

Summer/Fall Highlights!

Eric Hedlin - Pan Pacific Games

Eric Hedlin had a breakthrough swim at the Pan-Pacs in Tokyo today placing 2nd behind American Jordan Wilimovsky. The Pan-Pacs and Europeans are the 2 major competitions in current cycle and while Eric had previously finished in the medals in the 5km distance he had not been able to translate that success to the 10km Olympic distance until this summer!

Tier 2 Provincial Championships

UVPCS sent 34 swimmers to Tier 2 Summer Championships in July with high hopes as a team. With some very strong performances against tough competition, UVPCS as a team placed 3rd in the Women's rankings, and 6th on the Men's side, for 3rd overall. UVPCS swimmers came away with 7 Gold, 9 Silver, and 3 Bronze Medals!

Canadian Junior Championships

UVPCS sent 13 swimmers to Winnipeg for the Canadian Junior Championships at the end of July. As a team, we placed 12th overall of the 150 teams in the competition. Naeva Scott Bouris lead the way with 78 points, including a Silver, Bronze and a 4th place performance.

Moses Lake

14 UVPCS swimmers travelled to Moses Lake in July and raced hard in the summer temperatures of 39 degrees! Imogen Hawes was named UVPCS standout swimmer of the meet, having 100% best times and dropping huge time in each event!

Mid-Summer Madness

Six clubs came to compete at the 2018 Mid Summer Madness meet in August, including teams from BC, Alberta, and Oregon! 70 PCS swimmers took part and had some great performances throughout the meet.

Open Water World Cups

Jon McKay, Chris Deegan, and coach Ryan Clouston headed to Quebec for 3 weeks in the summer to compete in some

world class Open Water Competitions.

Jon finished 10th in the Lac St. Jean 10km World Cup, 12 seconds back from first, and good enough to earn him Carding this year. Chris swam his first 20+ km race, finishing 7th in the 32km Lac St. Jean Grand Prix, and was one of the highlights of the race. Jon and Chris completed their Quebec Trip with 13th and 16th overall finishes at the Lac Megantic 10km World Cup.

Online Registration

PCS' Ian Mattock set up the club's registration process to be fully online for the first time. This has been a great tool to simplify this yearly process, and saving tons of paper in the process!

Swim BC Prospects

When we received the Swim BC Prospects selection, we saw that the following PCS swimmers were selected.

Girls: Hana Edwards, Naeva Scott-Bouris, Lily Chen

Boys: Michael Schmidt, Tom Chapman, Jacob Rambo, Anthony Gutierrez, Keir Ogilvie, Brenden Fitzpatrick and new PCS swimmer, Jordon Cowan

Swim BC Awards

A-Group coach Ron Jacks and PCS swimmer Eric Hedlin won big at Swim BC's yearly awards in September, getting the Open Water Coach and Swimmer of the Year awards!

Thetis Lake Swim for MS

Many PCS swimmers competed in the annual Thetis Lake races and came away with great results, including 5 gold medal and 3 silver medal performances!

Ron Jacks - GVSHOF

Ron Jacks was inducted into the Greater Victoria Sports Hall of Fame for coaching in October at Bear Mountain. 11 people in the UVPCS family were at the ceremony to celebrate Ron's induction, as well as 4 athletes, another coach, and two builders from various different sports! ⚡

**PACIFIC
COAST
SWIMMING**
2015 SWIMBC CLUB OF THE YEAR



INTERVIEW WITH SWEDISH SWIMMING SENSATION SARAH SJÖSTRÖM

IT IS HARD TO NAME ANYONE IN WORLD SPORT IN QUITE AS HOT FORM AS SARAH SJÖSTRÖM. IN THE PAST TWO YEARS, THE SWEDISH STAR HAS WON OLYMPIC GOLD, CLAIMED THREE INDIVIDUAL WORLD CHAMPIONSHIP TITLES AND TRIUMPHED FOUR TIMES AT THE 2018 EUROPEAN CHAMPIONSHIPS IN GLASGOW, GIVING HER A RECORD CAREER TALLY OF 23 EUROPEAN MEDALS. FROM THE FOOTBALL PITCH TO THE SWIMMING POOL, SJÖSTRÖM IS USED TO WINNING, AND HERE SHE EXPLAINS JUST HOW AND WHY SHE KEEPS DOING IT.

You cannot stop winning at the moment; would you say you feel more at home in the water than you do on land right now?

Erm, yeah, that's fair. I feel very confident in the water, it's good for me (laughs).

For example, I started to play a little bit of pool this year and I feel like I am getting quite good at it. I train a lot in a centre in Turkey and there is a pool table there. It's quite fun; when we have time we have some matches. I play against my teammates and my coach, and I am the best already.

Even though you say it was a struggle at the very beginning, did you fall in love with swimming quickly?

When I started racing, that is when I fell in love with the sport. When I found out how easy it was to see that you are becoming a better swimmer, when you do faster times in the pool, when it's obvious to see the progress, that was when I started to love swimming.

When I started though it was a struggle: I got water in my nose – all that stuff. But I think I learned pretty quickly. It is the same with other stuff I do, I learn fast.

Did you play a lot of other sports as a child?

I didn't try too many other sports. I would do them once or twice, but I didn't really enjoy team sports, it was not really my thing. I got so annoyed by what other people were doing all the time, so I was not happy (laughs). I needed to do an individual sport.

It's still the same: team sports are still a big challenge for me. I love playing soccer but I play everywhere, I have no idea. I am an individual athlete even when I play soccer; I am all over the field. I want everyone to give me the ball.

What is it that gives you the edge to make you an Olympic and world champion?

I just like to compare myself to myself. I just want to be better than what I was before. I want to find ways to be faster in the pool. That is my motivation. I never say, "I want to win this medal and that medal." I am more like, "I want to break this record." I look more at my times than anything else.

There is always something I can improve. Like this year, I haven't broken any world records but it's all been about getting faster times in training. I try to always find something.

Would you say you are a perfectionist then?

No. I wouldn't say I am a perfectionist. I am quite chilled actually. Even in the pool, I try to relax and not stress too much. I don't think about every detail; I try to just go with the flow and not think too much.

I feel like the technique comes naturally for me. If I think too much about my technique I swim slower.

What is it that gets you out of bed and into the training pool every day?

My biggest motivation is that this is a dream, to have this as my job. I get to work hard every day in the pool, to try and find ways to get faster. I travel, I see new places and meet new people all the time – that is the motivation. I never want to change this job.

It's a great life. It is easier when everything goes smoothly, but I do really like swimming, with or without the medals. I really enjoy the journey to the medals. That is the most important thing.

Before Rio it was like, "OK, I have already won gold", because I was really enjoying the journey.

Are the Tokyo 2020 Olympic Games a big part of the journey?

I do think about them. I am trying to build a good base in training already, putting a bit more volume in training so I can work more on the details when I get closer to Tokyo.

You recently tweeted about how there is not a single woman in the latest top 100 highest-earning athletes. How surprising and shocking is that?

It's quite weird. I am very surprised. I hope it's going to change very soon.

In swimming, we are very equal. If you are a guy or a girl you get the same bonus if you win the World Cup. It's nothing different. More sports should be the same. It needs to change.

As you are a keen interior decorator, can you tell us about your apartment?

My apartment looks like an interiors magazine. I don't have the typical white walls or anything, it's very special. There's a lot of blue and green on the wall, a very elegant style, a lot of flowers and nice design furniture.

It's very cosy; blue and green makes you a little bit calm. White is the colour that you get more stressed with. Nature was an inspiration. I am super proud of it. It's so nice to have something unique. ⚡

[Original story can be found at olympic.org](https://olympic.org)

Learning!



Officials Training

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

Your next opportunity will be during the Sunday Stroke Series 2 on January 6!

Sunday Race Series 3 on April 14 will also pair up with officials training sessions!

May 12 will be another opportunity to grow your abilities, during the Sunday Race Series 4!



December 2018



Mark Your Calendars!

- [PCS Hosts Christmas Cracker Dec. 7-9](#) - PCS will be hosting its biggest meet of the year this coming weekend, for the 16th consecutive year! Running at Saanich Commonwealth Place, make sure you come out, help run it smoothly, and cheer on our swimmers!
- [XMas Training Camps Dec. 21 - Jan 5](#) - PCS' swimmers will be training hard through this Christmas break to get a leg up on the competition! Make sure to stay strong, show up, and work hard with your teammates!
- [Sunday Stroke Series 2 - Jan. 6](#) - Take a big step towards your goals by honing in on one stroke for 3 hours with a number of coaches focussed on helping each and every swimmer better understand and execute each part of the stroke!
- [ISST Day 2 - Jan. 19](#) - B-Group swimmers and parents alike are invited to come out and learn some skills and tips on how to become a better and more successful athlete!
- [Sports Science Day Jan. 19](#) - A day to focus on how science can and does affect our sport. Learn how to swim faster by learning about how the human body works, how it moves us through the water, and how to improve your skills through greater understanding.
- [PCS Hosts School FAST Meet 2 - Jan. 20](#) - The second of four great school meets run each season by PCS! Get ready to race!
- [UVic and PCS Host VIR Championships - Jan. 25 - 27](#) UVic and PCS will co-host this season's VIR SC Championships. Fast swimmers from all over the island will come to Victoria to race fast, let's rise to the occasion!
- [PCS Hosts School FAST Meet 3 - Feb. 3](#) Third chance to show your skills and go for your best times school teams!
- [UVic Hosts College Meet - Feb. 9-10](#) This year UVic will be

hosting the UBC, SFU and Regina varsity teams, as they make their final preparations and qualifications for USport Championships!

- [Sunday Stroke Series 3 - Feb. 17](#) Another great chance to work with PCS' coaches and focus in on your skill development on one stroke for a 3 hour span!
- [U-Sport Championships Feb. 21 - 23](#) The biggest University competition in Canada each year, this season's competition will be at UBC! One of the fastest and most energetic meets in the country, cheer on your Vikes!
- [Winter Age Group Championships Feb 22 - 24](#) The Province's best swimmers of the younger age groups will be in Vancouver to see how they stack up against the best in the west!
- [PCS Hosts Ostara Spring Classic Feb. 22 - 23](#) The first annual Ostara Classic! As we shift towards more of a LC focus on the season, this will be a great early Heats/Finals LC competition to hone those skills in the long pool - for 13&O swimmers!
- [School FAST Meet Final Mar. 3](#) The final meet of the year for the school teams, this one never disappoints! Make sure to hold onto those time cards to see how your times have improved throughout the season!
- [Winter Provincial Championships Mar. 7-10](#) The best of the older age groups in BC will be in Kamloops to try and prove themselves and fight for that top spot!
- [Canadian Swimming Trials Apr. 3-7](#) The country's best swimmers will be in Toronto, trying to put themselves on the National team for a chance to represent Canada against the World!
- [Speedo Western Championships Apr. 11-14](#) The best Junior swimmers in Western Canada will meet in Edmonton this year! ⚡

Bonus!

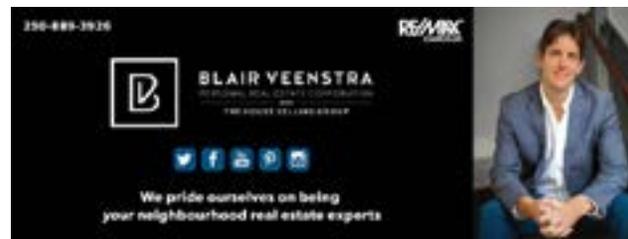


Pacific Coast Swimming



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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