

Pacific Coast Swimmers and Parents Association

Welcome to Pacific Coast Swimming and the Pacific Coast Swimmers and Parents Association (PCSPA)
SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND

Pacific Coast Swimming, a new high performance swim club, is now established in Victoria. PCS is an athlete-focused, professionally-led organization committed to having swimmers at all levels, from beginner to National and International competitor, achieve their full athletic potential. Its high performance coaches include Ron Jacks, one of the most consistently successful high performance coaches in Canada, a member of the BC Swimming Hall of Fame, and a former Olympic swimmer himself; Rod Barratt, two-time BC Age Group Coach of the Year; Mark Lancaster, former Head Coach of Juan de Fuca Coho Swim Club; and Dr. Peter Vizsolyi, Head Coach of the University of Victoria swim program.

The Pacific Coast Swimmers and Parents Association (PCSPA) is a non-profit society established to support the activities of Pacific Coast Swimming. Its specific purposes are:

1. To provide volunteer services for the Members of Pacific Coast Swimming with regard to such activities as communications, coordination of swim meets, training of officials and travel;
2. To provide financial assistance for the Members of Pacific Coast Swimming including but not limited to such matters as pool rental, coaching costs, competition, entry fees, travel, and equipment; and
3. To promote the sport of competitive swimming within the Greater Victoria community.

REGISTRATION OPTIONS

1. register online for the 2002-2003 swim season at <http://www.integratedsports.net/pacificcoastswim/>; or
2. fill in the attached registration form and send to Pacific Coast Swimming, 4512A West Saanich Road, Victoria BC, V8Z 3G4; or
3. register in person at the Barbecue (Sept. 6) or Swim Camp (Sept. 7-8); or
4. call Geller Sports - Pacific Coast Swimming at 479-0330 for information.

SEASON KICK-OFF BBQ AND SWIM CAMP

Meet Everyone at the Barbecue on Friday, September 6, 2002

Hosted by the Pacific Coast Swimmers and Parents Association, at the picnic area beside the Rowing Club on Elk Lake, starting at 5:30pm. Meet PCS Coaches, Senior Athletes and Staff, including Commonwealth Games, Pan Pacific Games and World Championship Athletes Danielle Bell, Karley Stutzel, Christin Petelski, David Creel, and John Stamhuis; and Commonwealth Games and World Championship Coach Ron Jacks. Athletes and parents will have an opportunity to talk with senior swimmers and coaches about their experiences and the work required to achieve their goals. The cost for the barbecue is \$15.00 / person or \$25.00 / family and includes the cost of your PCS Registration and Family Membership fees.

Register in advance by sending an email to pacswim@hotmail.com, subject heading "BBQ and Camp".

On site registration will also be accepted.

Swim Camp September 7 - 8, \$50.00 or FREE with PCS Registration

9:00 am - 11:30 am UVic Outdoor Pool
11:30 am - 1:00 pm Videos / Lunch
1:30 pm - 3:30 pm UVic McKinnon Pool

Meet your PCS Coaches and Staff

Pacific Coast Swimming Coaches and Staff encourage open communication between themselves, swimmers and parents. For a full list of PCS staff, and coach resumes, please visit the PCS web site.

Please contact your Coach or the appropriate Staff member with your questions about the PCS program.

Director of Swimming (National, A groups)	Ron Jacks	vicswim@shaw.ca	477-2216
Director of Athlete Development (B group)	Rod Barratt	rodbarratt@shaw.ca	744-2080
General Manager / Age Group Programs and Initiatives (C group)	Mark Lancaster	lancasteraquatics@shaw.ca	721-5845
D group Commonwealth Place	Tomoko Itami	tinkertj67@hotmail.com	885-7998
D group UVic	Marlena Prill	waterdiva@hotmail.com	595-1664
Technical Consultant/ Sport Science Coordinator	Peter Vizsolyi	vizsolyi@uvic.ca	-
Recruitment Programs and Initiatives	Penny McCullough-Barratt	pmcb@shaw.ca	744-2080

Meet your PCSPA Board

PCSPA Constitution and Bylaws have been submitted to the Province for approval under the Society Act. The purpose of the Association is outlined above. To obtain a complete copy of the Constitution and Bylaws, please see the PCSPA section of the PCS web site. The Board of the Pacific Coast Swimmers and Parents Association also encourages open communication amongst PCS-PCSPA participants. Board meetings are open to all members, and you are encouraged to attend and participate in discussions. Board positions are open for election at the first PCSPA Annual General Meeting, to be held before the end of October 2002; date, time and location will be announced shortly. In the meantime, there is a Board meeting on 16 September 2002, the location will be posted on the web site. We look forward to seeing you at our meetings.

President	Dean Crawford	dcrawford@shaw.ca	727-7216
Past-President	-		
Vice-President	Bill MacArthur	macarthurw@shaw.ca	-
Secretary	TBA		
Treasurer	Pennie Scott	ps10425@shaw.ca	-
Director - Senior Swimmers	TBA		
Director - Meets	Margaret Penning	mjpc@shaw.ca	656-7359
Director - Communications	Moyra Brackley	moyra@shaw.ca	-
Director - Fundraising	TBA		
Director - At Large	TBA		

Useful internet links

1. Pacific Coast Swimming <http://www.integratedsports.net/pacificcoastswim/>
2. Pacific Coast Swimmers and Parents Association, see links at left on PCS home page
3. SwimBC Home Page <http://www.swim.bc.ca/>
4. SwimBC Swim Guide <http://www.swimbc.ca/publications/swimguide/swimguidemain.asp>
5. SwimBC Parents' Resource Guide
<http://www.swimbc.ca/publications/swimguide/swimguidemain.asp?section=9>
6. SwimBC Time Standards <http://www.swim.bc.ca/timestandards/time.asp>
7. Swim - Natation Canada (SNC) <http://www.swimming.ca/>
8. SNC National Time Standards http://www.swimming.ca/swimmers_lane/index_e.asp?Cald=8&Pgld=129
9. SNC National Time Standards for Swimmers with a Disability
http://www.swimming.ca/swimmers_lane/index_e.asp?Cald=8&Pgld=168
10. BC Swim Coaches Association <http://www.swim.bc.ca/coach/bcsca.htm>
11. Canadian Swim Coaches Association <http://www.cscs.org/>
12. Canadian Centre for Ethics in Sport <http://www.cces.ca/>
13. SwimNews Online <http://www.swimnews.com/index.jsp>

This PCSPA Newsletter will be distributed on a semi-regular basis throughout the swim year. For up-to-date information on PCS and PCSPA activities, please contact your Coach or any PCSPA Board member, and stay in touch with the PCS-PCSPA web sites, at <http://www.integratedsports.net/pacificcoastswim/>.

PCS - PCSPA anticipate an exciting inaugural year and look forward to the challenges ahead!

PACIFIC COAST SWIMMING 2002 - 2003 REGISTRATION

A. Registration

Please fill in the registration form for each swimmer in your family.

If you are not sure which Swim BC insurance category or swim group applies to your swimmer, please contact one of the coaches (phone numbers / email addresses in newsletter above). Registration is at the BBQ/Sept camps, on-line, by phone at Geller Sports (479-0330), by mail (see below) or at the pool during the first week of training (September 16, watch the web site for details).

B. Payment

Each swimmer must pay the Swim BC insurance fee applicable to his or her swimming level. The most senior swimmer in your family pays 100% of the applicable monthly fees, additional swimmers pay 80% of applicable fees. Please provide cheques for the amounts shown in the fee tables below.

1. Register on-line or complete the attached form.
2. Follow the instructions below for payment:
 - Your September cheque should include the Swim BC annual insurance fee for each swimmer, Swim BC competitive license fee for each swimmer and first and last month registration fees (50% September, 100% June) for each swimmer.
 - Additional post-dated cheques from October 1, 2002 to May 1, 2003 for the monthly sum of all your swimmer(s) group fees.
 - Make cheques out to Pacific Coast Swimming and bring to BBQ, September Camp Registration, or mail to **Pacific Coast Swimming, 4512A West Saanich Road, Victoria BC, V8Z 3G4.**
 - Amounts under Part (a) above can be paid by Visa. Just phone the Geller Sports office at 479-0330.

C. Fee tables

Swim BC Category	Annual Insurance Fee	Competitive License
T Ten and Under	\$ 65	\$12
P Provincial	\$ 95	\$24
N National	\$125	\$36

PCS Swim Group	Monthly Fee
National	\$200
A	\$180
B	\$150
C	\$100
D (M/W/F/S)	\$80
D (T/Th/S)	\$60
Youth	\$65
Olympic Way	\$50
OG	Not Available
FF (once weekly)	\$15
FF (twice weekly)	\$25

PACIFIC COAST SWIMMING
2002 - 2003 REGISTRATION

Swimmer Information

Surname

First name

Mailing address
(please include postal code)

Telephone

Email

School, grade

Birthdate Day_____ Month_____ Year_____

Age at registration _____

Male Female

If swimmer competed previously, at what level? 10 and under (T) Provincial (P) National (N)

Training Group:

If swimmer was previously registered with another BC swim club, please give club name:

Parent Information

Surname

First name

Mailing address
(please include postal code)

Telephone

Email

Surname

First name

Mailing address
(please include postal code)

Telephone

Email

Pacific Coast Swimming encourages communication among swimmers, parents and coaches. Do you give permission for telephone numbers and email addresses to be circulated on a membership list?

Yes No

Note: This list will be circulated only to PCS / PCSPA members; it will not be posted on the Internet.

Parent(s) signatures

Date