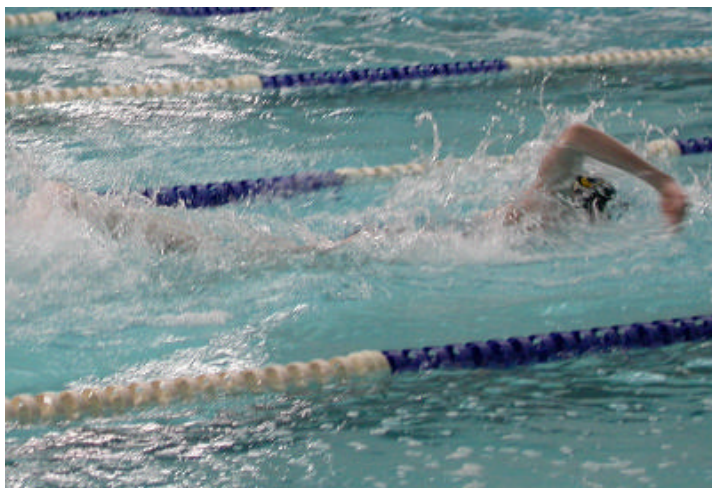




# PACIFIC COAST SWIMMING



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND  
WWW URL <http://www.pacificcoastswimming.com/>



## Pacific Coast Swimmers and Parents Association Newsletter, April 2003

**Fast Track swimming** – Welcome to the UVic Fast Track group, coached by Marlena Prill. These swimmers join Rod and Ron's Fast Track groups in Pacific Coast Swimming. Watch for these new swimmers in the water. Fast!

**Thanks Natalie!** Coach Rod Barratt and PCS B-Group members wish a fond farewell to Natalie Condrashoff, who has been assistant coach for the group throughout the short course season. Natalie is a student at the University of Victoria and is going home for the summer.

**Swimathon** – fundraising swims took place 29 March - 6 April. Great swimming everybody! Please remember to bring your donations to your coach, or Swimathon Chair Marianne Hooper, by April 21. SwimBC tax receipts will be issued for donations of \$10 or more (except for swimmers' parents).

**Thanks to everybody for a successful April bottle drive.** Until the next one, remember that you can take your recycling on a regular basis to the Sidney Bottle Depot (10025 Galaran Road, Sidney BC, phone 655-4878) and ask them to credit PCSPA. Save your receipt and pass it on to your coach, or Pennie Scott, PCSPA treasurer. As well, we are looking for more [phone books](#) to recycle, so if any are lurking in your basement or workplace, please contact Rolf Schmitt ([rschmitt@pacificcoastswimming.com](mailto:rschmitt@pacificcoastswimming.com)).

**Pacific Coast Masters Swimming** – contact Rod Barratt ([rbarratt@pacificcoastswimming.com](mailto:rbarratt@pacificcoastswimming.com), 812-9852) for information on Masters and fitness swimming programs, times and locations.

**Web page** - Our internet address has changed to [www.pacificcoastswimming.com](http://www.pacificcoastswimming.com). For now there is a redirect at the old site, so you won't lose us, but be sure to update your bookmarks. Check out the latest news, PCS results and the new senior swimmer profiles page. Don't forget to keep track of the PCSPA Board meeting schedule; the next meeting is Wednesday April 23, 7:45 pm, in the Pacific Sport Board Room at Saanich Commonwealth Place. All PCSPA members are welcome.

**Meets** – Over the past month PCS swimmers attended several meets, both short (25m) and long (50m) course. These included the Nanaimo NRST All-Level (SC), the Dynamo Invitational (SC) in Burnaby, the Langley Olympians' Invitational (LC), the SFU Invite (SC), the Ravensong All-Level meet in Qualicum (SC), and the US Open Championships (LC) in Indianapolis. Meet highlights include [another Provincial Record](#) for Craig Dagnall, this time in the long course 800m freestyle, set at the Langley meet. Way to go, Craig! At the US Open, John Stamhuis placed sixth at in the 200 Breaststroke. PCS swimmers also qualified with their first AAA and AA swims at a number of other meets. Take a look at the web page news for details, and for complete results check our meet results page on the PCS web site.

**Upcoming meets** – Watch for the ISA Invitational in mid-April, VIR Champs in May, and long course AAAs in Kamloops in July. Different groups attend a variety of meets, so you're likely to see PCS swimmers, among other places, at the Nanaimo outdoor meet in early June, the Mel Zajak meet in late May at UBC, and the World

Championships and Pan-Am Trials here in Victoria in June. Also watch for our PCS time trials, the next one on Friday 25 April.

Don't forget, swimmers travelling internationally (including the US) need a valid passport. Under-18 year olds also need a *notarized* letter signed by their parents giving permission to travel with the team out of Canada (only the

letter is needed for out of province meets). The passport web page is at [http://www.ppt.qc.ca/menu\\_e.asp](http://www.ppt.qc.ca/menu_e.asp), complete with forms and instructions. In addition, don't forget to purchase additional health insurance coverage when you or your swimmer travel out of province or out of country.



**General Information - -** <http://www.pacificcoastswimming.com/>

Pacific Coast Swimming - Geller Sports 479-0330

Pacific Coast Swimmers and Parents Association 727-9243; email [pcspa@pacificcoastswimming.com](mailto:pcspa@pacificcoastswimming.com)

**Coaching contacts**

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| <b>Vikes</b>           | Peter Vizsolyi | -        | <a href="mailto:pvizsolyi@pacificcoastswimming.com">pvizsolyi@pacificcoastswimming.com</a>   |
| <b>B-Group</b>         | Rod Barratt    | 478-2095 | <a href="mailto:rbarratt@pacificcoastswimming.com">rbarratt@pacificcoastswimming.com</a>     |
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| <b>Fast Track UVic</b> | Marlena Prill  | 595-1664 | <a href="mailto:mprill@pacificcoastswimming.com">mprill@pacificcoastswimming.com</a>         |
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The PCSPA Newsletter is produced on a semi-regular basis throughout the swim year; it is posted on the Saanich Commonwealth Place bulletin boards and on the web. For up-to-date information on PCS-PCSPA activities, please contact your Coach or any PCSPA Board member, and stay in touch with the PCS-PCSPA web sites.