



# PACIFIC COAST SWIMMING



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WWW URL <http://www.integratedsports.net/pacificcoastswim/>

## Pacific Coast Swimmers and Parents Association Newsletter, February-March 2003

**100+ and counting** - We registered our 100<sup>th</sup> swimmer in February, and our numbers are still climbing. Sprinkled throughout PCS, at every level of swimming, are our next Regional, Provincial, Western Youth, National, International and Olympic competitors. Keep on swimming!

**Fast track swimming** - Both Ron and Rod coach enthusiastic Fast Track groups, on Tuesday-Thursday mornings (Ron) and Wednesday afternoons (Rod). Watch for these new swimmers in the water. Fast!

**Pacific Coast Masters @ UVic** - Master's swimming at UVic is underway. All levels of swimmer and all ages (usually over 18) are welcome. Contact Rod Barratt ([rodbarratt@shaw.ca](mailto:rodbarratt@shaw.ca), 812-9852) for more information, and check out our web site.

**The next bottle drive is on Saturday 5 April** - please bring your recyclable bottles, cartons and tetra-paks to Saturday practise and watch for Dave Bakken. We are looking for [more phone books](#) to recycle, so if any are lurking in your basement or workplace, bring them in with your bottles. Also remember 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.

**Swimathon** - swimmers have received their Swimathon fundraising packages. If you need an additional package, contact your coach or Marianne Hooper, the Swimathon Manager. Swimathons will take place during the week of 29 March - 6 April and the club goal is \$100 per swimmer. SwimBC tax receipts will be issued for donations of \$10 or more (except for swimmers' parents). Funds raised through Swimathon help keep fees low and, importantly, help pay our pool rental costs. This is a great chance to combine swimming with fundraising. Go for it!

The **Fundraising Committee** is currently engaged in long-range planning for next year. The next meeting is on Monday 7 April, at 530pm in the new SCP Waveside Café. Pick up a coffee or your beverage of choice, and join us with your ideas. Committee members include Tim Smith, Chair; and Dean Crawford (PCSPA President), Marianne Hooper, Rolf Schmidt, Dulcy Huard and Dave Bakken. Speaking of fundraising, contact Marion Smith or any Fundraising Committee member if you are interested in purchasing some great dip mixes (Epicure Selections). Only \$15, and \$5 comes back to PCSPA. Eat well *and* raise money for our swimmers.

**Web page** - Our current internet address is at the top and bottom of this newsletter. We will be taking up new residence soon, at [www.pacificcoastswimming.com](http://www.pacificcoastswimming.com). There will be a redirect at the old site, so you won't lose us. In addition, we've added a [results page](#) to the web site. PCS and PCS-UVIC (Vikes) compete in a lot of meets in any given swim season. Some meets are attended by all club members, others only by senior swimmers, still others by our beginning groups. Meet results are usually obtained over the internet, but you have to know which sites to go to and which meets we attended. Now all you need to do is go to our meet results page to check out the latest PCS results; just click on 'meet results' in the left column on our home page.

**Meets** - February sported five meets and one time trial. Meets started with our own WaveMaker, then the BC Senior Circuit Championships in Vancouver, and carried on through the Canadian Interuniversity Sports Championships here at Commonwealth Pool (we co-hosted with UVic) and the Western Championships in Regina (the same weekend as CIS). February ended and March began with the BC Provincial Short Course (25m) Championships (AAAs). Full results are available through our web site results page. Some highlights include:

**PCS WaveMaker** - David Creel capped off a successful weekend by breaking a 14-year old record in the 800 freestyle. His winning time of 8:04.15 broke the Vikes record, held by Brett Regan since the late 1980's. Craig Dagnall broke the Boy's 11-12 BC record for the 800 freestyle by over 20 seconds, posting a time of 9:51.85.

**BC Senior Championships** - Christin Petelski (Breaststroke), John Stamhuis (Individual Medley), Dave Creel (Distance Free) and Jesse Jacks (Fly) were named overall BC Senior Circuit winners in their respective categories. The BC Senior Circuit consists of three long course meets held from October through February each year. Swimmers who accumulate the most points in each category receive \$500.00 from Team Aquatic Supplies.

**CIS** - Jesse Jacks took silver in 200 fly and 1500 free, and bronze in the 100 fly. David Creel earned a silver medal in 400 freestyle, and Phil Weiss took bronze in 200IM. Vikes men finished the meet in 4<sup>th</sup> place, the women were 7<sup>th</sup> place on total points. Combined, the Vikes were in 7<sup>th</sup> place; 3<sup>rd</sup> place based on points per swimmer. Oh, and Brian Johns of UBC set a world record in the 400IM. Not bad for our first co-hosted National level meet!

**Congratulations to the Vikes** for a successful Varsity swim season and especially to retiring Vikes Dave MacDonald, Kellie Rolston and Phil Weiss. Congratulations also to Coach Peter Vizsolyi for twenty great years as Vikes Head Coach.

**Western Canadian Championships** - Greer Jacks won gold in the Men's 16 and under 100, 200 and 400 freestyle; Erich Schmitt took bronze in Men's 17 and over 100 and 200 backstroke. PCS was 14<sup>th</sup> place in total points, and 8<sup>th</sup> place by points per swimmer among teams with 5 or more swimmers.

**BC Age-Group Championships (AAAs)** - Craig Dagnall broke his own Provincial record for 11-12 Boy's 800 free, taking 13.62 seconds off the previous record which he set a mere month ago. Craig did this en route to a silver medal in the 1500 free. Ashkaughn Forghani won gold in the 11-12 Boy's 50m freestyle, bronze in both 100 free and 100 fly. Chantal Huard took silver in the 15-17 Girl's 100 breaststroke. Greer Jacks won gold in the 15-17 Boy's 100, 200, and 400 freestyle. Hollis Roth won gold in the 13-14 Girl's 100 and 200 fly. Jovanna Ruffolo earned a silver medal in the 11-12 Girl's 400IM, and bronze in the 800 free. Erich Schmitt won gold in the 15-17 Boy's 100 and 200 back, and 200 and 400 IM, and bronze in the 200 fly. PCS took 5<sup>th</sup> place in total points, and 3<sup>rd</sup> place by points per swimmer.

**Upcoming meets** - Our younger swimmers are competing in Nanaimo at the NRST All-level meet in early March. Forthcoming meets may include the Dynamo and Langley Olympians Invitational meets in late March, VIR All-level in Qualicum, the ISA Invitational, Seattle Mayflowers, VIR Champs, and long course AAAs in Kamloops.

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.gc.ca/menu\\_e.asp](http://www.ppt.gc.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.

**Congratulations to all on a great short course season - Let the long course season begin!**

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

Pacific Coast Swimming - Geller Sports 479-0330

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

#### Coaching contacts

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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.