

June 2017

Issue 16

# The Pacific Coast THUNDERBOLT

## USA Open Water Nationals

Regarding the Men's 10km Race: Richard Weinberger was very solid in the 10k, positioning well throughout the race. He had a very good result! He will definitely be better when he is completely healthy going into Worlds. Eric Hedlin was feeling the cool water combined with the strong wind chill and was not able to be at his best.

In the 5km race Eric was much better. He moved himself from one objective to the next successfully. He put himself within grasp of winning or a top 3 position.

Chris Deegan was outstanding in the 5k, having barely qualifying for the event and coming up 11th, top Australian entry and 2nd Canadian (he has dual citizenship). He pursued a great race plan and used it to his advantage.

Stephanie Horner in the women's 10k swam a very good 7.5 k and positioned well, then tied up a bit the last 2k. Her 5k was very solid, finishing a credible 12th place in the best field of American Italian, and British swimmers. ⚡

### Mel Zajac

There were PCS swimmers representing Team BC, the Canadian Junior team, as well as a few heading over for PCS. Those swimmers representing the province and Canada were over in Vancouver for a while prior to the start of the meet, taking part of the many training camps that ran at the new UBC pool leading up to the meet.

Our coach Rod Barratt also represented SwimBC at both the camp and the meet as part of the Canada Games coaching staff. He shared a few thoughts on his experience: "As part of both the BC Canada Games team staff and as a visiting coach with the National Jr relay team I observed a ton of hard work and team energy coming together. The Juniors spent 10 days in the camp and competition at UBC and worked hard coming into the meet. They swam 11 workout sessions together as well as classroom sessions, homework

sessions, dry Alan and yoga sessions...and then they competed!"

Our PCS swimmers on the team, Michael Schmidt, Keir Ogilvie, Sophie Lorette, Hana Edwards and Jessica Luo represented themselves very well in the pool and on the teams.

Also at the competition from PCS were Jon McKay, Sophie Tarrant, Jordan and Kelsey Andrusak, Erin Lawrance and Lucas Tyler. All reached final positions in multiple events and most had personal bests in the process.

The meet's highlights include Jon who won the 1500, placed 3rd in the 800 and 6th in the 400. Lucas grabbed a bronze in the 200 Fly. Sophie Lorette placed 5th in the 1500 Free. Sophie Tarrant made two A-finals, placing 6th in the 200 Breast and 7th in the 100. Jordan placed 7th in the A final of the 200 IM. ⚡

### LC VIR Championships

PCS won the 2017 LC VIR Championships with 6959.5 points, beating Island Swimming who gained 5508.5 points throughout the weekend. Congratulations swimmers and coaches! Some of the weekend's highlights are below.

There were three club records broken on the weekend. Keir Ogilvie broke two male 13-14 year old records - the 100 Free in a time of 55.79 and the 200 Free in a time of 2:01.52. Jessica Luo made Senior National Cut in the

400 Freestyle. Sophie Lorette made Canadian Trials cuts in 200 Fly and 800 Freestyle. Kelsey Andrusak made her first Senior National cut in the 1500 Freestyle.

To win these meets it takes contribution from swimmers of all ages, which PCS had in folds. D group swimmers combined for 63 finals and 23 medals. 10 and Under relays placed top three 6 times. 131 best times, 30 new standards, VIR's to AAA. ⚡



# Mark Your Calendars!

PCS has a lot of exciting meets coming up! Here's a quick summary:

- AAA's - After PCS won 5 straight AAA titles, we lost a close fight at the 2017 SC AAA Championships. We will look to come back out on top this summer in Kamloops, from July 6-9. ⚡

- BC AAA Open Water Race - On July 10, many PCS swimmers will hit the Open Water at Canoe Beach in Salmon Arm. If you're able to get there to watch, make sure you cheer hard! ⚡

- Senior Seattle Open - From July 6-8, Jon McKay and coach Ryan Clouston will be in Seattle, gaining valuable competition experience as he prepares for Summer Nationals ⚡

- Moses Lake Sizzlin' Summer - A contingent of younger PCS swimmers will be heading to Moses Lake, Washington to compete at the annual meet from July 14-16. Let's represent Canada in style! ⚡

- FINA World Championships - The world's top swimmers will be in Budapest, Hungary from July 14-30. We have three swimmers competing, Richard Weinberger, Eric Hedlin and Stephanie Horner will be there! ⚡

- Thetis Lake Swim for MS - On July 23rd at Thetis Lake this annual competition will be running, and as always PCS will send many athletes to compete hard and test their Open Water Skills! ⚡

- Far Western Championships - Instead of Age Group Nationals this summer, PCS will be going down to Concord California to compete at the Far Western Championships. This is always a great meet and a chance to compete against some more amazing swimmers - July 26-30! ⚡

- Lac St. Jean 10km World Cup - Richard Weinberger and Eric Hedlin will represent Canada, and Chris Deegan will be swimming for Australia at the Open Water race in northern Quebec. Richard has won the race before, and Eric has medalled previously! ⚡

- Senior Nationals - This year's National Championships will take place in Montreal from August 4 - 7. Make sure to follow our team's progress! ⚡

- Canada Games - Canada's best Junior swimmers will represent their respective provinces in Winnipeg from August 7-12. Cheer on PCS' crew of Jessica Luo, Sophie Lorette, Hana Edwards, Michael Schmidt and Keir Ogilvie! ⚡

- Lac Megantic 10km World Cup - Chris Deegan will be heading to Lac Megantic for the 10km Open Water race on August 13th. ⚡

- FISU Games - Eric Hedlin will be heading to Taipei in Taiwan from August 19-30 to compete for Canada against the best swimmers in Colleges or Universities from around the world. This is the biggest multi-sport event outside of the Olympics in the world! ⚡

- PCS 12&U Stroke Camp - PCS' 12&U VIR Finalists will be invited up to the Nanaimo Outdoor pool Sep 16-17 to take part in this great stroke camp! ⚡



## Coming Up!

### Registration BBQ!

The yearly Registration BBQ has been booked for September 8 at the Beaver Lake Picnic area. The event will start at 5PM and run until dusk, so bring your whole family and come have fun with swimmers of all ages, coaches and families as we all stuff our faces for the hard training ahead!

### Order Your Team Picture!

This year's Team Picture Night was a blast! PCS keeps getting bigger every year, and so many kids came out and had fun together, swam some relays, made some friends and even used the underwater camera to get some great shots! The official Team Picture (framed in yellow below) can be ordered through Mark Lancaster for only 20\$. Make your orders by July 31! ([mlancaster@pacificcoastswimming.com](mailto:mlancaster@pacificcoastswimming.com))

### Looking For Billets!

A grade 11 girl will be joining the PCS family from September through June, and is looking for a nice family to billet her. Contact Mark ([mlancaster@pacificcoastswimming.com](mailto:mlancaster@pacificcoastswimming.com))

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# Vikes Summer Camps

Registration for Vikes Swimming Summer Camp is open! Swimming camp is run by PCS coaches, and is open to swimmers ages 8-12, LFSS level 3 and above. We are proud to offer 4 weeks of camp:

- July 10-14
- July 31-Aug 4
- Aug 8-11
- Aug 14-18

Camp runs from 9am to 4pm at the University of Victoria, and

## Coach Rod's Trip To Denmark!

Coach Rod flew to Aalborg, Denmark to spend 8 days with Coach Leifi Johannssen. The club there is similar in scope to PCS. They have 200 competitive swimmers, several of whom are currently competing at the world level. As well they have approximately 1800 in the lessons program.

Rod spent a great deal of time on deck with Coach Johannssen discussing the approach they take to planning, tapering and

offers a morning swim and afternoons filled with fun activities.

This summer camp provides a great opportunity for swimmers to continue developing their skills, as well as a chance for new swimmers to test the waters of competitive swimming!

Registration can be done online at <https://vikescamps.com/sport-development-camps/> or by phone at 250-472-4000

Email Coach Kennedy at [k.aragonscriven@gmail.com](mailto:k.aragonscriven@gmail.com) with any questions ⚡

preparation of teenage athletes for Senior Competition. The staff were very open and sharing and gave Coach Rod the chance to compare the programs. As a direct result of his experience we will be making some changes at home here in Victoria particularly in the areas of dry land, sequencing of training blocks for our developing swimmers, and in club structure. ⚡

## Volunteer story from Coach Mark

Last night after the coaches finished practices (one at the lake, and one at each of the pools. We had a meeting with some of the main volunteers for a review of our meets that we hosted over the past season.

This was a group of parents like all swim parents.. (driving their kids to multiple pools per week, trying to keep their homes in some reasonable condition, feed the kids, walk the dog, mow the lawn etc etc) meanwhile trying to do something special for the swimmers around swim meets. There is always the underlying challenge of finding enough of these dedicated parent volunteers at each meeting. Often the ones at the meetings are the ones who put in the most time.

One of the parents at this meeting remembered trying to avoid getting signed up for volunteering but soon became accustomed to helping out and being part of their child's swimming by doing extra work around the club to make it better for all the swimmers. She I think felt proud of her new found feeling of being part of the dedicated volunteers who put the meets together and put in extra hours that no one knows about in order to help all of the swim families save

money by not having to travel to meets away when we host our own meets. Someone asked her why she had changed her mind and she said that she started to think about some of the meet managers and technology volunteers who put in tons of long hours even weeks prior to the actual meets taking place in order for the PCS meets to run better than other meets in the province and even in the country. This is something PCS is proud of and wants to continue to do as a club.

We run great meets for our swimmers and those around the province and country. PCS is lucky to have a great pool that is able to host great meets like the Xmas Cracker, Wavemaker, VIR's, and Provincial meets.

It was fun to hear her story like many others over the years that she was really enjoying being part of the club in this way!

We the coaches really appreciate all those extra efforts from our volunteers to make the meets run smoothly and see the leaders step forward for their children. Take some time to chat with those who are helping to run the meets as many hands make light work. ⚡

## Camps and Stories!

### 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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