

PACIFIC COAST SWIMMING THUNDERBOLT



HELLO PCS FAMILIES!

Hello PCS families! Although this year has certainly been different than any one before it, as we near the end of the school year, we have a lot to celebrate!

Our swimmers have posted impressive results in the Regional, Provincial, and University National Championships, registering personal bests, podium performances, and goals achieved.

As the weather warms up and we look towards the summer, we are excited to begin to expand our programming, with more dryland & the introduction of Vikes camps. Stay Tuned!!

VIR & PROVINCIAL RESULTS

The PCS & The Vikes Take on The Island & The Province's Best

The 2021 Virtual Vancouver Island Regional Championships were a big success! The VIRs looked a little different this year, having been held virtually all across the Island over the past month. PCS came away as the top club over the Island once again with an incredible 116 athletes participating. Athletes representing PCS won a Gold, Silver or Bronze medal in 98 out of 124 events and won gold in 14 out of 24 relay events. Despite the difficult training circumstances this season, nearly every single PCS swimmer came away with a best time from last season.

For full results, check out the link below:

[VIR Results - FINAL.pdf](#)

(pacificcoastswimming.com)

PCS also placed 7th at the 2021 BC Virtual Winter Provincial Championships, while the Vikes won the championship (Uvic and PCS are not allowed to compete together at this meet)

There were many outstanding performances at each. meet, which will be highlighted by the coaches of each group in this newsletter.



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VIRTUAL UNIVERSITY CHALLENGE RESULTS

The Vikes competed throughout March and early April in the virtual U-Sport National Championships. After a difficult season, Vikes athletes showed a great deal of resilience. upwards of 75 best times were recorded in the last time trial counting towards the championship. The Vikes had 17 championship podium finishers , 1 national champion, and team scores that placed them 3rd on the women's side and 5th on the mens side.

We are so proud of our Vikes swimmers who were named 2021 University Challenge Individual "Medalists" and their winning relays!

- Mareya Valeva (Butterfly): Silver and Bronze
- Mariah Fulton (Butterfly): Bronze
- Sophie Tarrant (Breaststroke): Two Silvers and a Bronze
- Jamie Hellard (Breaststroke): Gold and Bronze
- Lauren Crisp (Backstroke): Silver and Bronze
- Eli Agostinelli-Stull (Freestyle): Bronze
- Lauren Crisp (IM): Bronze
- Daniel Greer (IM): Bronze

Relays

- Men's 4x200 Fr (Eli Agostinelli-Stull, Maxwell Fang, Padric McKervill, Ethan Phillips): Gold
- Women's 4x200 Fr (Allison Ballantyne, Lauren Taylor, Kyla Ross, Alice Gentleman): Gold
- Women's 4x50 Medley (Lauren Crisp, Jamie Hellard, Mariah Fulton, Lauren Taylor): Gold
- Women's 4x100 Medley (Lauren Crisp, Sophie Tarrant, Mareya Valeva, Lauren Taylor): Gold

Full results and leaderboards can be found at <https://www.swimming.ca/en/events-results/events/2021-u-sports-national-swimming-championships/>

Congrats to our Vikes athletes and coaches who made all of the time trials possible!



"WE HAD 78 PERSONAL BESTS, 64 ADDITIONAL SEASON'S BESTS, AS WELL AS SEVERAL TOP-THREE FINISHES, WHICH WAS EXCITING TO SEE. IT WAS GREAT TO HAVE OUR RELAY TEAMS BRING HOME SOME WINS AS WELL" - COACH RYAN



B - NATIONAL

Coach Rod

- Nolan Crisp for breaking the 50 Back 13-14 Club record 27.80 taking down Ryan Howe's record of 28.0 from 2011

Bryce Baker, Luke Poulin, Nolan Crisp and Bill Dongfang for breaking the 15-17 club record in 4x50 FR at 1:39.84 wiping off 1:40.0 by Ogilvie, Schmidt, Rambo and Gutierrez

Bryce Baker, Arran Robertson, Bill Dongfang and Nolan Crisp for breaking the 15-17 club record in 4x100 MR at 3:57.86 they snipped off .5 to erase the mark set in 2012 by Howe, Thirkell, McKay, Letkeman

Ian Goodyear for being selected to participate in the NextGen para virtual clinic coming up May 15.

Also exciting: Mariana Ponce De Leon, Kate Marcovitz, Nolan Crisp and Bill Dongfang participated in the Swim Canada Relay initiative zoom based clinic on April 19 and learned more about the importance of relays and being selected for them at every level of swimming!

Out staff continue to participate in mentorship and elearning opportunities at all levels from our Lightning Fast who meet as often as twice per month to review best methods of coaching for skill and confidence at each level; all the way to our full-time staff who take part in clinics through Viaport, Swim Canada, Canadian and BC Swim coaches associations and other world wide opportunities offered by the World Swim Coaches and International Swim Coaches associations.

PCS recently competed in the Virtual Provincial Championships and placed a close seventh overall. We expect to be right back in the top three come 2022.

With the return of the nice weather you will see the coaches pressing the athletes to return to more dry land activities outdoors where we can use space and safe practises to improve on core strength, balance, coordination and agility. Watch for announcements!



**CONGRATS TO ALL
PROVINCIAL AND
REGIONAL
CHAMPIONSHIP
PARTICIPANTS!!**



B NATIONAL/DEVELOPMENT

Coach Dave

Charlotte Alexander

3rd 50BK/50FL - VIR's

Trinity Aragon Scriven

3rd 200IM - VIR's

Adelina Benn

1st 50BR/100BR/200BR VIR's

Alex Camarairre

1st 50FR/100FR/400FR/200BK/200IM - VIR's

2nd 800FR - Provincials

Kieran Feenstra

1st 50BR/200BR - VIR's

2nd 50BR - Divisionals

Riley Greenfield

1st 50BK/100BK/200BK/200IM/400IM - VIR's

1st 200BK - Provincials

Lucy Hallett

1st 400FR/100BK/200BK/400IM - VIR's

8th 800FR - Provincials

Imogen Hawes

3rd 200FL - VIR's

4th 400IM - Divisionals

Noah Hicks

1st 50FL/100FL/100BK - VIR's

3rd 100FL - Provincials

Jessica Hier

1st 400FR/800FR - VIR's

1st 400FR/200BK - Divisionals

3rd 800FR - Provincials

Rubin Lee

1st 50BK - VIR's

1st 100BK - Provincials

Kate Marcovitz

1st 100FR - VIR's

Justin Mazzulli

3rd 200IM - VIR's

Taryn Mercer

1st 50BK/200BK - VIR's

1st 50BK/200BK - Divisionals

Sawyer Nabozniak

2nd 100FL/200BK - VIR's

4th 200FL - Divisionals

Annika Rupert

3rd 200BR - VIR's

8th 100BR - Divisionals

Maya Stevens

1st 800FR/100FL/200FL - VIR's

1st 800FR - Divisionals

Ethan Woo

1st 50BR - VIR's

2nd 50BR/100BR - Divisionals

7th 100BR/200BR - Provincials



**WAY TO GO B-NAT
SWIMMERS!**



C-GROUP

Coach Mark

The C-Group has been consistently growing and getting better all season so it has been good to see this consistent improvement. These improvements are not easy to come by as the amount of pool time we are limited to each day with the entry and exit protocols doesn't allow for a lot of extra time in the water. Both the swimmers and parents have been doing an awesome job staying consistent with attendance and staying healthy when coming to the pool. This is the healthiest the group has ever been so keep up the hand washing, masking while indoors, and healthy eating and hydration habits. "What you eat today is how you train tomorrow"

Looking forward we have a number of exciting things coming up.....

The 2021 Virtual Wavemaker meet races have started and we are working our way through every event, it's a great opportunity for our swimmers and coaches to go up against international teams! Keep up to date with the results on the website, as it will be interesting how the swimmers' placings will go over in all their respective events.

Lake swimming in the warmer months will be something we will add to our season as the weather and lake water temperatures start to warm up. Our normal season would have us starting to prepare for summer meets which normally include Provincials in June and July, Moses Lake (Washington) and Far Westerns (California) outdoor Long Course in July. Next summer will be so exciting to be able to travel to meets, host meets, and see other swimmers and pools. Look forward to those days!!

Take care of yourselves!



"THE C-GROUP HAS BEEN CONSISTENTLY GROWING AND GETTING BETTER ALL SEASON SO IT HAS BEEN GOOD TO SEE THIS CONSISTENT IMPROVEMENT"



LIGHTNING FAST

Coach Rod

1. How does Lightning Fast Work?

We set up the Lightning Fast Swim Series back in 2002 to help kids learn the steps of the SPORT of swimming in a quick and efficient manner. We work hard with our staff to get everyone on board and teaching the correct skills of strokes, starts, turns and the CULTURE of the sport of swimming.

2. How is Lightning Fast different from Red Cross?

We liken the difference to introducing any other sport. Red Cross does not teach soccer, hockey or gymnastics. We teach the SPORT of swimming safely. They teach water safety. Both good. Both important! Swimming sport kids become efficient in the water early and develop strong hearts, lungs and learn team concepts along with agility, balance and coordination both in and out of the water.

3. The culture of PCS and Swimming:

Why uniform is important? From the first level of LFSS the young athletes receive their PCS t-shirt and cap. While both have other functions, these help each child identify with their teammates who are spread across six GVRD pools. In normal years they would be coming together for in house challenges and moving on to competitions on the island. This is the team! Swimming promotes strong values on commitment, honesty, loyalty and the use of objective criteria for personal improvement.

4. Why do we swim so much? Do you know there are fish that live mainly on land and swim to catch food etc.? They are not very proficient on land! Competitive swimming is the ONLY sport where the participants must breathe out against something other than air. Even polo, diving and synchro, although the athletes hold their breath, they breathe out and in mainly above the surface. Breathing out against the water makes the children lungs and hearts very efficient. Also being in a buoyant environment is a completely different experience than land/gravity based sport. Becoming proficient in the water takes more time because it is the only time when they are truly practising their sport. We do use dry land training to supplement their water progress

If you have any questions please do ask!



**IF YOU HAVE ANY
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STARTING MAY 15TH

**PACIFIC
COAST
SWIMMING**

**LIGHTNING FAST IS BACK
AT GORDON HEAD!**

LEVELS 2/3

WED 3:30/4:10/4:50

SAT 3:45/4:25/5:05

LEVELS 4/5

WED 3:30/4:30

SAT 3:45/4:45

REGISTER ONLINE NOW

Virtual Wavemaker

I wanted to give you a note regarding a meet that our Coaches have come up with for the swimmers.

Our normal season would have us hosting the Wavemaker meet Long Course at SCP on the last weekend of April.

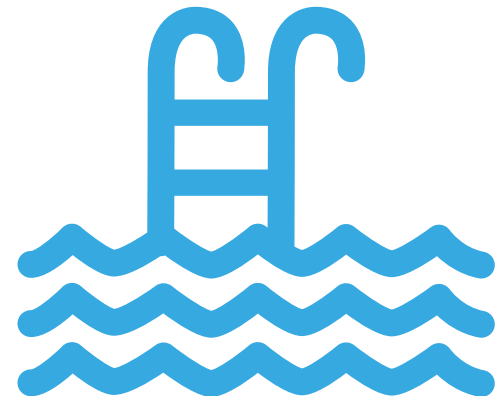
Due to the pandemic that is going to have to be put on hold until next year now, so we thought..... let's have the meet virtual, invite clubs from all over the world that we have contacts with their Coaches, give the kids a chance to win ribbons (1-3 place), get t-shirts, and try to swim as fast as they can. There are no limits to the amount of events a swimmer can do so the C-group swimmers will

do all events. (Normally at a meet the cost for each event is \$5-\$10 so it will be good value) This meet entry fee will be \$30 per swimmer.

Currently we have over 675 swimmers from across Canada, Sweden, and that want to come to the meet so it should be fun.



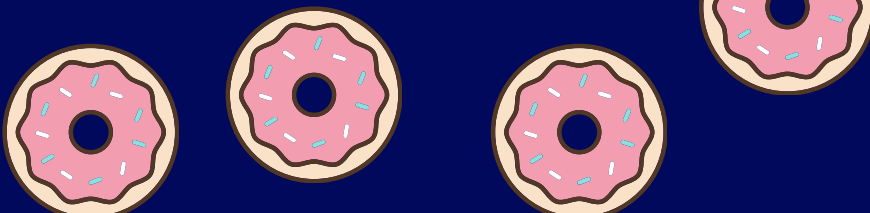
place in each age group) The meet info is on the website. Events are to be swum April 18-May 16th so we will start our racing on Friday and Saturday practices like we did for the virtual VIR's.



KRISPY-CONGRATULATIONS!

Krispy Creme Fundraiser A Huge Success!

A Amazing turnout for our Krispy Kreme fundraiser on Saturday! As a team, we sold over 1850 boxes - incredible job Bolts! We couldn't have done it without our amazing volunteers, led by Miranda and Doreen! Thank you so much for your support of our team!





Graduating Athletes

A HUGE CONGRATULATIONS TO OUR GRADS:

HIGH SCHOOL GRADS

Kali Lancaster
Teagan Hunt
Bryce Baker
Daniel Damian
Alexis Woo
Sydney Meldrum
Lily Chen
Brendan Chow



GRADUATING COACHES

Coach Sho Masuda
Coach Dayna Eldridge

VIKES GRADS

Julianna Bartemucci
Bailey Esperson
Danielle Hanus
Josh Zakala
Anna Letkeman
Andrea Farmer
Allison Hampton
Justin Schramm





SUMMER CAMPS

The Vikes Summer Camps return this summer! Vikes Swim Camps help introduce children aged 8-12 to the sport of competitive swimming. Through games, stroke improvement and feedback from experienced coaches, campers will improve their fitness and confidence in the water. Participants must be able to swim 50 meters or be at a Lightning Fast level 3/Red Cross level 6 or higher.

Camps will run

Jul 26-30

M-F

9-12:30

Aug 3-6

T-F

9-12:30

Aug 9-13

M-F

9-12:30

For more information or to register visit vikeescamps.com



VIKES SWIM CAMPS 2021

Ages 8-12
McKinnon Pool

Vikes swim camp introduces children to the arena of competitive swimming. Experienced coaches will lead campers in stroke improvement, swim games, swim fitness, dry land skills and provide an opportunity for feedback from under/over water video.

Participants must be able to swim 50 meters or be at a Lightning Fast 3/Red Cross Level 6 or higher.

Jul 26-30
M-F 9a-12:30p
\$112

Aug 3-6
T-F 9a-12:30p
\$92

Aug 9-13
M-F 9a-12:30p
\$112

Register now at vikeescamps.com

FUNDRAISING

Silent Auction!!!

Get ready for the next PCS fundraiser! Following in the footsteps of the very successful Recycling & Donut Fundraisers, we're gearing up for an online Silent Auction Fundraiser. We won't be asking parents or swimmers to go out and buy things to donate or to solicit items in person. Instead, we'll provide template email letters that you can tailor for specific businesses, asking for donations of items, services, or gift certificates. And maybe you have a talent or service that you could donate? We would love to feature your painting, ceramics, knitting, or woodwork, for example, or an hour or two of your tree pruning, dog walking, web design, accounting, kayak instruction, card making, or copy editing services! The online Silent Auction Website will provide a great advertising opportunity for local businesses that donate--and, we hope, a great way to fundraise for PCS at a time when we can't host in-person swim meets. Stay tuned for more information.

ERIC HEADS TO PORTUGAL

Eric Hedlin will be heading to Portugal to compete in an open water Olympic qualifier in June. This is the same race where Richard Weinberger qualified for the Olympics. Go Eric Go!!

CONGRATS TAYLOR AND ERIC!

A huge congratulations to two of our Vikes Alumni, Eric & Taylor! Eric & Taylor met while swimming for the Vikes, and were married in a small ceremony in mid April. Congrats Eric and Taylor, we are so happy for you!





PRE-SUMMER CHECK IN

With GM Mark



A MESSAGE FROM THE GENERAL MANAGER

Mark Lancaster

Hello everybody,

The Coaches are so proud of all the swimmers, board members, and families for sticking with everyone's team Pacific Coast Swimming and the Vikes through this year of challenges.

We have done so many extra things to have those involved feel safe, welcomed, taken care of, and engaged, we continue to make a positive influence on all of our 320 PCS swimmers, 45 Vikes, and their families.

We have overcome many obstacles in our nearly 20 year existence as UVPCS.

I think we have all learned how important having an active healthy lifestyle is for our physical and mental well being. Having our groups continue to grow also helps the positive feeling of being around other athletes in a safe environment on a regular basis keeps everyone motivated. Having something positive to look forward to has been a great thing that we all have noticed and enjoyed this year as well.

We are not through it yet but it looks like there is a light at the end of the tunnel. Like Dory says "Just keep swimming, just keep swimming..."

Congratulations on all your efforts and accomplishments so far this season!!

Mark Lancaster



THANK YOU

TO OUR SUPPORTERS & OUR
FAMILIES

As you all continue to adapt to the changing situation around us know that we are here with you. We can get through this as a community, and emerge stronger on the other side. Once it is safe we will swim again, but until that day comes, stay healthy, safe, and remember to check in on your teammates! We will continue to provide updates as they become available, so keep checking the PCS website for the most up to date announcements.

**A HUGE THANK YOU TO PEPPERS
AND KIDS SPORT FOR THEIR
ONGOING SUPPORT**



KidSportTM



GREATER VICTORIA