



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, January - February 2004

January was a busy month here at UVPCSA and Commonwealth Pool... we hosted the Vancouver Island Regional Short Course Championships in mid-January, and the following weekend with UVic we hosted the Canada West University Championships (CWUAA's). We also attended the Coho Sprint and Distance Meet, and geared up for all the meets with a Race Preparation Camp at UVic. February saw us attending the Provincial Short Course Age Group Championships and our own Time Trial, and getting ready for the Western Canadian Championships. Here are the news and notices to date.

SWIM MEET NEWS

For complete news and results, check our news and meet results pages on the web site.

The Coho Sprint and Distance Meet in early January

produced lots of new best times for our swimmers: Tyler Hoesly took more than a minute off his previous best 1500 free swim; Cole Barratt took 32 seconds off his 400 free swim; and Sarah Kahale and Travis Graetz had 100% best times. Everybody made a best time in at least one event, and most had 50% or more best times. Congratulations on achieving results with all your hard work!



Moving to the Vancouver Island Regional Short Course Championships (16-18 January), first we'd like to thank everybody for pitching in and making the meet such a success. Thanks especially to those volunteers who fed us so well, and to volunteers from other clubs for helping out with timing.

Highlights of the meet have to include the two **world records** (in 200IM and 400IM SWAD) set by UVPCSA swimmer

Stephanie Dixon. "I had some unbelievable swims," said Dixon recalling her races. "Moments like this confirm that I've made the right decision of coming to train with UVic and PCS." Times improved for swimmers from all over Vancouver Island. Here is a sampling of achievements from UVPCSA athletes:

Alyssa Bakken and Michael Goulding both won nine medals in nine events;
Kristina Phillips was a finalist in nine of nine events entered, winning three medals;
Jayme Weiner won eight medals in eight events, including four gold;
Ashkaun Forghani won two gold and one bronze medals;

Alison Hooper and Craig Dagnall were both finalists in eight of eight events entered, winning three and five medals respectively;
Jovanna Ruffolo took bronze in the 800 freestyle and 200 backstroke;
Chris Koziol Neumann took bronze in 200 breaststroke;
Brian MacArthur brought home gold and silver in 100 and 200 breaststroke swims;
Tyler Hoesly won bronze in 1500 freestyle;
Tyler Smith won seven medals in nine events, including gold in 100 butterfly; and
David Vizsolyi won eight medals in nine events, five of them gold.

The following weekend at the Canada West University Athletic Association (CWUAA) Championships

Karley Stutzel dominated the women's 800 freestyle, to win in a new CWUAA record of 8:41.24; she also won gold in the 400 freestyle. Stutzel was rewarded for her exceptional distance swimming by being selected as a Canada West All-Star. Colleagues David Creel and Danielle Bell also won individual medals through the meet, and Adam Slater qualified for CIS Championship in March, as did Stephanie Dixon, who qualified with an able-bodied time in the 200 backstroke. The women's relay team of Stutzel, Erika Hunzinger, Bell and Laina Steeple took bronze in both 400 and 800 freestyle relays. Thanks to our dedicated volunteers (including lots of our aspiring younger swimmers) who worked long hours supporting the University athletes at this meet.

Messages from participants at the CWUAA's-

From a swimmer- I just wanted to write a note to thank all of the parents and swimmers who helped out at the Canada West Championships this past weekend. Many of us are from far away and our parents can't help out, so we really appreciate that you take time out of your busy schedules for us. Dave Macdonald

From a coach- Thanks for a great meet. Andrew Moss, University of Lethbridge

And an official- A great meet ... thanks, Paul Jenkins





As for the AAAs (Provincial Championships),

this just in from field reporter Dave Bakken: UV-PCS returned from the 2004 Provincials with some great swims posted, and once again we

placed among the top five teams in the province.

Day one saw a number of UV-PCS swimmers complete the distance events, 800 free for women and 1500 free for men. The men's 1500 free proved to be a milestone swim for Greer Jacks who qualified with a Senior National time of 16:06.04 for second place overall. Ryan Clouston swam a 16:31.06 for fourth place in his first event. These swims were the start of a great meet for both Greer and Ryan. Craig Dagnall, and David Vizsolyi both swam best times in the 1500 free easily making the 1500 club national standards for their age groups. Alyssa Bakken finished first in the women's 12 and under 800 freestyle, in 9:40.75. Alison Hooper, Hollis Roth, Jovanna Ruffolo, Julia Schmidt, Stephanie Scott and Jayme Weimer all posted best times in their 800 free swims. Congratulations everyone, all that hard work is paying off!!

As the meet progressed, Greer Jacks and Ryan Clouston continued their individual events with a number of great swims. Greer posted 1st place finishes in the men's 17 and under 100, 200 and 400 freestyle and the 100 fly, with another silver medal in the 50 freestyle. Ryan swam to two very exciting 3rds in the 200 breaststroke and the grueling 400 IM, also posting a best time in his 100 breaststroke. Hollis Roth took silver in the women's 17 and under 200 freestyle, and bronze in the 200 butterfly. Alyssa Bakken

added gold medals in the women's 12 and under 100 and 200 backstroke.

Craig Dagnall and David Vizsolyi swam the 200 fly final with David touching for the Bronze medal in a "not" so unexpected finish for 3rd. Samantha Ivanova posted a personal best time in her 400 freestyle, Marija Kopac swam to a personal best in her 200 IM, and Iza Labbe swam a 1:13.73 in her 100 fly for another best time. Andrea Vizsolyi, attending her first Provincial AAA's, swam a great relay leg and improved almost 10 seconds on her 400 IM. Rounding out our team were Ashkaughn Forghani, a finalist in four events, Brian MacArthur, Christopher Koziol Neumann and Tyler Smith who all posted several best times.

All in all it was a very exciting and entertaining weekend for all parents attending. Keep up the good work everyone, you are developing a strong contingent of parent "swim fans" (the good kind!!).

Congratulations to all UVPCSA qualifiers and competitors at recent championship meets. Will your name be on the lists next year?!!

The February Time Trial - was lots of fun, as usual. Congratulations to everybody on their swims, especially first-time swimmers who learned A LOT about how to swim in a meet. Special thanks to Referee Pat Gilmour, who always has time to talk to swimmers. Dave, you did a great job as Time Trial Meet Manager! Watch for the results on our web site.

The Western Canadian Championships take place in Vancouver at the Vancouver Aquatic Centre, February 19-22, 2004. Watch for results from the UVPCSA team. The SwimBC web sit for the meet can be found at http://www.swim.bc.ca/features/index.php?feature_id=24.



GENERAL NEWS

Swimathon!! It's almost time for swimming's annual fundraising exercise (and it is exercise!), the Swimathon. This year's event will take place at UVic's McKinnon Pool on 3 April 2004. There will be a pancake breakfast for all, and prizes for top fundraisers. Watch for forms and additional information from your coaches.

Silent Auction - We will be having a Silent Auction on May 1, 2004, in conjunction with an International Diving event. We are asking all families to contribute four items. More details to follow from your coaches.

Fast Track Swim Program (after school team swimming) begin 23 March 2004.

Registration includes t-shirt and swim cap. Swim once a week, Wednesday 245 - 345pm, or twice a week, Tuesday and Thursday 730-815am. Contact us for more information at 727-9243.

Lightning Fast Swim Series at UVic - a program for beginning competitive swimmers. If your child is aged 5 or older and is able to swim 15M on their front, or has completed AquaQuest Level 5, this is the program for you.

Contact us at 727-9243 and see our web site <http://www.pacificcoastswimming.com/lfss.php> for more information about the Lightning Fast Swim Series.

Freestyle Stroke and Turn Clinic, Friday 9 April 2004

11 and over participants - 8am to 11am
10 and under swimmers - 9am to 11am
UVic McKinnon Pool, Watch for details from your coach.

Web Photo Store - has shifted locations a couple of times in past months, as we find its best location. The Photo Store contains professional photographs by local photographers Neil Hodge and Jim Hockley. You'll receive a PCS-PCSPA email news with logon ID and password in your email in-box. 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.

Recycling News - Save up your old phone books and bring them to the SCP booth office for recycling! We should be having a bottle drive soon. All those meets we ran in

January simply drove all bottle drive thoughts from our collective consciousness. 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.

WADA anti-doping regulations - As of January 1, 2004, the new World Anti Doping Code has been adopted and is being firmly adhered to by FINA. Check out our web site for further information at <http://www.pacificcoastswimming.com/News%20Page.php#Doping%20Information%20Update%20from%20WADA>.

The next Board Meeting will take place on 18 February (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 – 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>.

SwimBC Cash Calendars – winners of the daily draw are posted at http://www.swim.bc.ca/cash_calendar/.

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.