



# 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, May - June 2003



**At the beginning of the long course (50m) season**, PCS swimmers competed in our April Time Trial (25m), and at the April Island Invitational and May Vancouver Island Regional Long Course Championships, both here in Victoria. Highlights included another 11-12 Boys **Provincial 800m LC record for Craig Dagnall**, set *en route* to winning the 1500. Congratulations, Craig! Congratulations to all those who achieved their goals, and to new AAA qualifiers for Provincial Championships in Kamloops this July. For complete news and results check the PCS web site (<http://www.pacificcoastswimming.com>).

**Upcoming meets** –PCS swimmers will attend the NRST Invitational in Nanaimo, Mel Zajac Jr. International Swim Meet in Vancouver, Canadian Trials for the World Championships here in Victoria, the Provincial Championships (AAAs) in Kamloops, and the Starlight Invitational in Wenatchee, Washington. Watch for results on our web page, and good luck and best times to all competitors!

**Please note that swim practises will be moved to UVic MacKinnon Pool during the World Championship Trials in late June.** There will be more information from your coaches as the dates draw closer.

**Our next Time Trial is Long Course (50m), on Thursday June 20** - Parents and friends, we will need timers and stroke and turn judges, so if you can attend, please be at the pool that night.

**Congratulations to Rolf Schmitt**, PCS Board Member-at-Large, on his election as President of the Vancouver Island Regional Swim Association.

**Please mark September 5, 2003 on your calendar for the Second Annual Picnic and Registration Barbeque at the Elk Lake Eagle Beach Picnic Area (near the rowing boat house). Details are forthcoming.**

**The next PCSPA Board meeting** is Monday 16 June 2003, 745 pm, in the Pacific Sport Board Room at Saanich Commonwealth Place. All PCSPA members are welcome. In addition, take note that the Board has struck a Nominating Committee for next year. If you have comments, contributions, questions or an irresistible urge to serve, please contact Committee Chair, Bill MacArthur ([wmacarthur@pacificcoastswimming.com](mailto:wmacarthur@pacificcoastswimming.com)).

**PCS Club Swim Camps** will take place outdoors at UVic, starting August 18, 2003. Stay tuned for details.

**Vikes Summer Camps** - Check out summer camps available through UVic and PCS.

**CO-ED CAMP \$165.00, Ages 8 to 12 years**  
9 am - 4pm daily

July 7-11 SC4010

July 14-18 SC4011

July 21-25 SC4012

August 5-8\* SC4013

\*4 day camp \$135.00

Camp includes stroke improvement, dryland skills and video feedback.

Head Coaches: Mark Lancaster, Marlena Prill

Additional coaches include Vikes and Commonwealth Games swimmers Danielle Bell, Christin Petelski, and John Stamhuis. More swim camp information can be found at

<http://www.pacificcoastswimming.com/summercamps.htm>  
and <http://web.uvic.ca/atrsweb/vikes/>.

## Fundraising news

**1. Volunteers requested - Youth Triathlon**, June 8th at Uvic (7am-1130am). Volunteers needed to help with breakfast at the Youth Triathlon. Please contact Pennie & David Scott ([pscott@pacificcoastswimming.com](mailto:pscott@pacificcoastswimming.com)) for information and to sign up.

**2. Volunteers requested - Victoria Folk Festival**, Saturday June 28 - Sunday July 6, 2003. Parents and PCS Athletes (16 & Over) - here is an opportunity to raise funds for both PCSPA in general and your own swimming specifically. Help with food service at the Victoria Folk Festival, and approximately \$10 per hour will be split evenly between PCSPA and swimmers' accounts. Shifts will be six hour blocks: 9am - 3pm and 3pm - 9pm. Twelve shifts requested each day! Sign up with Mark ([mlancaster@pacificcoastswimming.com](mailto:mlancaster@pacificcoastswimming.com); 721-5845) for whatever you can cover.

**3. SwimBC Cash Calendars** – next year we will offer these calendars to PCSPA members and friends. This is a new fundraiser for SwimBC; every calendar includes a chance to win cash on periodic draws. Watch for these at the beginning of the swim season.

**4.** We will be having a **Silent Auction** at the Christmas Cracker Invitational Swim Meet in December 2003. If you have ideas for items to include (or the items themselves) please contact Fundraising Chair Tim Smith ([tsmith@pacificcoastswimming.com](mailto:tsmith@pacificcoastswimming.com)).

**5. Swimathon** – Thanks again to everybody for a successful Swimathon. If you haven't already done so, please remember to bring your donations to your coach, or to Swimathon Chair Marianne Hooper.

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.

## Speaking of international travel -



Senior swimmers learn the true meaning of wild life at training camp in Costa Rica (blue shoe courtesy David Creel, photograph courtesy John Stamhuis). Participants at the most recent PCS training camp in Costa Rica reported highlights that included the sloth, the rainforest canopy, really big bugs, tasty pineapple, rain exceeding even Vancouver in intensity, and of course the swimming, the swimming and the swimming. Coaches Ron and Peter enjoyed themselves too.



## 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

<b>A-Group</b>	Ron Jacks	477-2216	<a href="mailto:rjacks@pacificcoastswimming.com">rjacks@pacificcoastswimming.com</a>
<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>
<b>C-Group</b>	Mark Lancaster	721-5845	<a href="mailto:mlancaster@pacificcoastswimming.com">mlancaster@pacificcoastswimming.com</a>
<b>D-Group SCP</b>	Tomoko Itami	885-7998	<a href="mailto:titami@pacificcoastswimming.com">titami@pacificcoastswimming.com</a>
<b>D-Group 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.