

PACIFIC COAST THUNDERBOLT

In spite of all the challenges all of our athletes and parents have encountered over the past 7 months, the PCS family has stuck together and continued to show improve and support for each other. This is such an achievement in such and extraordinary year. We want to thank and congratulate each and every swimmer's efforts.



Hello PCS families!

Welcome back PCS Families! We missed you! We hope that you have been keeping safe, and healthy, during the past few months. We're excited to share how the first few months of our safe re-introduction to the pool have gone.



Congratulations to the following on their selection to the standing Provincial ID team. This list is from performance done in the 2018-19 season apparently. Swim BC says there is another list coming out based on the shortened 2019-20 season. Well done!

Bill Dongfang
Ian Goodyear
Naeva Scott- Bouris
Nolan Crisp
Mariana Ponce de Leon

WHAT HAS CHANGED SINCE SPRING?



A Covid-19 Update From the PCS Team

What an interesting year it has been. We are all settling into more new schedules, guidelines and opportunities. At the pool we are back in the water and looking at smiling kids getting fit, having fun and gaining experience in adaptation. Of course it hasn't been all good, but we are very lucky to have the opportunities we do at the pools. UVic has been tremendous in giving us extra space and time in spite of the cost and barriers that have had to be overcome. SCP has been good at keeping us safe and getting us back in the water. We will look forward to getting back to some type of competition sometime soon. Some of the worlds hardest hit regions such as Italy and Germany have been able to host some modified competition so it will happen here too. In the mean time we have tried hard to set up schedules to accommodate as many of the PCS family as possible between SCP and UVic. SCP is still operating at two swimmer per lane which has moved many of our athletes to UVic. SCP is set to expand its per lane capacity soon. That will

change our schedules as we retool to accommodate more athletes more frequently. The area pools are still not fully open so the larger development programs of Lightning Fast and the school F.A.S.T. programs are not yet functioning. We look forward to getting those going later in the year as it becomes possible. The PCS athletes have been very good at showing up on time, ready to go, keeping their distance and working hard. We will be ready to compete when the time comes! In the mean time we are working hard at improving skills and having fun, while pushing each other. The coaches are very happy to be back on deck and working with the swimmers. If you have any questions please do direct them to our staff. — The PCS Crew

“Don't put a limit on anything. The more you dream the further you get.” - Michael Phelps



We Missed You, What Did You Miss?

PCS Swimmers and Parents share what they missed most about swimming.

Swimmers

1. I miss my swim friends.
2. I miss going in the water.
3. I miss the freezing pool after a workout.
4. I miss using the equipment to workout with (med ball, stretch cords)
5. I miss the swim competitions.
6. I miss my bathing suit.
7. I miss washing my hair everyday.
8. I miss my swimming coach.
9. I miss being really tired after a long practice.
10. I miss being active in the pool.

Parents

1. My swimmers exhausting some of their hyper energy.
2. Cheering on my kids at swim meets.
3. Seeing the camaraderie of the team mates at the pool.
4. Early morning drives to the pool (Haha - I don't miss that).
5. Seeing the pride on my kids' faces when they accomplish a goal in the water.
- 6) Doing a load of wash everyday (oh wait, I don't miss that either).
- 7) Seeing the other parents at the pool.
- 8) Supporting my kids in doing something they love.
- 9) The kids having next to no free time (no time for video games)
- 10) My boy having the opportunity to chatter to someone other than me 24/7! (That kid can talk)

What did you miss most about swimming? Feel free to share your list with your coach!



A MESSAGE TO C GROUP

From Coach Mark

Hi everyone,

The C-Group has been busy after getting back in the pool, and loving it.

Our last 6 months have given us many challenges that the swimmers have been really awesome about working around.....

First we started out on Zoom Dryland mid March and April, then we got excited as we were then able to get together to do dryland training in May which was pretty fun compared to the Zoom dryland. Once the lakes started to warm up and we were able to arrange safe outdoor lake swimming in June we started. Even with that some of the swimmers required wetsuits to get started with. Thanks to one of our Commonwealth pool triathletes dad for supplying some of the girls with some wetsuits at a reasonable price. We combined that with our dryland training through the summer months where there were some nice hot days, but had to move to three different lakes (Thetis, Langford, and Prospect) to keep the momentum going. Then came the exciting news that some of our swimmers could get back in the pool..... from that point in September we haven't looked back. Now that we are back in the pool on a regular basis we have to remember how lucky

we are to be able to enjoy training and practicing. We have to remind ourselves to enjoy the time in the pool, but also be really cognizant of being great on all the skills we have a chance to work on every time we are at practice. The focus is often on the near future and what is upcoming soon. We are starting to look towards the next step of having in club time trials, then onto virtual meets with other clubs, then maybe even a real meet etc etc. Being around your group is a big part of what makes it fun, so be constant with your attendance and have as much fun as you can everyday. Keep up the good work C-Group!





A MESSASGE TO D-GROUP

From Coach John

Hello D Group!!

It's hard to believe that we have now passed Thanksgiving. Our D 1+ 2 groups have seen a lot of changes as new swimmers have come in, through and up, to Coach Mark's C Group. Just about every one in D1 is new this year and Maiara has recently made the transition to D2. Adrina, Roger, Nora, Brandon and Chris B have transitioned into C group. Recently also, some of our swimmers in D2 are making a more

gradual change by swimming Saturday am's with C group (Chris A and Sofia). We continue to work on the skills required to swim legal strokes preparing us for when we will start competing again. Our coaches, Swim BC and Swim Canada are working hard to get competitions started again. Currently we are working with SCP to gain more efficient access and we are hoping to move Saturday am practices there in the near future. Stay tuned! Work Hard, Swim Fast and Have Fun,

— Coach Campbell

A MESSAGE TO B-GROUP

From Coach Dave

There have been many unknowns, changes and ups and downs since mid March, but the B National Development Group hasn't missed a beat. They made themselves accountable to showing up, whether on Zoom, at group dryland or at the early morning lake practices April-August. Now that they are regularly back in the pool they have been doing some Friday night racing in their racing suits competing against results submitted from the Langley Olympians Provincial Group. There have been quite a number of best time performances between both groups during our first 2 race sessions which is good motivation for the swimmers to stay sharp during this time with no in person competitions.

Lightning Fast Swim Series, an explanation:

The Lightning Fast Swim Series, a part of Pacific Coast Swimming, is for children age 3-10 (there will be some 11 year olds from time to time).

The Lightning Fast program emphasizes learning stroke efficiency right away, even at the youngest ages. It is designed as a sport based program. This is where it differs from the Red Cross program which is based on a safety model. Lightning Fast teaches safe swimming as a sport; whereas Red Cross teaches water safety through swimming.

The Lightning Fast levels 1 through 5 begin with basic movements in the water which lead to advanced swimming efficiency. Children build fitness, skill and confidence in the water in a fun, team based environment. Children will learn all of the turns, starts and rules of the sport of swimming as they progress through the five levels. As well as they learn to swim safely and efficiently.

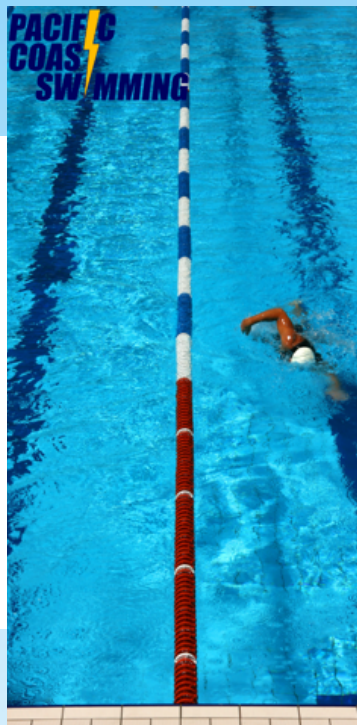
Many of the Lightning Fast swimmers will continue on into the competitive levels either because they want to compete or because they want to continue to become stronger and fitter, both in and out of the water. The drylands aspects of the Lightning Fast Program are based on agility, balance and coordination which are the basis of all movement.

The nature of the sport of swimming builds children's mathematical skills and mental discipline as well as their ability to understand overcoming physical and mental challenges and their appreciation for working together with others in a coordinated manner.

Note that due to Covid the coaches will maintain smaller groups and continue to distance the children and staff.

REGISTRATION FOR STROKE & FITNESS NOW OPEN

Would you like to meet fellow athletes and stay in shape, without the pressure of a competitive environment? Registration is now open for our Stroke and Fitness group! This non-competitive group for swimmers ages 12-16 meets 3x per week, on Tuesday, Thursday, and Sunday. Space is now available, visit our website or contact Mark Lancaster to register today!



REGISTRATION NOW
OPEN!

STROKE & FITNESS GROUP

Non-competitive (Ages 12-16)

Tue/Thu PM 6:30-7:30 pm
Sun AM 9:30-10:30 am

Register at
www.pacificcoastswimming.com
Contact Mark Lancaster
lancasteraquatics@shaw.ca



Starting
October
5th

2020-2021 REGISTRATION
UPDATE

LFSS (ESQUIMALT) NOW OPEN!

LIGHTNING FAST 3&4 - MON/WED 3:30-4:15 PM
LIGHTNING FAST 5 - MON/WED 4:15-5:15 PM

REGISTER ONLINE
WWW.PACIFICCOASTSWIMMING.COM
LIMITED SPOTS AVAILABLE!

LFSS ESQUIMALT IS NOW OPEN!

We are thrilled to announce that our Lightning Fast Swim Series level 3,4&5 programs are now offered out of Esquimalt. We are always looking for more swimmers and we can't wait to welcome you back to a positive and safe environment. Registration is ongoing, register online at: pacificcoastswimming.com More details about the LFSS program can be found on the previous page.

A Message From The Vikes

As students continue to adapt to the ever-changing social environment, as well as to University life online and demanding courses, the Vikes Swim Team are working hard to move forwards through this time in a number of ways. We were able to bring in our biggest ever group of rookies and transfers, and they've been great at bringing a lot of excitement and speed to the pool. We've seen some great training times already throughout the group, and are excited to see more progress. The team has found new ways to connect as a team, to compete in and out of the pool, and have fun even in the face of all of the increased restrictions.

USport National Championships were officially cancelled recently, which although not surprising, was still hard news for all USports Swimmers to hear. That being said, we are working harder than ever to create the best program out there, to support our athletes in any ways we can, and to push the team's potential forward every day. The swimmers are determined and will be ready to compete at their best when the time comes. In the meantime, we are doing weekly race sets, and are planning digital dual meets against other University teams to create some extra exciting racing in the pool!

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Purchase a gift card when buying groceries and mention it is for Pacific Coast Swimming fundraising. You can use your card right away on your groceries, and 5% of your card purchase goes back to Pacific Coast!



PCS now has an account with the Bottle Depot at both the Glanford and Quadra locations. Just let the cashier know at the beginning of the transaction that you would like to donate your bottles into the Pacific Coast Swimming account. Easy as that!