
Coming Up!

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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Eric Hedlin Wins 2017 Australian Open Water Swimming Championships

PCS' and Vikes swimmer Eric Hedlin won the 10km race at the Australian Open Water Championships in a time of 1:55:01.30. In second place was two time Olympian Jarrod Poort, who was over two and a half minutes behind in 1:57:48.30.

Two other swimmers in the PCS/Vikes family swam the 10km race on Friday. Stephanie Horner came 8th in the Women's race in a time of 2:09:13.40. Chris Deegan, after missing training for most of the month and considered not competing, finished the Men's race 22nd overall in 2:02:46.00.

Two days after the 10km race, Eric Hedlin and Stephanie Horner were at it again, competing in the 5km Open Water

2017 Chilliwack Short Course AA Provincial Championships

Day 1 of a large (500+ swimmers) Short Course AA's in Chilliwack was off to a quick start for PCS swimmers. Jane Maycock swam a speedy 800m FR with a time of 9:46.62, taking two seconds off of her best time to make her first AAA. The girl's 14&O 4x50 FR Relay with Lia Lancaster, Maycock, Mackenzie Mueller and Fionnuala McKenna battled it out to take first place in a time of 1:53.12. We are looking forward to more AAAs and medals on Day 2.

Friday finals started off with some quick swimming from our senior sprint girls. McKenna and Lancaster battled it out in the final coming in 2nd and 3rd respectively. The 14&O MR team of Maycock, Emily Laidman, McKenna, and Lancaster came in 5th.

Saturday Finals started off with the 100m FR where Lancaster came in 3rd 1:01.09, and McKenna followed in 5th in a time of 1:01.30. The night also featured the 200m BR (Which

Time Trial in Southern Australia. Eric won the Men's event in a time of 54:18.90, almost a minute ahead of second place swimmer Jack McLoughlin in 55:12.60. Jack is an Australian Olympian in the pool, and swam the 1500 in a time of 14:48 in Rio.

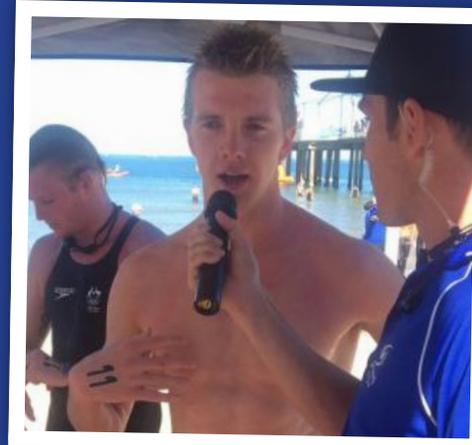
Stephanie Horner completed her race in a time of 1:01:24.50, which was good for 7th place in the Women's event.

Eric and Stephanie, as well as teammate Richard Weinberger, have all been pre-qualified to compete at the 2017 Open Water World Championships, and will now continue their preparation. ⚡

happened to have some very fast competitors due to the 3 AAA rule to qualify for that meet) Laidman swam to a 5th place in a time of 2:50.42. The last event of the night for PCS was Maycock swimming to a 6th place in the 400m FR. After a really solid swim in the morning heats, Jane swam to 4:43.51.

Sunday provided some good excitement to finish the meet off with McKenna in the 200m FR placing 4th in a near 2 second best time of 2:14.71. Next up was the 100m BR where Laidman came from Lane 1 to snatch her first medal of the meet with a bronze in 1:18.12. The fun continued with our last swimmer of the night Naeva Scott-Bouris, coming from her entry position of around 20th place to a brilliant win at night in a new 12/13 Age Group AAA time of 2:34.57. Naeva has some good memories from the Short Course AA's last season where she also made her 11&U AAA times in BR prior to leaving for a 6 month around the world trip with her family last year. Welcome back to the AAA level Naeva!!! ⚡

Recent Highlights!



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