



PACIFIC COAST SWIMMING



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND
WWW URL <http://www.pacificcoastswimming.com/>

2002-2003 YEAR IN REVIEW



SwimBC granted Pacific Coast Swimming club status in mid-July 2002. With about two months between sanction and first swim practise, lots of work needed to be done, and everybody pulled together. Congratulations to Ron, Rod and Mark, their colleagues Tomoko, Marlana, Sarah and Penny, of course Peter and Mitch, and not least, all our athletes, for a terrific first year.

Meet highlights

We hosted our inaugural meets, the Christmas Cracker and the WaveMaker, and the Canadian Inter-University Sport Swimming Championships. Our own meets were small, as we expected for new entries on the BC meet calendar, but successful nonetheless. The CIS Championships, which we co-hosted with the University of Victoria, with

whom we are proudly associated, were very well attended and ran without a hitch, unless you include the 400 IM World Record set by UBC swimmer Brian Johns as a (pleasant) disruption in spectators' and officials' heart rates. Along with the meets we hosted, PCS swimmers attended thirty-eight meets in three provinces and four countries, spanning club time trials and regional all-level meets to the international World Aquatic Championships in Spain and the World University Games (FISU) in Korea. Pacific Coast Swimming sent strong teams to both Provincial Short and Long Course Championships, and at both we finished in fifth place by total points. Not bad for a new team!

Individual achievements

PCS swimmers practised consistently and steadily throughout the year, with true discipline and dedication, through regular workouts and at swim camps in Victoria (Christmas Camp, Spring Break and three Turn Camps), Florida (B-group) and Costa Rica (A-group). All that hard work paid off with many new qualifying times, personal bests and meet medals.

Just a few of the year's highlights are as follows:
Karley Stutzel and David Creel were named Canadian Female and Male Open Water Swimmers of the Year, respectively, at the Canadian Nationals in November;
At the same time, Ron Jacks was named Canadian Open Water Coach of the Year;
Rod Barratt and Ron Jacks were named BC Swim Coaches Association 2001-2002 Age Group Coaches of the Year (14 and under, and 16 and under, respectively);
John Stamhuis won the Men's 200m Breaststroke at US Nationals in November;





Alyssa Bakken set a National Age Group 10 and Under Girls' 100m LC Backstroke best ever time at Provincial LC Champs in July;
 Craig Dagnall set Provincial records on three occasions for 12 and under Boys' 800m Freestyle (LC and SC);
 David Creel, Jesse Jacks and Philip Weiss were National SC medalists in November; Jesse Jacks was a medalist as well in the July National LC competition; Creel, Jacks and Weiss were in the medals again at the CIS Championships;
 Greer Jacks and Erich Schmitt were Western Champs medalists in February; Erich Schmitt and Hollis Roth both reached Senior National qualifying standards, and Ryan Clouston swam to the Youth National qualifying standard;
 Christin Petelski and Jesse Jacks won gold at Club Nationals in July; David

Vizsolyi, Ryan Clouston and Hollis Roth were Club National single age champions;
 Ron Jacks was Open Water Head Coach and with swimmers Karley Stutzel and David Creel represented Canada in Open Water competition at the World Aquatic Championships in Barcelona, Spain;
 Peter Vizsolyi was Head Coach and with swimmer Christin Petelski represented Canada at the FISU Games in Korea;
 Penny McCullouch-Barratt directed a terrific Elementary School Swim Program in a number of Greater Victoria schools;
 Many PCS athletes were also Regional and Provincial medalists (detailed in our SC and LC season posters); and
 We sported lots of new AA and AAA qualifiers throughout the year.

Other high points

PCSPA President Dean Crawford was inducted into the Canadian Olympic Hall of Fame. Dean was one of the 1984 Canadian Olympic Men's Eight Rowing Team, which came home with Olympic Gold;
 Peter Vizsolyi was celebrated at an Alumni Dinner for twenty great years (and more to come) as coach of the UVic Vikes Swim Team;
 First PCS Baby! Kali Lancaster in July; congratulations to Laura, Mark and sister Lia;
 Congratulations as well to Marlena Prill, now Marlena Stubbings, on her recent change in marital status; and
 Rolf Schmitt, PCSPA Board Member at Large, was elected President of the Vancouver Island Regional Swim Association.



Thanks -

Saanich Commonwealth Place for terrific staff and wonderful pool;
 Chris Hindmarch-Watson for a great web site;
 Photographer Jim Hockley for permission to use his photos, and
 PCS-PCSPA members and friends for other photos;
 PCSPA Board members, especially President Dean Crawford,
 and Meet Manager - Registrar Margaret Penning, for countless
 hours spent keeping things going ... swimmingly;
 Parents, friends, supporters, sponsors and volunteers, who work
 with PCS coaches to make this the best swim club possible for all
 our swimmers; and to all our athletes who make it worthwhile.

130+ swimmers and counting, and the new Lightning Fast Swim Series for our newest athletes. Here's to an even better 2003-2004 season - see you in the Fall.

IT WAS A VERY GOOD YEAR!

General Information - <http://www.pacificcoastswimming.com/>

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Coaching contacts

A-Group	Ron Jacks	477-2216
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B-Group	Rod Barratt	478-2095
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D-Group SCP	Tomoko Itami	885-7998
D-Group UVIC	Marlena Stubbings	595-1664
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Lightning Fast Swim Series, contact Saanich Commonwealth Place, phone 727-5300, or Pacific Coast Swimming, phone 727-9243.

Elementary School Swim Program, contact Pacific Coast Swimming, phone 727-9243.

The PCSPA Newsletter is produced on a semi-regular basis throughout the swim year; copies are available at the Saanich Commonwealth Place bulletin boards, the UVic McKinnon pool, 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 site.