



PACIFIC COAST SWIMMING



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

Pacific Coast Swimmers and Parents Association Newsletter, November 2002



PCS Coaches Win Provincial Coaching Awards

At the BC Swim Coaches 2002 Annual General Meeting in White Rock, PCS Head Coach Ron Jacks won the 17 and under Coach of the Year Award. PCS Director of Athlete Development and B group coach Rod Barratt picked up the award for 14 and under Coach of the Year. For more pictures, go to <http://www.swim.bc.ca/photos/02-03/AwardsBanquet2002/>.

First Meet in Duncan a Success for PCS

Pacific Coast had its first meet and it was great! We had 25 swimmers with all their new t-shirts and caps on. Five of our coaches came to help coach swimmers at all levels. We even came home with

two bags of ribbons, mostly blue! (the coaches' favourite colour).

PCS Swimmers Shine at BC Senior Circuit

Pacific Coast Swimming had a strong contingent at the competition, led by national team members Christin Petelski, Danielle Bell, Jesse Jacks and Dave Creel.

For more information on both meets, see our PCS web site. Canadian swim meet results can be viewed at <http://www.swimdirect.ca/>.

Results of AGM and Board Elections

2002-2003 PCSPA Board

Officers

President	Dean Crawford
Vice-President	Bill MacArthur
Secretary	Lynne Petelksi
Treasurer	Pennie Scott

Directors

Past President	-
Senior Swimmers	John Stamhuis
Fundraising	Tim Smith
Meets	Margaret Penning
Communications	Moyra Brackley
At-large	Rolf Schmidt

PCS Representatives

Director of Swimming	Ron Jacks
Director of Athlete Development	Rod Barratt
Technical Consultant	Peter Vizsolyi

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

Pacific Coast Swimming - Geller Sports 479-0330

Pacific Coast Swimmers and Parents Association pcspa@shaw.ca

Coaching contacts

A-Group	Ron Jacks	477-2216	vicswim@shaw.ca
	Peter Vizsolyi	-	vizsolyi@uvic.ca
B-Group	Rod Barratt	744-2080	rodbarratt@shaw.ca
C-Group	Mark Lancaster	721-5845	lancasteraquatics@shaw.ca
D-Group SCP	Tomoko Itami	885-7998	tinkertj67@hotmail.com
D-Group UVIC	Marlena Prill	595-1664	waterdiva@hotmail.com
OW	Sarah Sinclair	472-7215	sarahsinclair@swimmail.com

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.

PCS Christmas Cracker Invitational Swim Meet December 14-15, 2002

We have our sanction number and the meet information is posted at the SwimBC web site (<http://www.swimbc.ca/calendar/calendar0203.asp>). Watch for organizational meetings in the near future, and please mark this weekend on your calendar. Fast swimming and prizes too!

If you are able to billet swimmers during the Christmas Cracker, please contact Mark Lancaster (contact information below). We have a few teams requesting billets for their swimmers; reciprocal billeting is a great way to meet new friends AND save money on travel expenses.

Also in regard to our December meet, please save your paper towel and toilet paper rolls for Penny McCullough-Barratt and the PCS Christmas Cracker Construction Crew.

Spot your coaches



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