

PACIFIC COAST

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

Pacific Coast Swimmers and Parents Association Newsletter, May 2004

Since our last newsletter, swimmers and coaches have entered fully into the long course season training period. B-Group experienced an away-training camp in San Diego, California over the school break; A-Group is just now returning from a training camp in Florida. Our swimmers raced at the Duncan All-Level meet (short course) and the Canadian Dolphins Invitational, Island Invitational, Coho All-Level, Mel Zajac International and Texas Senior Circuit Grand Prix meets (all long course). We've also enjoyed the Silent Auction and the Swimathon.

Coming up in June, watch for the Nanaimo Outdoor Meet and the Vancouver Island Regional Championships (LC), also in Nanaimo. July and August bring us the Summer Nationals (this year these are the Olympic Trials), the Provincial LC 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 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, or you can ask any Board member. Take your mark!



SWIM MEET NEWS

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



Our next Time Trial takes place on May 26th (Wednesday) at Saanich Commonwealth Place - parents and friends, if you are available to officiate (timing etc.), we would truly appreciate the help.

Duncan All-Level

The first weekend in April opened with our Swimathon on Saturday. On Sunday, fourteen of our younger swimmers ranging in age from 7 to 12, travelled to the Duncan Stingrays All-Level Meet. Most of us even remembered that daylight savings time started early Sunday morning! It was a very nice day with lots of best times. Here is a scattering of the results. Stefanie Schmidt, Sarah Kahale and Genna Bertrand and Victoria Kondrak all swam 100% best times in multiple races. Marlie Turner took three seconds off her best 50 freestyle time, and Evan Letkemann improved his 50 breaststroke by three seconds. In the gruelling 400IM,

Christopher Koziol-Neumann and Victoria Kondrak took 40 (!) and 42 (!) seconds, respectively, off their previous best times. Genna Bertrand and Emmanuelle Caws, two of our youngest swimmers, completed their first-ever 100IM in a meet. Congratulations, everybody!

Coho All-Level

This meet was the first experience of long course events for many young swimmers, and they did well. Swimmers Katherine Filmer, Kiara Hopkins, Zoe Hopkins, Jack Hutchinson Shaun Hutchinson, Heather Keighan and Rachael Keighan completed their first long course (50m pool) races. More experienced swimmers Rachael Besler and Alicia Besler achieved 100% best times in their 50s! Many other swimmers achieved 80% or greater best times. Congratulations all! Check out our web site for complete results on all our meets.

Congratulations to Christin Petelski and Stephanie Dixon, on their results at the recent Texas Senior Circuit Grand Prix meet in College Station, Texas. Christin won both Women's 100m and 200m Breaststroke, while Stephanie set a **World Record** for the Women's SM9 400IM.

IN OTHER NEWS...

Watch for notice of the PCS End of Year June barbecue... details to be announced.

The 3rd Annual Fall Registration Barbecue will take place on September 10th (Friday evening).

Details coming soon for both events in the email news and on the web site.

Farewell to Tomoko Itami (D-Group) and Sarah Sinclair (OW)

Tomoko is heading back to Japan in early June (and may be returning to Canada in the Fall...? You have to ask her!) . Sarah graduated University, and has accepted a teaching position in the Interior. Thanks to Sarah and Tomoko for two terrific years giving a start to some great young swimmers, and good luck in the years to come!

Officials' Clinics before July Provincials - We will be offering several officials' clinics offered 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.

Masters Swimming - will be re-starting at the UVic McKinnon pool on June 1, 2004. Practices will happen every Tuesday and Thursday from 8-9 pm. Contact Rod Barratt at 478-2095 or email him (rbarratt@pacificcoastswimming.com) for more information.

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 to the season.

The camps will consist of extensive stroke drills with videotape feedback to aid the swimmers in making stroke corrections. There will be a low coach to athlete ratio to ensure all swimmers get the maximum benefit

out of the sessions. The camps will also consist of other HP topics such as correct nutrition, race preparation, etc. The week-long camps will 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

PCS is proud to announce that for the second year, UVic has asked PCS to provide the coaching expertise for their swimming related Summer Camps. Three camp types 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 our web site at

<http://www.pacificcoastswimming.com/summercamps.php>.

The Silent Auction was a HUGE Success!

Over 100 people attended the 1st Annual PCS Dinner and Silent Auction. The food was great, thanks to Ken and staff at the Waveside Café. Desserts were fabulous: thanks to Khulud Al Sheikh (Kahale), Sawsan Masri and Dulcy Huard.

Heather Coey won the highly sought after hand made **PCS quilt**. In the draw of all the families who sold more than 5 tickets or brought in more than 5 items for the Silent Auction, Saad Masri won a trip for two on Helijet Airways.

The evening was a casual event everywhere except at the bidding tables. With 120+ items up for bidding, there were numerous (humorous) reports of people blocking bid sheets with their bodies attempting to prevent someone from out-bidding their final offer. Although many people wanted to get the best deals they could, everyone recognized that this was a charity event.

With only the Wayne Gretzky-signed Phoenix Coyotes Jersey not reaching its reserve bid, the Silent Auction itself raised over \$7,500. This item will be shortly listed on EBay so that Phoenix fans may also have the

PSCPA thanks the Auction Committee for their work putting together all the aspects of this event. We also thank all the donators who provided the unbelievable number and assortment of items for sale, and all the attendees who came out in support of the club and who were extremely willing to continue bidding until the very last moments.

Thank you to everyone for all your efforts. Your hard work continues to allow us to not have ANY mandatory fundraising commitments!

Vikes Dixon Ontario Athlete Of The Year

University of Victoria Vikes swimmer, Stephanie Dixon, has continued her long list of accolades by being named the Ontario Female Athlete with a Disability of the Year for 2003. The Sport Alliance of Ontario announced the award this past Friday, April 2nd at a ceremony to recognize winners of the annual Ontario Sport Awards at Ontario Place. It was the fourth time in five years that the Toronto native and Vikes rookie took out the award after winning in 1999, 2000 and 2001 respectively. Dixon was recently named the Outstanding Female Athlete of the Year at the University of Victoria Vikes Athletic Awards Banquet. In her first year swimming for UVic, she has been 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 Vikes swimming team. Not only is Stephanie a great competitor, she is a great leader and an example of what you can accomplish based on desire, determination and the willingness to defy traditional logic. (6-Apr-04; UVic Press Release)

PCS Club Records (Short Course-25m) are online at http://www.pacificcoastswimming.com/club_records.php, under the **Resources** link on the web page right-side menu. Watch for Long Course (50m) records coming soon.

Professor Bubbles now answers your swimming questions! Check out Professor Bubbles at <http://www.pacificcoastswimming.com/ProfBubbles.php> (under **Fun Stuff** on the web page right-side menu), and find answers to your swimming questions. For example:

From: Kristina Phillips at 2004-05-17 15:35:40
What is the best way to be better at flyorltt

NOTICE BOARD

PCS-PCSPA members - to post notices on the newsletter notice board,