



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, December 2003



2003 Christmas Cracker - Despite the distracting ferry turmoil, teams from Alberta, the Mainland and Vancouver Island attended, and a good time was had by all. Christmas crackers were randomly awarded to three swimmers in every preliminary heat and Santa himself was on hand to hand out some larger awards. The UBC Dolphins shattered two Twelve and Under Male

Canadian Relay records: they took a whopping 9 seconds off the Canadian 4 x 100 Medley Relay and also set a new Canadian standard in the 4 x 50 Medley relay. The UBC Dolphins 13-14 Woman's 4 x 100 Medley Team also set a new Provincial standard. **Thanks to everybody** for all your contributions of food, labour and, not least, good cheer, that made the Christmas Cracker such a success. We're all looking forward to next year (and regular ferry connections) to make this meet even better.

Canadian Swimming Awards - At the inaugural banquet held in Quebec City, 30 November 2003, Ron Jacks, UVPCSA Director of Swimming, was named Open Water Coach of the Year, Karley Stutzel was named Open Water Swimmer of the Year, and Stephanie Dixon was the Female SWAD Swimmer of the Year. Ron Jacks, Peter Vizsolyi and Rod Barratt were among 77 coaches across the country who received the Speedo Domestic Excellence Award. The high standard of our coaching staff was highlighted by the fact the UVPCSA garnered three of the four awards granted to Victoria club coaches. Congratulations Karley, Stephanie, Ron, Peter and Rod!!!

Welcome new coaches Jennifer Blattler (Masters), John Stamhuis (Varsity volunteer coach), and Melissa Sequeira (Lightning Fast). Welcome also to new Board member Patty Schmidt, who kindly volunteered to be the PCSPA Secretary for 2003-2004.

Upcoming Meets -Vancouver Island Regional Short Course Championships, hosted by UVPCSA - watch for messages over the next while about how you can help at the upcoming VIR SC Championships, which take place 16-18 January 2004 (Friday through Sunday).

Canada West University Championships, co-hosted by UVic and PCS - 24-25 January 2004. This is a great meet for our age group swimmers to see some of the best swimmers in Canada compete. Last year we co-hosted the Canadian University Championships (CIS), and watched a World Record set by UBC's Brian Johns. Who knows what records might fall this January?? Please come out to this meet, lend us a hand, and take part in the excitement.

In January also watch for UVPCSA swimmers at the Sprint and Distance Meet (9-10 January) and the Senior Circuit #2 (18 January). The PCS Meet Results Page will link to results for all these meets.

Stroke and Turn Clinic - Contact Margaret Penning, our Meet Manager and Senior Officials Chair, if you are interested in attending this clinic prior to the VIRs (mpenning@pacificcoastswimming.com).

January Skills Camp: Race Preparation - just in time for the Vancouver Island Regional Championships, there will be a race preparation camp on Sunday January 11, 2003 at UVic's McKinnon Pool, from 8am - 11am. Watch for additional information online and from your coach.

Check out the Web Photo Store - The Photo Store contains professional photographs by local photographers Neil Hodge and Jim Hockley. Included are photos from our Awards Night and Fun Swim, the Pacific Cup Invitational, 2003-2004 PCS Team Pictures, and the 2003 Christmas Cracker. You'll find a PCS-PCSPA email news with the web address at your email inbox. If you are a PCS-PCSPA member and have not received the email news, please send a message to pcspa@pacificcoastswimming.com and let us know your email address.

The next Board Meeting will take place on 21 January 2003 (Wednesday) at 745pm in the Pacific Sport Board Room at Saanich Commonwealth Place. All PCSPA members are welcome to attend. Please confirm time and location with any Board member prior to the meeting.



NOTICE BOARD

PCS-PCSPA members - to post notices on the newsletter notice board, please email pcspa@pacificcoastswimming.com.

VCR or television looking for a new home? We would like to set up a second underwater video station. If anyone has a 4head VCR and/or a 24-27" television that they would be willing to donate, it would be greatly appreciated. Please contact Peter Vizsolyi (pvizsolyi@pacificcoastswimming.com).

Recycling – Save your phone books and all your holiday recycling bottles and containers for our mid-January bottle drive. Watch for details online and from your coach. Also, remember you can take your recycling on a regular basis to the Sidney Bottle Depot (10025 Galaran Road, Sidney BC, phone 655-4878) and ask them to credit PCSPA. Save your receipt and pass it on to your coach, or Pennie Scott, PCSPA treasurer. This is a simple way to raise money for our kids' swimming, so keep those bottles and cans rolling in.

Equipment – contact Kathella Stevenson (kstevenson@pacificcoastswimming.com) to order PCS gear (bathing suits, caps, sweat shirts, t-shirts, parkas, etc.) and as well, goggles, training suits and the like. The equipment order form is available on the web at <http://www.pacificcoastswimming.com/documents.htm>.



Coaching contacts

Group	Coach	Telephone	Email
A-Group	Ron Jacks	477-2216	rjacks@pacificcoastswimming.com
Vikes	Peter Vizsolyi	-	pvizsolyi@pacificcoastswimming.com
B Group	Rod Barratt	478-2095	rbarratt@pacificcoastswimming.com
C-Group	Mark Lancaster	721-5845	mlancaster@pacificcoastswimming.com
D-Group SCP	Tomoko Itami	885-7998	titami@pacificcoastswimming.com
D-Group UVIC	Marlena Stubbings	595-1664	mstubbings@pacificcoastswimming.com
OW	Sarah Sinclair	472-7215	ssinclair@pacificcoastswimming.com
Lightning Fast	Stephanie Koczka	-	skoczka@pacificcoastswimming.com
	Melissa Sequeira	-	msequeira@pacificcoastswimming.com
Masters	Jennifer Blattler	-	jblattler@pacificcoastswimming.com
Fast Track	Ron Jacks	477-2216	rjacks@pacificcoastswimming.com
	Rod Barratt	478-2095	rbarratt@pacificcoastswimming.com
	Marlena Stubbings	595-1664	mstubbings@pacificcoastswimming.com

GENERAL INFORMATION - <http://www.pacificcoastswimming.com/>

Pacific Coast Swimming - Pacific Coast Swimmers and Parents Association 727-9243 or 479-0330

Email PCS General Manager Mark Lancaster mlancaster@pacificcoastswimming.com; Email PCSPA pcspa@pacificcoastswimming.com

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

Lightning Fast Swim Series, contact Saanich Commonwealth Place, 727-5300, or Pacific Coast Swimming, 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.