



PACIFIC COAST SWIMMING



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

2003-2004 YEAR IN REVIEW ANOTHER GREAT YEAR!



**FROM CLUB TIME TRIALS TO THE CANADIAN OLYMPIC TRIALS
AND OLYMPIC AND PARALYMPIC GAMES,
UVPSC ATHLETES AND COACHES ENJOYED ANOTHER TERRIFIC YEAR.**

During the 2003-2004 swim season UVic-PCS Association swimmers attended thirty-five meets in three provinces and three countries, spanning club time trials and regional all-level meets to the Olympic and Paralympic Games in Athens. We placed fifth and third respectively at the Provincial Age-Group Short Course Championships in February and the Provincial Age-Group Long Course Championships in July. At the Long Course Club Nationals in August the UVPSC team placed seventh in Canada; we were the highest ranked Vancouver Island team and third amongst BC teams attending the meet.

MEETS

In December we hosted our Second Annual Christmas Cracker Meet, which was a thriller even before the first race owing to the on-again, off-again strike at BC Ferries. Despite consequent travel difficulties, teams attended from the BC Mainland and Alberta, as well as Vancouver Island, and Saanich Commonwealth Place saw some fast swimming, including a Canadian Record and a Provincial Record set by UBC Dolphins relay teams. January saw UVPSC hosting a very successful Vancouver Island Regional Short Course Championships, and, shortly after the VIRs, the Canada West University Championships. In July, after a few months' break, we hosted the Provincial Open Age-Group Long Course Championships, with 400+ swimmers from thirty-nine teams. We thank our coaches, members, volunteers, friends and sponsors who've worked to make all our meets successful for the swimmers; we are especially grateful to officials from across the province who generously volunteer their time on the pool deck.

ACHIEVEMENTS

Our swimmers practised consistently and steadily throughout the year, with true discipline and dedication, through regular workouts, and at swim camps in Victoria, California (B-group) and Florida and Texas (A-group). All that hard work paid off with many new qualifying times, personal bests and meet medals. A few of the year's highlights are as follows:

- ❖ At the Canadian Swimming Awards Banquet in November, **Karley Stutzel** was named Open Water Swimmer of the Year; **Stephanie Dixon** was awarded Female SWAD Swimmer of the Year, and PCS Head Coach **Ron Jacks** was National Open Water Coach of the Year. **Ron Jacks**, **Rod Barratt** and Vikes Head Coach **Peter Vizsolyi** each earned Speedo Domestic Excellence Coaching Awards.
- ❖ **Stephanie Dixon** set SWAD World Records in the 200 IM and 400 IM at the Vancouver Island Regional Short Course Championships. She added World Records in the 400 Free and 200 IM (again) at the Western Canadian Championships, and the 100 Backstroke and 400 IM (again) at the short course Canadian Inter-University Championships (CIS). Stephanie qualified for CIS under the able-bodied standards. At the Canadian Olympic Trials Stephanie set another World Record in long course 100 Backstroke. She was awarded the UVic Outstanding Female Athlete of the Year, and the 2003 Ontario Female Athlete with a Disability Award. Stephanie is named to the Canadian Paralympic Team competing in Athens in September 19 - 26; watch for results on our web site.
- ❖ **Alyssa Bakken** at age 11 was the youngest competitor at the Western Canadian Short Course Championships in February, and set an age group Provincial Record in the 200 Backstroke. Alyssa set a Vancouver Island Regional Age Group Record in the same race at the Provincial Long Course Championships in July.
- ❖ **Karley Stutzel** set a Canada West University Record while winning the 800 Free at the Canada West University Championships; she won bronze in both 400 and 800 Freestyle at the Canadian Inter-University Championships in Toronto.
- ❖ **Craig Dagnall**, **Ashkaughn Forghani**, **Brian MacArthur**, **Jovanna Ruffolo** and **David Vizsolyi** were selected to the Vancouver Island Zone Team for the BC Winter Games in Port Alberni. David and Ashkaughn both came home with multiple medals, and all five swimmers contributed to the Vancouver Island Zone's winning points score.
- ❖ At the Canadian Olympic Trials in Toronto, **Nathan O'Brien** won both the 200 Butterfly and the 200 Backstroke (the latter in Provincial Record time) and qualified for the Canadian Olympic Team. Nathan, who holds dual citizenship and attends University in Texas, is a second-generation Olympian for PCS Head Coach Ron Jacks. Ron coached Nathan's mom, Lisa Geary O'Brien, to the 1976 Olympics in Montreal. In Athens Nathan finished 10th in heats and 14th in semi-finals for 200 Backstroke; he also set a personal best time in the 200 Butterfly.
- ❖ **Ron Jacks** was named to the Canadian Paralympic Coaching Staff, and is also the National Open Water Coach.
- ❖ **Jayne Weimer**, **Alyssa Bakken**, **Nicole Crawford** and **Craig Dagnall** are newly qualified to Youth National standards; **Alison Hooper** and **Brian MacArthur** qualified for Club Nationals.
- ❖ **Alyssa Bakken** and **Nicole Crawford** were National Age-Group Champions at Long Course Club Nationals. Medalists at that meet also included **Alison Hooper**, **Craig Dagnall**, **Hollis Roth**, **Karley Stutzel**, **David Creel**, **Christin Petelski**, **Jesse Jacks**, and the Men's Open Freestyle Relay team of **David Creel**, **Greer Jacks**, **Jesse Jacks** and **Ryan Clouston**.



❖ **Alyssa Bakken**, **Nicole Crawford**, **Hollis Roth** and **Ryan Clouston** have been named to the 2004-2005 Provincial Short Course Team. Congratulations as well to **Mackenzie Downing**, from the Yukon Whitehorse Glacier Bears, and her coach **Albert Burgund**; Mackenzie was named to the BC Provincial Team, and will be swimming at UVic in Fall 2004.

❖ **Karley Stutzel** and **David Creel** have been selected to represent Canada at the 2004 FINA World Open Water Championship Trials to be held September 11, 2004 in Atlantic City, USA.

❖ **Penny McCullouch-Barratt** once again directed a terrific Elementary School Swim Program in a number of Greater Victoria schools.

❖ Many **UVPCS athletes** were also Regional and Provincial medalists, and we sported lots of new AA and AAA qualifiers throughout the year.



OTHER HIGH POINTS

LIGHTNING FAST SWIM SERIES

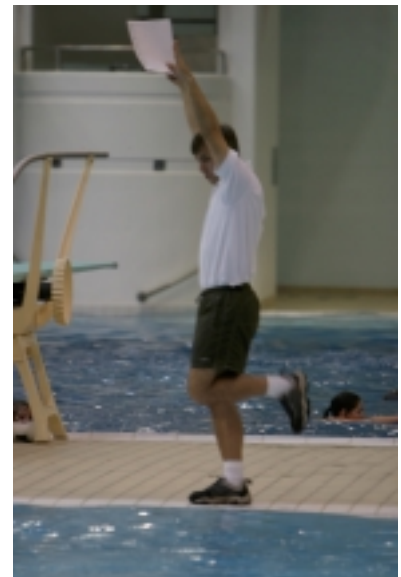


- ❖ The **Lightning Fast Swim Series**, designed by UVPSC coaches, was launched in September in partnership with Saanich Commonwealth Place, and at UVic in the Spring. This innovative series introduces young swimmers to competitive swimming.
- ❖ In October, the **University of Victoria - Pacific Coast Swimming Association (UVPSC)** was formally recognised by Swim BC.
- ❖ Meet Manager and Senior Officials' Chair **Margaret Penning** qualified as an SNC Level IV Official.
- ❖ May's **Silent Auction Fundraiser** wasn't just terrifically successful, it was also a lot of fun.
- ❖ The **Masri Family** graciously hosted a wonderful End of Season Barbeque on a beautiful evening in early July.



THANKS

- ❖ ... and reluctant farewells to development coaches **Tomoko Itami** and **Sarah Sinclair**, who were with us for two years and have moved on to new challenges. We will miss you both and hope you visit us when you are in Victoria.
- ❖ Photographer **Neil Hodge** (<http://www.neilhodge.ca/>) for many of the photographs here and more throughout the year, and to PCS parents, swimmers and friends for other photos.
- ❖ **Saanich Commonwealth Place** for terrific staff and a wonderful pool.
- ❖ **Board members**, particularly President **Dean Crawford** and Meets Director **Margaret Penning**, once again, for their dedication and hard work.
- ❖ **All our parents, friends, supports, sponsors and volunteers; and**
- ❖ **Our athletes and coaches - you are an inspiration.**



Thanks to everyone for a great year, and we look forward to seeing you in the Fall. Don't forget to mark your calendar for the **Third 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).

... gone swimming ...



Coaching contacts

Group	Coach	Telephone	Email
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GENERAL INFORMATION <http://www.pacificcoastswimming.com/>

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

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

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.

Pacific Coast Swimming – Pacific Coast Swimmers and Parents Association

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