



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, September - October 2003



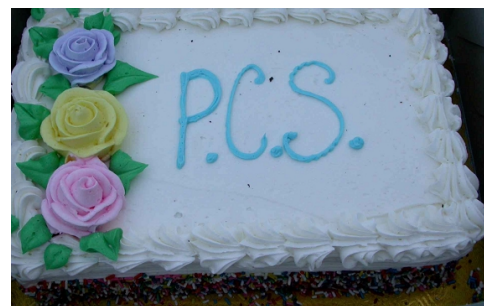
**WELCOME EVERYBODY TO THE 2003-2004 SWIM SEASON AND TO
THE UNIVERSITY OF VICTORIA - PACIFIC COAST SWIMMING ASSOCIATION**

Happy First Birthday to Pacific Coast Swimming! We ate well at the Annual Registration BBQ, and finished with some great birthday cake. Thanks to Bill and Susan MacArthur, Dave and Pennie Scott, Dave Bakken, Rod Barratt and Mark Lancaster for producing such a tasty and enjoyable picnic.

****UVPCSA**** If you notice a change in our designation at meets, no, we haven't changed our name, but we are formally designating and acknowledging our association with UVic.



The months of September and October came and went rapidly, as usual. Tomoko, Mark and Rod's groups traveled to Campbell River on 18-19 October; Senior A-groupers and the Varsity team, coached by Ron, Peter and Rod, attended the Senior Circuit here in Victoria on 25 October. Check the results page on our web site for links to complete results.



Annual Picture and Awards Night - All swimmers: wear your PCS gear and a winning smile for our annual Picture Night on **Wednesday, November 5, 2003**, starting at 5:30pm at Commonwealth Pool. At the same time and place, swimmers, parents and friends are invited to our First Annual Awards Presentation, to recognise achievements over the past swim season. The evening will conclude with some fun relays, so don't forget your suit.

Race Days - these days feature informal timed races designed to give an enjoyable first exposure to the competitive environment for novice swimmers, and a chance for those more experienced to achieve specific swimming goals. At present, Race Days are scheduled for **Wednesday, October 29, 2003** and **Wednesday, December 10, 2003**, from 6:00-7:30pm at Commonwealth Pool. Parents and friends, we will need volunteer timers and other officials for these events, so if you can help out, please be on the pool deck those evenings.

Skills Camps return!

Camp I: Starts and Relay Takeovers

When Sunday, November 2, 2003

Where 8-11:00am, University of Victoria McKinnon Pool

Cost \$20.00 members, \$30.00 non-members

Camp includes videos and drills, and instruction in a new learning tool for starts.

For younger swimmers (D group, Olympic Way, etc.), skills camp is on the same day, 9-11am, \$10. There is a special format to focus group needs and learning styles.

Camp II: Sunday, January 11, 2004 - Racing Strategies and Analysis



Second Annual PCS Christmas Cracker Invitational - our annual swim meet has bloomed from last December's First Annual. This year we are expecting fifteen clubs from two provinces, with more than three hundred swimmers. We are asking everyone to pitch in from Friday afternoon, December 12, through Sunday, December 14, to help make this meet one of the best of the year for our athletes and our visitors. Meet organisers will contact you about ways you can help. You can also contact PCSPA Meet Manager, Margaret Penning (mpenning@pacificcoastswimming.com) for more information.

Speaking of Christmas Crackers - save those wrapping, paper towel and toilet rolls and bring them in every Friday at Commonwealth Pool to Bill MacArthur (wmacarthur@pacificcoastswimming.com, easily recognised as the tall man in the stands with bags of wrapping, paper towel and toilet paper rolls). If you have any prizes that will fit nicely into a Christmas Cracker, or have particular expertise in Christmas Cracker construction, please let Bill know, and he will arrange for your appointment to the Christmas Cracker Construction Crew. The Christmas Crackers were a real highlight of the meet last year. Please help us continue this tradition.



More meets - In addition to our annual Christmas Cracker Invitational Swim Meet, in 2003-2004 we will be hosting the Vancouver Island Regional Short Course Championships (in January), the Canada West University Championships (also in January, co-hosted with the University of Victoria) and the TAS BC Long Course Championships (in July). Parents and friends are asked to volunteer as officials at swim meets and participate in fundraising events. These activities enhance our athletes' swimming opportunities and help keep our fees as low as possible.

In November, watch for UVPCSA swimmers at meets on the Island (Pacific Cup, Ten and Under Jamboree, Comox All-Level) and on the Mainland (UBC Colleges Cup). December brings our own Christmas Cracker Invitational Meet- see you there.



NOTICE BOARD

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

The PCSPA Annual General Meeting will take place Wednesday 29 October 2003 at 745pm, in the PacificSport Boardroom at Saanich Commonwealth Place. All Board positions are open for nomination, prior to the meeting or from the floor at the meeting itself. Please attend this important meeting, and consider running for a position. The list of nominations as it presently stands is as follows.

Officers

President	Dean Crawford
Vice-President	Bill MacArthur
Secretary	TBA
Treasurer	Pennie Scott

Directors

Swimmers	John Stamhuis
Meets	Margaret Penning
Fundraising	Saad Masri
Communications	Moyra Brackley
*Public Relations	Dave Bakken
*Technology	Tim Smith
At-large	Rolf Schmitt

*starred nominations are subject to positions being ratified by the membership in proposed changes to the constitution and bylaws

Revisions to the PCSPA Constitution and Bylaws will be considered for approval by the membership at the Annual General Meeting. You can obtain a copy of the current Constitution and Bylaws from our web site (<http://www.pacificcoastswimming.com/>), on the PCSPA page. Proposed revisions are also posted on the web site. If you do not have web access, please ask any Board member or your coaches for a copy of the proposal.

Officials' Training: Timer / Chief Timer Clinics - on Wednesday November 12, 2003, please save time while your swimmer is in the water for an officials' training clinic at Commonwealth Pool. Details TBA by email news.

PCS Poster - if you would like a 12x17 version of the large PCS poster on display at Commonwealth Pool (on the bulletin boards by the comfy chairs), just send a message to pcspa@pacificcoastswimming.com. Posters are \$10 each; we should be printing copies in mid-November, so please let us know before November 10th. Thanks.

24" or larger television looking for a new home? Please contact any PCS coach.

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.

Recycling – 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.

SwimBC Cash Calendars – winners of the daily cash calendar draw are posted at http://www.swim.bc.ca/cash_calendar/. The PCSPA won \$100 on September 8th, and PCS members Dave and Deanna Bakken won \$20 on September 27th. Congratulations, and good luck to the rest of us.

General Information - <http://www.pacificcoastswimming.com/>

Pacific Coast Swimming - Geller Sports 479-0330

Pacific Coast Swimmers and Parents Association 727-9243; email pcspa@pacificcoastswimming.com

Coaching contacts

A-Group	Ron Jacks	477-2216	rjacks@pacificcoastswimming.com
Vikes	Peter Vizsolyi	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
Fast Track	Ron Jacks	477-2216	rjacks@pacificcoastswimming.com
	Rod Barratt	478-2095	rbarratt@pacificcoastswimming.com
	Marlena Stubbings	595-1664	mstubbings@pacificcoastswimming.com

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

Elementary School Swim Program, contact Pacific Coast Swimming, phone 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.