



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, March-April 2004

Since our last newsletter, UVPCS swimmers competed at the concluding swim meets of the Short Course (25m pool) season, and the Long Course (50m pool) season has begun. Our younger swimmers traveled to Qualicum Beach for the annual Ravensong All-Level Swim Meet, and the BC Winter Games, while our Senior UVPCS swimmers attended the Western Canadian Championships and the Canadian Inter-University Championships (CIS) in Toronto. The long course season began this year with the Senior Circuit Championships in mid-March; it continues through the Canadian Olympic Trials in July, and of course the Olympic Games in Athens. Closer to home, in fact, at home, UVPCS is hosting the Team Aquatic Supplies (TAS) Provincial Age Group Long Course Championships in July. And, in addition to swim meets, we're also looking forward to the First Annual Silent Auction, Swimathon, swim camps, new Fast Track swimmers and more. Take your mark!



SWIM MEET NEWS

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

Ravensong All-Level Swim Meet



The Ravensong meet was a lot of fun in a great location, Qualicum Beach and the Ravensong Aquatic Centre. Here are some excerpts from the results: Eight-year old Genna Bertrand took 10 seconds off her 100 Backstroke previous best time, nine seconds off her 50 Freestyle and seven seconds off her 50 Butterfly best. Chris Koziol-Neumann finished in the top three in all seven of the races he swam. Victoria Kondrak swam personal bests in 3 of 5 events. Ten-year old Kristina Phillips lopped six seconds from her 200 Freestyle and three seconds from her 400 Free. Aidan Roth took four seconds from both 100 and 400 Freestyle events, while ten-year old Trevor Smith lost eleven seconds from his 200IM and eight from his 100 Backstroke (where did they go?). Andrea Vizsolyi's 200IM is now missing six seconds from her previous best, and nine-year old Brendan Ward dropped a whopping twenty seconds from the same event. Great work everyone!

UVPCS at the BC Winter Games

David Bakken - Field Reporter

Photo from the Games web site www.portalberni2004.com

Many of the Province's top age 14 and under swimmers attended the B.C. Winter Games from February 26th to the 29th at the Echo Center Pool in Port Alberni. The Zone 6 Team, representing Vancouver Island and the Sunshine Coast, included five UVPCS swimmers: Craig Dagnall, Ashkaughn Forghani, Brian MacArthur, Jovanna Ruffolo and David Vizsolyi. David earned silver medals in the 200 fly and 400 free, and a bronze in the 200 free. Ashkaughn captured bronze medals in the 50 and 100 freestyle races. Jovanna, Craig and Brian swam with Zone 6 relay teams and posted several best times on individual swims. The UVPCS gang also had a chance to experience an Athlete Village atmosphere that surely helps prepare them for future Games. Congratulations to Jovanna, David, Brian, Craig and Ashkaughn for their performances at the 2004 BC Winter Games!





Western Canadian Championships

Photo from the Westerns web site

www.pacificdolphins.com/meets/2004/western/
Eleven-year old UVPSC swimmer Alyssa Bakken broke her first Provincial Record in Vancouver at the Western Canadian Championships. Alyssa, who qualified to attend Westerns during January's Vancouver Island Regional Championships, and was the youngest swimmer at the meet, broke the 11-12 Girls' Provincial Short-Course Backstroke record with a time of 2:25.66. Somehow, we don't think it will be her last. Alyssa just turned 11 in November and has almost two more years in the 11-12 age group

to see what she can do! Congratulations, Alyssa!!

Stephanie Dixon from the University of Victoria also continued her record-breaking season, with two more assaults on the World Short Course Records for Swimmers with a Disability. She broke the 400 Freestyle record with a time of 4:47.28 and her own 200IM record (just set in January, 2004), with a time of 2:38.17. Unfortunately, Stephanie was sidelined for two days at the meet due to illness, or we suspect more records would have been demolished. Stephanie now holds eight Short Course World Records in addition to four Long Course World Records.

Other UVPSC swimmers also put in fine performances. Hollis Roth, age 15, ended the meet with four medals, including silver in both 200 Butterfly and 1500 Freestyle and bronze in 400 and 800 Freestyle. She also finished in the top eight for 100 Butterfly (4th), 50 Butterfly (5th), and 200IM (6th). David Creel came home with three bronze medals in the 400IM, 800 Freestyle, and 1500 Freestyle events, a 5th in the 400 Freestyle and 7th place in the 200 Butterfly. Additional swimmers who made finals were Jennifer Lock, who finished 5th in the 50 Freestyle, Ryan Clouston who was 5th in the 400IM and 7th in the 200 Breaststroke, Erich Schmitt who came in 6th in the 200 Backstroke, and Greer Jacks who finished 7th in the 100 Freestyle.

Canadian Inter-University Swimming Championships

Photo from the CIS web site www.universitysport.ca/e/championships/swimming/2004

Day One of the 2004 CIS Swimming Championships at the University of Toronto saw first year swimmer Stephanie Dixon add another World Record to her resume. Swimming in front of family and friends in her hometown of Toronto, Dixon finished in 5:32.38, breaking her own World Record by four seconds. Dixon qualified for the 2004 CIS Swimming Championships by swimming to the universal time standard earlier this year. Rookie Erika Hunzinger had a great performance in the 50 Backstroke, swimming to a fourth place finish in the consolation final. Hunzinger

had posted a new personal best time in the morning preliminaries, dropping more than one second off her previous best. Karley Stutzel placed second, and Danielle Bell was fourth, in the consolation final of the 200 Freestyle. The Vikes' only "A" Final on the first day of competition came from David Creel in the 400 IM. Creel placed fifth overall behind a clean sweep of the medals by the University of Calgary. In the 400IM consolation final, rookie Erich Schmitt finished third (11th overall) and fifth year Dave MacDonald fifth (13th overall).

On Day Two, Karley Stutzel won the bronze medal in the women's 400 Freestyle in a time of while Danielle Bell finished in seventh. On the



men's side David Creel placed 5th in the 400 Freestyle final. UVic had two women contesting the 100 Backstroke tonight as rookie Erika Hunzinger placed 8th in finals in a time of 1:05.48, after posting a personal best time in the morning preliminaries of 1:04.82. Laina Steeple placed third in the consolation finals in a time of 1:05.31. Stephanie Dixon continued her record-breaking performances swimming to another World Record. Dixon followed up her 400 IM world mark with a new World Record in the 100 Backstroke in a time of 1:08.95.

The 4x200 Freestyle Relays saw UVic place fourth in both the men's and women's events. Stutzel, Bell, Hunzinger and Steeple swam on the women's team, while Creel was joined by Erich Schmitt, Dave MacDonald and Adam Slater on the men's.

Day Three saw Karley Stutzel win her second bronze medal, this time in the women's 800 Freestyle; Danielle Bell was fifth. Rookie Erich Schmitt swam to a fifth place finish in the men's 200 Backstroke. Fifth year graduating swimmer Dave MacDonald swam the B-Final and finished 14th overall. On the women's side, Danielle Bell placed 8th in the 200 Backstroke. Laina Steeple finished 15th, from the consolation final. David Creel placed 6th in the 1500 Freestyle final.

At the close of the meet, Stephanie Dixon was awarded an honorary All-Canadian. UVic Vikes swimmers placed 8th among the women's teams and 11th position amongst men's teams.

BC Senior Circuit Championships

BC Senior Circuit Championships in March wrap up the three Senior Circuit meets, which begin October each swim season, and they are always long course (that is, they take place in a 50m pool). So, that is why there is championship meet at the *beginning* of the long course season. The Senior Circuit is attended primarily by University and other senior BC swimmers. This meet yielded some good early LC season results for UVPCS swimmers. David Creel brought home two silver medals (400 Free and 400 IM) and a bronze (1500 Free), while Christin Petelski took bronze in the 100 Breaststroke, and Erich Schmitt won bronze in 100 Backstroke. Other top-8 finalists included Danielle Bell, Ryan Clouston, Hollis Roth, Laina Steeple and Karley Stutzel.

IN OTHER NEWS...

UVPCS athlete Stephanie Dixon awarded UVic Outstanding Female Athlete of the Year

<http://web.uvic.ca/atrsweb/vikes/>



In her first year swimming with the Vikes, Stephanie Dixon was an unbelievable performer and leader. Holder of 13 World Records, 5 World Championship Gold Medals, and 5 Paralympic Gold Medals, she has been an inspiration to the whole team. She chose UVic while attending the 2002 Commonwealth Games in Manchester and began her varsity swimming career here this fall. Born with only one leg, she has not only competed and won the most prestigious International levels, she has challenged herself with goals that many able-bodied athletes are unable to achieve.

In January at the Canada West Championships here in Victoria, Stephanie achieved her dream goal of attaining the CIS qualifying standard in the 200m Backstroke. At the CIS Championships, she was awarded an honorary All-Canadian for her performances over

the course of the weekend, breaking two world records and narrowly missing a third in the 400m Freestyle. Not only is Stephanie a great competitor, she is a great leader and an example of what you can accomplish based in desire, determination and the willingness to defy traditional logic.

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.

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

Registration includes t-shirt and swim cap.
Contact us for more information at 727-9243.

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.

The next Board Meeting will take place on 21 April 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.



First Annual Pacific Coast Swimming Silent Auction & Dinner Fundraiser

Tickets \$25 per person

Tickets include diving competition, pasta dinner, wine, slide show, fabulous auction items, music and dessert/coffee

On the web: www.pacificcoastswimming.com/silent_auction.php



Rumor has it that Coaches Can Cook!

PCS Coaches are supplying an auction item which consists of preparation (at their homes), cooking (at your home for four people), serving (including wine, in fashionable attire), dessert (something fabulously rich and sinful), and clean-up (bring on the aprons). This will be a fun item to bid on!

Families are requested to find 3 items (or more...) for the auction. If you collect five or more, you will be entered in a draw for a great prize. Visit the businesses that know or employ you to request merchandise, gift certificates, or services. There is a letter to use when you ask for donations; ask your coach or email pcspa@pacificcoastswimming.com for a copy. PLEASE confirm your auction ideas with Patty Schmidt (pschmidt@pacificcoastswimming.com) or Mark Lancaster (mlancaster@pacificcoastswimming.com) prior to soliciting businesses, to avoid duplication. Mark and Patty will be able to tell you if another club member has contacted the business already. If the name of the business begins with A through M, call or email Mark; if N through Z, contact Patty. Once you've spoken with Mark or Patty for the go-ahead, contact your businesses (remember you can use the letter), and then let Patty or Mark know how successful you were, so we can keep the prize list up to date. Watch the PCS website for regular updates on secured auction items. Mark and Patty also have a great idea list, if you are stuck as to what kind of items might be appropriate for the auction.

You can work with another swim family to create a mind-blowing basket of fun - for a child, a gardener, a chef, an artist, a frazzled mom, a new mom, someone sick, in love, in transition. The basket could be a pick-me-up, or a calm-me-down, creative, innovative, mind expanding, for a picnic, for music lovers, book lovers, pet lovers, swimmers, runners, climbers, kayakers, and other outdoor enthusiasts. It can be designed to satisfy chocolate cravings or lottery lurings. It could send the lucky purchaser to the theatre, to a new food experience, or to classes in cooking, pottery, or the arts. It could sort a room, clean an attic, fix the yard, or afterwards deliver a touch of massage. This is a fabulous way to put that plethora of baskets you have in the closet back into action! **If you like the basket you create, remember you can even bid on it yourself. Feel free to add to the list! What would you bid on at a silent auction? Let us know.**

We would like to make each item visually pleasing when on display at the auction. If you feel inclined to create a display for your items that will catch the bidder's eye ... it would be much appreciated. If you are making a display for gift certificates, please photocopy the gift certificate, use the photocopy for the display, and submit the authentic gift certificate to Mark or Patty.

All auction items must be submitted on or before April 17 at swim practise.

For each item we would like you to submit to Patty or Mark the following information:

1. Identify and describe the item (including its value)
2. Identify the donator/contact, and
3. Address an envelope for when we send out thank-you letters.

Of course, we will need volunteers:

- | | |
|----------------------------|---|
| 1. Family Calling | 8. Assistant Cashiers |
| 2. Preparation on April 25 | 9. Raffle Table |
| 3. Event Set-up on May 1 | 10. 50/50 ticket sellers |
| 4. Cut Flowers | 11. Auction Item Closer |
| 5. Candles | 12. Food Service Assistants (with FoodSafe) |
| 6. Desserts | 13. Master of Ceremonies |
| 7. Head Cashier | 14. Program |
| | 15. Cleanup |

So, to summarize:

1. Call/email Mark or Patty with name of business you are going to ask for donation
2. Ask businesses for merchandise, gift certificates, or services (use letter)
3. Call Mark or Patty to let them know items you have for donation
4. Make display for auction items (optional!)
- 5. Tell lots of friends to buy tickets to the auction!!**
6. Let us know what volunteer position you can fill.

We are relying on the support of our athletes and families to make this a successful and fun event. Thanks for participating in this fundraiser!

NOTICE BOARD

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



Elementary School Swimmers at Saanich Commonwealth Place

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	Tomoko Itami	885-7998	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
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	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.