



PACIFIC COAST SWIMMING



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND
WWW URL <http://www.integratedsports.net/pacificcoastswim/>

Pacific Coast Swimmers and Parents Association Newsletter, December 2002

Fundraising news - Saturday 4 January 2003
please bring your (clean) recyclable bottles, cartons and tetra-paks to morning practise.

Announcing the Fin Bin - Wondering what to do with swim fins your swimmer no longer fits? Bring them in to the Fin Bin in the pool booth office. With any luck you'll find a pair that do fit, and so will everyone else. Thanks to Sony Baron for a great idea.

We are always looking for sponsorship and fundraising ideas- please contact Tim Smith, Fundraising Chair, at tsmith@uvcs.uvic.ca with your suggestions.

Urgently seeking a lockable filing cabinet (with key) for the PCSPA office. If you know of one available, please contact Dean Crawford at dcrawford@shaw.ca.

Also seeking a job compatible with swimming schedules for a senior swimmer. If you know of such an opportunity, please contact coach Peter Vizsolyi at vizsolyi@uvic.ca or 920-8998.

Upcoming email newsletters will feature details for

1. **Turn Camps** for IM events and Starts;
2. **Officials clinics** for stroke and turn, and starter, prior to the PCS February WaveMaker (and thanks and congratulations to participants in the recent Clerk of Course and Timer clinics); and
3. **Swimathon** date and details.

Enjoy the holiday break and see you at Christmas Camp! Details vary by group, so contact your coach if you are uncertain as to times.

Christmas Cracker a Success

The inaugural PCS Christmas Cracker swim meet went off without a hitch. Teams from the Island and the Lower Mainland region enjoyed fast swimming, a friendly atmosphere, randomly bestowed

Christmas Crackers, and prizes awarded among event placements. Meet Managers Dorothy Liedtke and Margaret Penning thank all the parents, friends, coaches, volunteers and sponsors who made the event such a success for the athletes and the Club. Thanks as well go to the Saanich Commonwealth Place staff for all their help leading up to and during the meet. Last, but not least, congratulations to all the swimmers who competed, achieved goals, and are now working on their new goals for 2003.

Set your sights on our next meets:

1. **PCS WaveMaker, 1 - 2 February 2003.**
2. **Canadian Inter-University Swim Championships 21 - 23 February 2003 (PCS co-hosts this one with primary host UVIC).**

As usual, these meets will require timers, senior officials and food donations, so please be ready to volunteer for our athletes and our club, and remember that 'many hands make light work'. Watch for fundraising and sponsorship opportunities as well.

Other meets...

The coaches congratulate all the swimmers who attended **Richmond Fastswim**, not only for fast swimming, but also for dodging the dreaded Fall Flu of 2002. There were many best times and fast swims; those who couldn't attend because of said flu are now immune to the next wave of viruses (we hope).

The **2002 Canadian National Open Short Course Championships** in Edmonton yielded some great results for Ron and Peter's groups, as did the **2002 US Open Championships** in Minneapolis shortly thereafter, including the results reported below. Congratulations all; **of special note is John Stamhuis' win in the 200 Breaststroke at the US Open.**

Canadian Open

Danielle Bell (UVIC-PCS) - 1500 Freestyle 5th
David Creel (UVIC-PCS) - Winner of the 2001-2002 Canadian Male Long Distance Swimmer of the Year

Award, Swimming-Natation Canada (SNC); Silver Medal 800 Freestyle, Bronze Medal 1500 Freestyle, 400 Freestyle 5th

Jesse Jacks (UVIC-PCS) - Bronze Medal 100 Butterfly

Laina Steeple (UVIC-PCS) - 100 Backstroke 8th
Karley Stutzel (UVIC-PCS) - Winner of the 2001-2002 Canadian Female Long Distance Swimmer of the Year Award, Swimming-Natation Canada (SNC); 1500 Freestyle 4th, 800 Freestyle 6th

Philip Weiss (UVIC-PCS) - Bronze Medal 200 Butterfly, 200 Individual Medley 4th

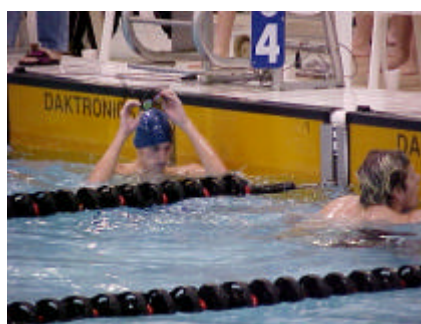


US Open

Jesse Jacks (UVIC-PCS) - 200 Butterfly 4th
Christin Petelski (PCS) - 6th in both 100 and 200 Breaststroke

John Stamhuis (PCS) - Gold Medal 200 Breaststroke

For more information on all these meets, see our PCS web site. Detailed Canadian swim meet results can be viewed at <http://www.swimdirect.ca/>. Results for the US Open are at <http://www.usa-swimming.org/PDF/02USOResultsbyevent.htm>.



General Information - <http://www.integratedsports.net/pacificcoastswim/>

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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.