



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, January 2003

February Bottle Drive - Sunday 2 February 2003

Please bring your recyclable bottles, cartons and tetra-paks to the WaveMaker swim meet for our second monthly bottle drive.

If you live on the Saanich Peninsula (or like to visit), consider making a regular recycling stop at the Sidney Bottle Depot. Just tell them you want your returns credited to PCSPA (Pacific Coast Swimmers and Parents Association) and pass your receipt to your coach or Pennie Scott, the PCSPA Treasurer. This is an easy way to raise consistent monthly funds for your children's swimming. The Sidney Bottle Depot is on the west side of the Pat Bay Highway (turn left at Beacon Street as you travel toward the ferries from Victoria); 10025 Galaran Road, Sidney BC, phone 655-4878.

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, 812-9852) for more information.

Upcoming meets:

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

As usual, these meets will require timers, senior officials and food donations. These will be the last meets we host this year, so please be ready to volunteer, and remember that 'many hands make light work'.

Congratulations to everybody on the successful **PCS January Time Trial**, 24 January. As well this weekend, everybody learned lots and had fun at the **IM Turn Camp**.

Congratulations to PCS swimmers and coaches at the **Vancouver Island Regional Championships** in Comox (17-19 January). **PCS was second in the overall points standing, and first for points per swimmer (total points divided by number of club swimmers) for any team at the meet.** There were lots of best times, and swimmers are working on new goals for the next round of meets. PCS parents also contributed to VIRs by acting as timers and stroke and turn officials.

The University of Victoria Vikes finished the **2003 Canada West Championships** (17-19 January) with a total of 10 medals, four of them gold. The small team from Uvic found themselves up against some tough competition during the three day event as the Canada West schools once again showed why they are the best swimming conference in the country. For Vikes information, see <http://web.uvic.ca/atrsweb/vikes/Swimming/index.htm>.

For meet results, go to <http://www.swimdirect.ca/>.

The long course (50m) season begins soon, and some of our swimmers will be travelling to out-of-province and out-of-country meets and camps. Under-18 year old swimmers need a valid passport *and* a *notarized* letter signed by their parents giving permission to travel with the team out of Canada (only the letter is needed out of province). Passports take a while to process, so if you or your swimmer needs one, it is best to start sooner rather than later. The Canadian passport web page is at 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.

SEE YOU AT THE WAVEMAKER!

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

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.