

The Pacific Coast THUNDERBOLT

March 2018
Issue 18

Winter Highlights!

Tay's Team

PCS and Vikes swimmer Taylor Snowden-Richardson made the news and even won the Canada West Community Service Award after creating Tay's Team, a program to crochet specialty hats for sick children ([link](#))

Swim BC Regional Training Camp

Swimmers Nathan Chow, Griffin Arnatt, Misato Hiraoka, Bill Dongfang, Adelina Benn, and Arran Robertson qualified and represented PCS at the annual training camp, to learn and connect with the best swimmers from the region! ([link](#))

October Senior Circuit

PCS hosted the best senior swimmers from across the province as they took in their first competition of the season. PCS had 19 swimmers competing, and we ran a quick, first class meet as always. Thanks to all the volunteers!

Nanaimo SC Meet

PCS sent 79 young swimmers to Nanaimo in late Nanaimo for their first racing opportunities of the season. We had many great races, and the heats and finals allowed us to maximize the number of race opportunities throughout the weekend ([link](#))

Swim BC Prospects Camp

Six of PCS' fastest swimmers were selected and participated at the Swim BC Prospects camp in November. They worked hard, trained with the other elite swimmers of their age, and were coached by many coaches from around the province as well. ([link](#))

Canada West Championships

The Vikes, with PCS' help, hosted the Canada West University Championships in late November, the Vikes' second biggest meet of the season. The Vikes won many medals and records, the Men's team finished 3rd, the Women's team 4th, and for their efforts, Bailey Espersen and the Women's relay team were awarded their respective Vike of the Month honours ([link](#))

XMas Cracker's 15th Year

PCS' largest annual invitational never disappoints, and this year was no exception.

For our 15th year, we awarded Pizza to the six 1500 Freestyle winners! So many volunteer hours from all corners of the club were necessary to pull the weekend off so smoothly! Thank you! ([link](#))

PCS/Vikes Alum Recognized Nationally!

PCS and Vikes alum, and 3-time Paralympian Stephanie Dixon was Appointed to the Order of Canada in late December. This is one of Canada's highest civilian honours, and it recognizes outstanding achievement ([link](#))

Splash Awards

A-Group coach Ron Jacks and PCS swimmer Richard Weinberger won big at Swimming Canada's Splash Awards, getting the Open Water Coach and Swimmer of the Year ([link](#))

VIR's

79 PCS swimmers were in Duncan for the VIR Championships in January. PCS won the meet with 4834.5 points, up on Island's 2692 points. ([link](#))

Australian Open Water Nationals

Eric Hedlin and Chris Deegan headed to Australia with coach Ron Jacks for their Open Water Nationals. Eric won the 5km after a disappointing 10km race. Chris had a good 10km but missed his goal of being top-4 Aussie. ([link](#))

USport Championships

With 14 Vikes record performances and great performances across the board, the Vikes Men and Women placed 4th and 5th respectively as a team. The team, City and University are all much smaller than the teams ranked above them. ([link](#))

Former Vike Recognized for Major Award!

Vikes Alum MacKenzie Downing, who swam for PCS from 2005 - 2011, is to be Inducted into the Vikes Hall of Fame in April. MacKenzie broke 3 Canadian Records, won 3 FISU medals, competed at the World Champs and numerous other Team Canada Events. ([link](#))

Margaret Penning

PCS Builder and constant worker/supporter since its inception, Margaret will be recognized by Sport BC later in March, and will receive their Presidents' Award! 



Winning Nutrition for Swimming

Foundations of Nutrition:

- Eat small balanced meals every 3-4 hours to keep your blood sugar even, energy up and avoid fatigue, cravings, irritability and poor training and performance outcomes
- Choose quality foods. Combine a carbohydrate and protein for all snacks and meals to keep you full longer.
Example: apple and almond butter; dried fruit and nuts; carrots and hummus...
- Carbohydrates are found in whole grains (rice, quinoa, whole grain breads and pastas...), fruit and veggies (lower carbohydrate). Carbohydrates are your main fuel during swimming. On heavier days, make most your plate carbohydrates especially around your training sessions.
- Proteins are found in meat, fish, seafood, nuts, nut butters, beans and milk products
- Ignore the front of food packages (deceiving marketing claims). The easiest way to identify good food choices is by using the ingredient list. The ingredient list is in order from most to least. Choose ingredient lists that are as short as possible with recognizable ingredients
- Performance is one benefit of eating well. More importantly your health is affected! Choose a variety of foods to fuel your body and mind for long-term health. You get one body in a lifetime. That is all you get! Respect it. Love it. And nourish it well!

Nutrition before training:

- Eat 2-4 hours prior to training to top off muscle stores, fuel your mind and prevent you from "bonking."
- In the 2-4 hour prior to training, choose mainly carbohydrate choices, especially as you get closer to the event. Examples: Steel cut oats and yogurt; baked sweet potato and cheese; chicken wrap.
- To avoid stomach upset, avoid foods high in fiber and fat; fizzy drinks; energy drinks; spicy foods; large amounts of caffeine
- Drink small sips of fluid throughout the day to ensure you are hydrated prior to training
- Pale yellow urine is an indicator you are hydrated

Nutrition during training:

- Small sips of fluid are important during training. >3-6% weight loss due to fluid can affect performance. Take small sips of water in between workout sets.
- Carbohydrate might be needed if session is over 90 minutes. Although sports drinks contain a lot of sugar and are not the best choice to have often this is one scenario where it

might be beneficial as it generally doesn't cause stomach upset and it delivers the fluid and carbohydrate that is needed.

Recovery training:

- Refuel within the first 30 minutes after training to optimize recovery (your muscles are like a sponge during this window of opportunity)
 - You need both carbohydrate and protein for optimal recovery. Example: cheese and crackers; smoothie made with milk, banana, berries and peanut butter; Greek yogurt
 - At your next meal, be sure to include veggies and healthy fats (avocado; nuts; olive oil). These foods will enhance the recovery process.
- Hydration is also key. Like every other time of day, take small sips of fluid right after training and continue for the rest of the day

Competition:

- Your diet should be dialed in by the time race time rolls around. This is not the time to try new foods!
- Choose mainly carbohydrate rich foods in the 1-2 days leading up to the race to make sure muscle stores are topped off
- The same rules apply to eating and drinking in the 2-4 hour before the race as before training (see above, 'eating before training')
- If racing twice in one day, make sure to hydrate between races and choose easy to digest carbohydrates (like a banana, crackers, Cliff bar..)
- Pay attention to recovery. The same rules apply in racing as training (see above). If you race the next day, you need to focus on getting the right foods and fluids in so you can perform your best. Consider bringing a cooler with recovery foods to the meet in case you are delayed in your refuelling or there are not appropriate options available.

Supplements/Monitoring:

- Be wary of supplements and always consult with your physician before taking a supplement. Beyond a vitamin bottle, supplements are found in smoothies (e.g. Booster Juice) and bars (e.g. Protein powder)
- Consider get bloodwork done once a year to ensure your athlete's values are within range (example: iron monitoring)
- If your athlete is competing at a level where they are tested for banned substances, consider choosing a product with the Informed Sport or NSF sport logo. These are third parties that test for banned substances (although, a 100% guarantee can never be given)

Science!



Looking For Pancake Griddle!
Easter is coming up, which means that PCS' Annual Easter Pancake Breakfast is quickly approaching. We are looking for a large pancake griddle to use - if you have access to one, please contact Mark at lancasteraquatics@shaw.ca

Officiating Training

Parents and friends - keep your eyes out for Volunteer training opportunities and sign up!



March 2018



Goodbye Note From Christie - Departing PCS Psych Expert!

Hello all!

I just wanted to send out a note to confirm that yes, my role wite PCS Club has changed this year. As you may have heard from Rod, my personal and professional life has been keeping me busy to the extent that I had to make some changes in order to be able to provide my best efforts when delivering services. It was a difficult decision to curb my time with the club after working so closely with the swimmers, parents and coaches for the last 8 years! I have thoroughly enjoyed all the times in group, one on one sessions and on deck chats and cheering!

Everyone has always been so welcoming and open to myself and the mental training aspect and I hope you will

continue to support it with Veronica Planella now in the position. A colleague and friend, she is awesome and has a wealth of knowledge to offer the team, parents and coaches! Please make an effort to get to know her! I do want to say that if you would like to continue to do individual meetings with me, do please feel free to reach out as I'd be happy to meet again. I know you all have been working hard to earn your goals so keep going – it will pay off!!

My contact info has not changed so keep in touch if you like!

"Don't let what you can't do interfere with what you can do!" -John Wooden.

Coming Up!

- [Duncan Invitational](#) - PCS will be sending a good young crew to Duncan from March 10 - 11 to get some good racing experience and best times!

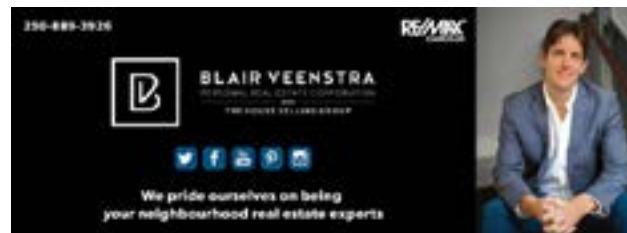
- [PCS Picture Night](#) - PCS' Annual Picture Night will be happening April 18 at Commonwealth Place! Make sure to arrive at 5:15PM, the picture will take place at 5:30, followed by club-wide fun relays and events! The club picture is always amazing so make sure you don't miss out!

- [Swimathon Week](#) - April 9 through 13th will be PCS' Swimathon Week! Swimathon funding helps keep club fees as low as possible, and Swimathon swimming helps the athletes challenge themselves and their stamina!

- [Western Canadian Championships](#) - Swim Canada's Western Canadian Championships will be in Victoria From April 12 - 15. UVPCS will be sending many of our best swimmers to this meet, so make sure to come out and cheer them on as they take on the fastest swimmers west of Ontario!

- [ISST Day](#) - The next Sport Science day for PCS is scheduled for April 21st at from 12:30 - 3:30 PM.

- [2018 PCS Wavemaker](#) - This year's Wavemaker will take place at Commonwealth Place from April 27 - 29! Please mark that weekend on your calendars, and make sure your kids are ready to race! We will need volunteers for the weekend so please sign up and help out when you can!



Bonus!



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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