



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, June 2004



The end of June is nearly upon us, and it was a busy one, with swimmers competing in two Time Trials, the Nanaimo Outdoor Meet, the Janet Evans Invitational in Los Angeles and the Vancouver Island Long Course Championships. Numerous best times, and new AA, AAA and Club National times are the result, not to mention lots of great swimming and fun had by all.

July and August promise a flurry of activity, as they bring the Summer Nationals in Etobicoke (this year these are the Olympic Trials), the Provincial Long Course Age Group Championships (here in Victoria, hosted by us!), Club Nationals (in Winnipeg), the Moses Lake Invitational (in Washington) and the annual Thetis Lake Open Water event ... and the Olympics and Paralympics in Athens in August and September.

Good luck to everybody in these final meets of the season, including and especially swimmers attending Summer Nationals – Olympic Trials!

Don't forget to mark your calendar for the 3rd Annual Fall Registration and Barbeque on 10 September 2004 (Friday) at the Beaver Lake Park BBQ area (new location! Check out the web site for a map). We'll start at 5pm (or whenever you get there).

Don't miss the End of Season BBQ - The Masri Family has graciously offered to host the Pacific Coast Swimming end-of-the-year barbeque, on Saturday, July 3rd from 5:00pm onwards. Please bring your own non-alcoholic beverages and a contribution to either salad or dessert.

SWIM MEET NEWS

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

Vancouver Island Long Course Open Age-Group Championships featured some stellar swims, including new Club National qualifier Nicole Crawford, and new AAA qualifiers William Yolland, Andrea Vizsolyi and Samantha Ivanova. A smattering of results: Alyssa Bakken, Tyler Smith, David Vizsolyi and Jayme Weimer each finished in the top three in all their races. Alyssa took Gold in both 100m and 200m Backstroke; Tyler won Gold in the 100m Butterfly, doubling up on his 100 Fly win at Short Course VIRs from January. David took Gold in the 100 Butterfly, while Jayme racked up Gold in no less than *four* races: the 50m, 100m and 200m Freestyle, and 100m Backstroke. PCS Medalists also included Ryan Clouston, Nicole Crawford, Craig Dagnall, Stephanie Dixon, Ashkaughn Forghani, Tyler Hoesly, Alison Hooper, Jesse Jacks, Greer

To help with planning please let your coaches know if you will be attending. **Directions:** The Masris can be found at 1470 Sumac Drive in North Saanich. Follow the highway out to the overpass just before the Swartz Bay Ferry Terminal. Exit the highway, and go over this overpass to Lands End Rd. Proceed down Lands End to Oceanspray Dr and turn left. Proceed to Sumac Drive. Parking on the driveway will be tight so please consider parking on the road and walking up to the house.

Volunteers needed for Provincial AAAs – we are hosting the Provincial Long Course Championships in July. This is a seasonal high-point for our Provincial swimmers, and great place for our younger swimmers to observe their next level of swimming. Participants descend from across the province, and as you can imagine, the meet requires a lot of volunteers. Please respond positively to requests for help, or better yet, send a message to our Meet Manager and Co-Officials Chair, Margaret Penning (mpenning@pacificcoastswimming.com), to let her know when you can help. We can use everybody's talents – no age limits apply.

Thanks to everyone for a great year, and we look forward to seeing you in the Fall. Our pool time at Saanich Commonwealth Place and UVic is secure, and swim schedules are nearly finalized. Contact your coach or PCS General Manager Mark Lancaster (mlancaster@pacificcoastswimming.com) for further information about Fall Registration, and stay in touch with our web site. Group schedules will be posted on the web prior to the Fall Season, along with 2004-2005 registration forms.



Jacks, Christopher Koziol Neumann, Jennifer Lock, Kristina Phillips, Hollis Roth, Jovanna Ruffolo, Erich Schmitt and Laina Steeple. Top-8 finishers were Katie Humphries, Samantha Ivanova, Sarah Kahale, Evan Letkeman, Julia Schmidt, Stefanie Schmidt, Trevor Smith, Andrea Vizsolyi, William Yolland and Mary-Claire Zachernuk. We're pleased to see lots of 10-and-under and 12-and-under names in those lists. Keep up the great work! Strong swimming isn't only good for you - you're also providing terrific role models for our new and aspiring swimmers.

IN OTHER NEWS...



PCS Head Coach Ron Jacks has been named to the 2004 Canadian Paralympic Team Coaching Staff, and has been designated the Canadian National Open Water Coach. Congratulations Ron!

Congratulations to senior swimmer and World Record holder Stephanie Dixon, who is pre-qualified to the 2004 Canadian Paralympic Team. Watch for Stephanie's results from Athens in September.

Putting a name to a new face amongst the senior swimmers - Nathan O'Brien first trained with Ron in Summer 2000. A family move to Texas intervened, but Nathan is back with us prior to the Canadian Olympic Trials. Turns out training with Ron is a family tradition for the O'Briens - Nathan's mom, Lisa Geary O'Brien, was coached by Ron to the 1976 Montreal Olympics. At the recent Janet Evans Invitational in Los Angeles, Nathan took a bronze in the 200 Backstroke amidst tough competition. Congratulations and best of luck at Olympic Trials!

During these traveling months, remember that under-18 year old swimmers need notarized **letters of permission** signed by both parents to cross the international border, particularly if swimmers are traveling with the team. Just ask your coach or an experienced parent for help if you've never written one of these. Remember to purchase out-of-country health insurance as well, and make sure your passports (the best identification for the border) are up-to-date.

SUMMER SWIM LESSONS AND PROGRAMS

Masters Swimming - every Tuesday and Thursday from 8-9pm. Contact Rod Barratt at 478-2095 or email him (rbarratt@pacificcoastswimming.com) for more information.

Summer Saturday Swim Lessons!! Pacific Coast Swimming is offering Summer Saturday Swim Lessons at UVic at the McKinnon Indoor Pool from 9:30 to 1:00pm. Lessons offered include Lightning Fast Swim Series Levels One-Two-Three (ages 5-10), and Tykes (ages 4-5) and Super Tykes (ages 5-6). This new program is based on the Swimming First philosophy; all programs are transferable to AquaQuest Skills. **Dates: July 3 to August 14.** For more information, contact Pacific Coast Swimming at 727-9243.

Lightning Fast Swim Series at Commonwealth Place!! Due to an unexpected error, this summer's Lightning Fast sessions at Saanich Commonwealth Place were not included in the Summer Parks and Recreation Calendar. You can still register for the following classes through the SCP registration telephone number 727-5300. **Dates: July 6-29 and August 3-September 2.** For more information see our web site (<http://www.pacificcoastswimming.com/lfss.php>) or contact General Manager Mark Lancaster at 727-9243 or mlancaster@pacificcoastswimming.com.

The **PCS Olympic Way** program will continue through July at UVic indoors, Monday and Friday 5:00 - 6:00pm.

Outdoors at UVic - If being inside during the summer doesn't appeal to your family, why not try Lightning Fast or Olympic Way in the outdoor pool at UVic? A number of classes are offered from June 28 through to August 20. More information is available on our web site (<http://www.pacificcoastswimming.com/lfss.php>) or contact General Manager Mark Lancaster at 727-9243 or mlancaster@pacificcoastswimming.com. You can register by calling UVic at 721-8406.

PCS Summer Swim Camps (<http://www.pacificcoastswimming.com/pcsummercamps.php>)

For Swimmers Already in a Competitive Swim Program (Summer or Winter)

Week-Long Camps 23 - 27 Aug 2004 and 30 Aug - 3 Sep 2004

Weekend Camps 11 - 12 Sep 2004 and 18 - 19 Sep 2004

Pacific Coast Swimming will be holding High Performance Summer Swim Camps geared for athletes wishing to get a head start on the season. The camps will consist of extensive stroke drills with videotape feedback to aid swimmers in making stroke corrections. There will be a low coach to athlete ratio to ensure all swimmers get maximum benefit from each session. Camps will also feature other topics such as correct nutrition and race preparation. Week-long camps will also have an optional afternoon component of another athletic component such as rock climbing or kayaking (to be announced). For information or to register, phone 727-9243 or email Mark at mlancaster@pacificcoastswimming.com.



Vikes Summer Camp Information (<http://www.pacificcoastswimming.com/summercamps.php>)

PCS is proud to announce that for the second year, UVic has asked us to provide coaching expertise for their swimming related Summer Camps. Three types of camps exist this year: a fun-filled co-ed **Stroke Improvement** camp for children 8-12; a **Peak Performance Camp** with interactive activities in nutrition, sport psychology, exercise training, motor control and human anatomy for children 10-15; and a **Strokes and Strides** camp that combines swimming and running components for upcoming 10-15 year old tri-athletes. Check out the SCP and McKinnon bulletin boards for more information, and the Vikes summer camp page on our web site, listed above.

NOTICE BOARD

To post notices on the newsletter notice board, email pcspa@pacificcoastswimming.com

Officials' Clinics before July Provincials - We will be offering officials' clinics before we host the July Provincial Championships, including **Stroke and Turn** and **Timing Clinics**. Watch for notice of days and times via the bulletin boards and the email news, and please attend these clinics.

Nominations for next year's Board of Directors are welcomed - If you have comments, contributions, questions or an irresistible urge to serve, please contact Nominating Committee Chair, Margaret Penning (mpenning@pacificcoastswimming.com). And speaking of **Board Meetings**, please remember that all PCSPA members are welcome to attend. Times and locations are posted on the web and included in newsletters (see below), or you can ask any Board member.

The next Board Meeting will take place on **21 July 2004** (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, or check our web site. (Please note we occasionally relocate to the Aquatic Classroom.)

Pictures wanted! With more and more digital cameras doffing their lens caps around the pool, we're hoping that you'll be willing to share those great photographs. If so, you can send the pick of the crop to our webmaster (webmaster@pacificcoastswimming.com) to include on the web site and in newsletters.

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>.

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.

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).

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	Stephanie Koczka	-	skoczka@pacificcoastswimming.com
	Tomoko Itami	-	titami@pacificcoastswimming.com
D-Group UVIC	Marlena Stubbings	595-1664	mstubbings@pacificcoastswimming.com
	Danielle Gudgeon	-	dgudgeon@pacificcoastswimming.com
OW	Sarah Sinclair	472-7215	ssinclair@pacificcoastswimming.com
Lightning Fast	Stephanie Koczka	-	skoczka@pacificcoastswimming.com
	Melissa Sequeira	-	msequeira@pacificcoastswimming.com
	Jennifer Blattler	-	jblattler@pacificcoastswimming.com
Masters	Jennifer Blattler	-	jblattler@pacificcoastswimming.com
Fast Track	Ron Jacks	477-2216	rjacks@pacificcoastswimming.com
	Rod Barratt	478-2095	rbarratt@pacificcoastswimming.com
	Mark Lancaster	721-5845	mlancaster@pacificcoastswimming.com

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

Elementary School and Fast Track Swim Programs, contact Pacific Coast Swimming, 727-9243.

Lightning Fast Swim Series, contact Saanich Commonwealth Place, 727-5300, or Pacific Coast Swimming, 727-9243.

Pacific Coast Swimming and 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

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