

PACIFIC COAST THUNDERBOLT

Wow, where to begin? First and foremost we hope that you and your family are staying safe and healthy during these challenging times. We truly miss seeing your smiling faces on the pool deck each day. However, we understand that what is important right now is protecting our community, which means taking a little break from our regular routine. That being said, rest assured once it is deemed safe to return to the water we cannot wait to resume working towards your goals! In the meantime try to embrace the lessons that swimming teaches and stay positive, work as a team, and help those around you.

As always, your PCS family is here for you!



Hello PCS families!

We wanted to reach out and connect with you, offer tips to stay active and healthy until we can return to the pool, and take this opportunity to acknowledge some fantastic performances our swimmers have put forward this season.



Fish Out Of Water?

Are you looking for ways to stay active and healthy while maintaining social distancing protocols? Learn some tips and tricks and read about ways our athletes are already training outside of the pool on page 8 & 9 of the newsletter!





Vikes Produce Standout Performances At Home

2020 U- Sport National Championships

The Vikes got off to a blazing start at the U-Sport National Championships hosted here in Victoria. They qualified 9 swimmers for A finals the first morning, with almost all swimmers moving up and achieving personal best times in the process. They gained momentum throughout the meet acquiring lots of finals swims. Additionally, nearly every swimmer on the team achieved a second swim over the course of the meet. Nine Vikes records were set by Danielle Hanus (100 Fly SC & LC, 100 Freestyle LC,) Jamie Hellard (50 Breaststroke LC) Ethan Jensen (100 Fly SC) Bailey Espersen (100 Breaststroke SC, 50 Breaststroke LC) and the women's 800 freestyle and 400 medley relays. Danielle Hanus continued her always stellar

performances winning all four of her individual events. Josh Zakala won his first U-Sport gold medal in the 400IM setting a U-Sport record in the process, while Eric Hedlin claimed bronze in the 1500m freestyle. Hometown hero Lauren Crisp won herself a silver medal in the 200m backstroke on the final day of competition, and on the same night the Women's 4x100m Medley relay consisting of Hanus, Crisp, Hellard, and Hedges captured a bronze medal. Ultimately, the mens team finished sixth while the women's team claimed fourth in the nation!

It was wonderful seeing so many familiar faces in the Vikes alumni section and in volunteer positions! We want to thank you so much for your support!





- Allison Ballantyne 2xC-finalist
- Lauren Crisp 3x A, 1xB-finalist
- Zachary Dumas 1xA,B,C-finalist
- Bailey Espersen 3xA, 1xC-finalist
- Andrea Farmer 1xB-finalist,
- Kira Grebinsky 2xC-finalist,
- Daniel Greer 1xA, 3xC-finalist
- Danielle Hanus 4xA-finalist
- Alexandria Hedges 2xC-finalist
- Eric Hedlin 1x A,B, C-Finalist
- Ethan Jensen 1x A,B,C-finalist
- Padric Mckervill 2xB, C-finalist
- Victoria Mock 1xB, C-finalist
- Ethan Phillips 1x B, C finalist
- Kyla Ross 3xB, 1x A-finalist
- Lauren Taylor 1xB, 2x C-finalist
- Kara Wilson 1x B, 2xC-finalist
- Josh Zakala 4xA-finalist
- Jamie Hellard 2xA,1xB-finalist
- Sarah Kirkhope 26th 50m Fly
- Tabitha Craig 31st 100m Freestyle



3 Vikes were nominated for UVic Major Varsity Awards.

- Danielle Hanus **won** Female Athlete of the Year.
- Eric Hedlin **won** the President's award for athletic and academic excellence.
- Lauren Crisp was one of three athletes nominated for Rookie of the Year.

Congratulations to these athletes on their incredible performances this season!

A HUGE thank you to the volunteers, Coaches, SCP staff, Vikes staff, Vikes Alumni, and spectators who made this event such a success. Our gratitude is immeasurable and we couldn't have done it without you!



Although the Olympic Games have been postponed to 2021, we would still like to recognize our UVPCS 2020 Olympic Trials qualifiers, who were set to compete March 30th in Toronto:

Bailey Espersen, Ethan Jensen, Daniel Greer, Lauren Taylor, Lauren Crisp, Josh Zakala, Danielle Hanus, Jamie Hellard, Zachary Dumas, Eric Hedlin, Padric Mckervill, Ethan Phillips, Kier Oglivie, Naeva Scott Bouris, Kali Lancaster, Grace Macdonald, Arran Robertson Teagn Hunt, Naeva Scott Bouris, Grace Macdonald, Sophie Lorette, Tom Chapman, Jacob Rambo, Bill Dongfang, and Anthony Gutierrez

Congratulations, we cannot wait to watch you perform at Trials next season!



BC Age Group Championships

The BC Age Group Championships took place in Vancouver this February, some highlights for PCS during the championship included:

Day 1 Friday Morning Session

- Noah Hicks 4th Boys 11&U 100FL
- Lucy Hallett 6th Girls 12YR 400IM



Day 1 Friday Afternoon Session

- Girls 12YR 4x50 Medley Relay 5th (Lucy Hallett/Imogen Hawes/Sidney B/Kate Marcovitz)
- Elizabeth Saska 3rd Girls 10&U 200FR
- Kate Marcovitz 2nd Girls 12YR 200FR
- Sidney B 4th Girls 12YR 200FR
- Alonso Gutierrez 5th Boys 13YR 200FR
- Kate Marcovitz 4th Girls 12YR 100BK
- Nolan Crisp 1st Boys 13YR 100BK *Meet Record
- Sidney B 2nd Girls 12YR 100FL

Day 2 Saturday Morning Session

- Nolan Crisp 7th Boys 13YR 100FR
- Alonso Gutierrez 8th Boys 13YR 100FR
- Jessica Hier 8th Girls 11YR 400FR
- Lucy Hallett 2nd Girls 12YR 400FR
- Sidney B 4th Girls 12YR 400FR
- Kate Marcovitz 7th Girls 12YR 400FR
- Alonso Gutierrez 4th Boys 13YR 400FR
- Nolan Crisp 5th Boys 13YR 400FR

Day 2 Saturday Afternoon Session

- Boys 11&U 4x50FR Relay 5th (Alex Camaraille/Noah Hicks/Constantine Tchaouchev/Rubin Lee)
- Boys 13&U 4x50FR Relay 6th (Nolan Crisp/Alonso Gutierrez/Kieran Feenstra/Alex Camaraille)
- Sidney B 7th Girls 12YR 200IM
- Elizabeth Saska 3rd Girls 10&U 100FR
- Kate Marcovitz 1st Girls 12YR 100FR
- Sidney B 8th Girls 12YR 100FR

Day 3 Sunday Session

- Mixed 13&U 4x50 Medley Relay 3rd (Nolan Crisp/Imogen Hawes/Sidney B/Alonso Gutierrez)
- Kate Marcovitz 4th Girls 12YR 200BK
- Lucy Hallett 7th Girls 12YR 200BK
- Nolan Crisp 2nd Boys 13YR 200BK
- Sidney B 2nd Girls 12YR 200FL
- Elizabeth Saska 3rd Girls 10&U 50FR
- Kate Marcovitz 2nd Girls 12YR 50FR
- Mixed 13&U 4x50FR Relay 2nd (Nolan Crisp/Alonso Gutierrez/Kate Marcovitz/Lucy Hallett)

PCS finished in 5th place, and as the top team on the Island!

BC Winter Provincial Championships

At the beginning of March PCS lent a hand, helping Island Swimming host the BC Winter Provincial Championship. PCS won the men's team championship, and narrowly missed capturing the combined championship banner. We would like to extend enormous thanks to all of the volunteers that helped the weekend run successfully. There were many great swims, finals, podium appearances, and new time standards achieved. Some highlights included:

- **Ian Goodyear** - Gold Boys 400FR Para
- **Sidney B** - 400FR Canadian Western Championships standard
- **Luke Poulin** - 400FR Canadian Western Championships standard
- **Bill Dongfang** - provincial records 100 FR, 100 Fly, narrowly misses national record 200 Fly
- **Mariana Ponce de Leon** - 6th Girls 14&U 200BR - Canadian Junior Championships standard
- **Adelina Benn** - 13th Girls 14&U 200BR - Canadian Western Championships standard
- **Arran Robertson** - Bronze Boys 15&U 200BR
- **Naeva Scott-Bouris** Gold 400 & 800 FR, Silver 1500 FR
- **Bridget Rupert** - Canadian Western Championship standard 50BK lead off Girls 14&U Medley Relay
- Girls 14&U Medley Relay Bronze
(Bridget Rupert/Mariana Ponce de Leon/Sidney B/Kate Marcovitz)
- Boys 15&U Medley Relay Bronze **(Nolan Crisp/Arran Robertson/Bill Dongfang/Luke Poulin)**
- **Mariana Ponce de Leon** - Silver Girls 14&U 100BR Canadian Junior Championships standard
- **Adelina Benn** - 12th Girls 14&U 100BR Canadian Western Championship standard



- **Arran Robertson** - Silver Boys 15&U 100BR Youth Trials standard
- **Ian Goodyear** - Silver Boys 200IM Para
- **Bridget Rupert** - 50FR Canadian Western Championships standard
- **Jasper Van Maren** - 400IM Canadian Western Championships standard
- **Kali Lancaster** - Junior trials standard & Sr.National time 200 BR
- **Teagan Hunt** - Junior Trials qualifying standard 1500 FR
- **Ian Goodyear** - Bronze 100FL Para

- **Bridget Rupert** - 7th Girls 14&U 100FL Canadian Junior Championships standard
- **Mariana Ponce de Leon** - 10th Girls 14&U 100FL Canadian Western Championships standard
- **Jacob Rambo** - Bronze 100 BK
- **Ian Goodyear** - Gold 50FR Para
- **Cale Murdock** - Silver 800FR, Gold 400FR
- **Luke Poulin** - 13th Boys 15&U 400IM Canadian Canadian Western Championships standard
- **Jasper Van Maren** - 16th Boys 15&U 400IM
- **Nolan Crisp** - 9th Boys 15&U 100BK Canadian Junior Championships standard

Bits & Bites

This spring PCS is changing registration methods for Gordon Head Recreation Centre. We will now be handling registration directly. To register for PCS programs offered out of Gordon Head in the future please complete the following steps.

1. Go to www.pacificcoastswimming.com
2. Click Online Registration
3. Click Lightning Fast Swim Series and choose your level
4. You will need to sign in or create an account
5. Select the time and location. You will be emailed a confirmation once complete



A HUGE thank you to the PCS swimmers who helped out at the U-Sports flag ceremony! You all did a terrific job, and your hard work was greatly appreciated!

Covid-19 Update

We truly are living in an unprecedented time. We understand that this situation is difficult for everyone in our community. First and foremost, we hope everyone is keeping safe and healthy! The safety of our members and our community is of paramount importance to us, and therefore for the time being swimming must take a back seat.

In light of this challenging and ever-changing situation, we have made some amendments and have a few changes to announce. We would also like to provide some drylands ideas to help you keep active and healthy while you are away from your traditional training groups. While we know that these times are stressful, maintaining some form of physical activity can help alleviate stress, improve immunity, and enhance mental wellbeing.

Pacific Coast Swimming Announcements

In an effort to adapt to the Covid-19 situation PCS has enacted the following changes

1. Elimination of all fees from the families of swimmers in the D-2, D-1, Stroke & Fitness, and Lightning Fast Swim Series programs.
2. Having the C-Group and above coaches construct and send out home based dry land programs that will allow the swimmers and families to safely be active, keep in shape, to stay in touch with the other swim families going through similar circumstances, and to be ready for swimming once we get back into the pool.
Additionally, we are looking at social media platforms on which we might be able to deliver these programs more directly.
Our plan is to ask that families in these programs pay 50% of their monthly fees, but we will be evaluating this service on an ongoing basis. The program is designed to assist your families as well as help the club and coaches to function over this upcoming period. A further goal will be to ensure that we have the best possible staff when we are able to return to regular training.
3. We would also ask that everyone pay their latest invoices as the PCS Accounts Receivable are currently quite high. This is normal as travel costs are incurred and some bills are left for over 30 days, but is not sustainable in the current operating environment.

Swimming Canada Event Cancellations

The following announcement was made by Swim Canada on March 27th:

“Following the lead of the International Olympic Committee, International Paralympic Committee, Canadian Olympic Committee and Canadian Paralympic Committee, Swimming Canada has announced the cancellation of all summer 2020 national events due to the global COVID-19 pandemic.”

The full article surrounding this announcement can be read on the Swim Canada website. Our provincial organization, Swim BC, is still assessing the feasibility of their remaining meets and will provide updates as they become available.

Obviously we understand that these announcements are very disappointing for all swimmers. However, we urge you to look at them as motivation to fuel you to greater performances at the next available opportunity.

Fortunately, there are plenty of ways to stay in shape away from the pool, while following social distancing protocols. From dry land routines to running, cycling, or hiking there are countless ways to stay in shape. Coaches are providing dry land programs to C group and above. Coaches are also currently working on optional dry land programs for D group and LFSS swimmers and families, if you are

interested in participating in these please contact Mark:

(lancasteraquatics@shaw.ca)

Gear

PCS gear can be purchased at the following link: <https://pcs.poolq.net/pro-shop> Specific home dry land equipment is available!

Balance board \$50

Skipping ropes \$5

Stretch Cordz \$50



Congrats, Jon!

Jon McKay and coach Ron Jacks were in Australia at the end of January, competing at the very competitive Australian Open Water National Championships. Jon started the weekend off with a great 10km Race, finishing 5th in a very deep field. Jon backed up that performance by claiming a Silver Medal the next day in the 5km race. Congratulations to Ron and Jon!



Vikes SUMMER CAMPS

presented by Dairyland



SWIM & SPORT CAMPS 2020 Ages 8-12

July 6-10
M-F 9a-4p
\$208

July 27-31
M-F 9a-4p
\$208

Aug 4-7
T-F 9a-4p
\$165

Register now at vikescamps.com

LIGHTNING FAST SWIM SERIES

LFSS and school team swimmers we miss you too! We can't wait to see you back at the pool as soon as we are allowed to do so. In the meantime please contact Mark lancasteraquatics@shaw.ca if you want to take part in the PCS sanctioned dry land programs available!

One Final Note

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.

