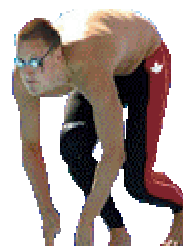





PACIFIC COAST SWIMMING



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND

WWW URL <http://www.pacificcoastswimming.com/>

Pacific Coast Swimming Parents Association Newsletter January-February Edition 2005



January and February proved to be very busy months for UV- PCS swimmers. Senior swimmers dove into the middle of the short course season with a splash in Vancouver. The VIR Champs in Nanaimo were a great success, along with UV-PCS hosted AAA championships. Records were set, awards were bestowed, swimmers and coaches continued their training on the road to success. Following are some of the stories emerging from the past two months.

UV-PCSA swimmer Stephanie Dixon was honoured by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS). Dixon who came home from the Athens Paralympics with eight medals (one gold, six silver and one bronze), was named to the 2004 list of the most influential women in sport and physical activity. The 20-year-old Dixon also competes in able-bodied competitions in Canadian Interuniversity Sport.

It was a successful Senior Circuit for the University of Victoria Vikes swim teams, as both the men and women were in action at the BC Senior Circuit meet hosted at the UBC Aquatics Centre in Vancouver. Dave Creel enjoyed a terrific day, finishing in first place in the 1500 M Freestyle, 400M IM and the 200M IM and second place in the 400M Freestyle. Teammate Jesse Jacks was also in top form, taking the top position in both the 100M and 200M Butterfly events. Jacks' younger brother Greer, a rookie with the Vikes program, earned a third place finish in the 400M Freestyle race. Leading the way on the women's side was another rookie MacKenzie Downing who took top honours in the 200M Butterfly and third in the 100M Butterfly. Veteran Karley Stutzel picked up two thirds in the 800M and 400M Freestyle Events.

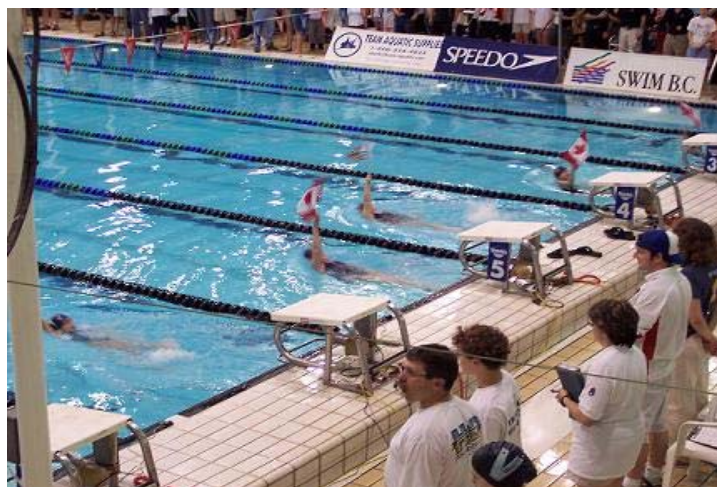
A new star emerged this weekend for the University of Victoria Vikes swim team at the Canada West Championships. Rookie swimmer Mackenzie Downing (Whitehorse, Yukon) earned four gold medals and Female Rookie of the Year honours as she led her women's team to fourth place overall. The Vikes men's team also finished in fourth place in the team standings. The UBC Thunderbirds won the both the men's and women's championships. In Sunday's racing, Downing won the 200 butterfly in 2:14.56 more than 4 seconds ahead of the second place finisher. Later in the final session Downing took the gold in the 400 freestyle in 4:16.61. Vikes fifth year veteran Karley Stutzel (Victoria, B.C.) was third in the race in 4:22.03. Downing also added Canada West All Star awards to her impressive haul at her first Canada West Swimming Championships. Downing was named the All Star in the Sprint Freestyle, Distance Freestyle and Butterfly categories. On the men's side David Creel (Vernon, B.C.) placed fourth in the men's 400 freestyle and Adam Slater (Newmarket, Ont.) was sixth in the 200 IM. The Vikes now have just over four weeks to prepare for the Canadian Interuniversity Sport (CIS) Championships in Edmonton, Alberta on the weekend of February 25th to 27th. .



UV-PCS sent thirty-three swimmers to a very successful Vancouver Island Regional Championships over the 21 -23 January weekend in Nanaimo. Congratulations to everybody on a cascade of new best times! Our thirty-three swimmers included seventeen medalists representing every age group from 10 and under through 15 and over, and a further eleven top eight finalists. Congratulations to Alyssa Bakken (12 years of age) and Jayme Weimer (14 years old) who set new Regional Records during their many swims. Congratulations as well to new AAA provincial qualifiers Kristina Phillips, Jacob McKee, Tyler Smith and Kurtis Vallee, and to Provincial Virtual qualifiers Avi Kunen, Andrea Vizsolyi and Jeremy Ziemianski.

Highlights included the following accomplishments.

- Genna Bertrand (9 years old) won a bronze medal in the 50 Butterfly and lowered her best time by two seconds in the process. She was also a top-8 finalist in 50 and 100 Backstroke races
- Sarah Kahale (10 years old) achieved best times in 100 Backstroke and 50 Butterfly races
- Avi Kunen (12 years old) set best times in four of his six events, and finished in the top-8 for all four of those races
- Evan Letkemann (10 years old) was eighth in the 200 Freestyle
- Jacob McKee (13 years old) was a top-8 finalist in seven of his eight races
- Jeff Phillips (15 years old) took 27 seconds off his 800 Freestyle previous best time to finish fourth; he also lowered his 400 Freestyle best by seven seconds
- Lowell Rockliffe (16 years old) took bronze in 800 Freestyle, losing seventeen seconds in the process (we understand he also sings a terrific National Anthem)
- Julia Schmidt (12 years old) took bronze in the grueling 200 Butterfly, lopping seven seconds off her previous best time
- Stephanie Schmidt (9 years old) won six medals, including Gold in the 100 Backstroke
- Nick Sinclair (13 years old) climbed on the blocks for nine races, and finished third or higher in eight of those races
- Tyler Smith (13 years old) was top-8 for all his eight races, with a bronze in the 200 Butterfly, dropping a whopping eighteen seconds from his previous best
- Aaron Thomas (14 years old) struck 800 Freestyle Gold and took Silver in the 100 Breaststroke
- Andrea Vizsolyi (13 years old) took five seconds off her previous best 200 Breaststroke time
- Bronte Wakefield (11 years old) achieved 100% best times in her four races
- William Yolland (14 years old) won five medals, including a Silver in 1500 Freestyle, dropping nearly a minute (52 seconds) off his previous best
- Jeremy Ziemianski (12 years old) took two seconds off his previous best for 100 Freestyle



Congratulations and thanks to everyone at UVPCS for hosting an amazing Provincial Championships. We all worked hard, and were cheerily greeted and well fed. It was a terrific four days of competition. Pacific Coast Swimming – Pacific Coast Swimmers and Parents Association

Everybody pitched in to help, including junior swimmers and their parents, senior swimmers and their parents, University students, friends, relations and individual volunteers from other clubs. In addition, we are indebted to the Langley Olympians, Vernon Kokanees, Ravensong, Hyack, Nanaimo Riptides and UBC Dolphins for their Clubs' support. Thanks to Saanich Mayor Frank Leonard and Swim BC Executive Director Mark Hahto for their gracious welcoming speeches at the Opening Ceremonies, Nicki Solis for singing the National Anthem, and Anthem Swimmers Savannah Barratt, Alicia Besler, Rachael Besler, Nadia Masri, Lauren Sheeran, and Emma Ullrich. UVPCS had twenty-three athletes competing at the 2005 Provincial Championships. Our team finished 4th in overall point standings of 38 teams attending the meet, with a 3rd place finish for the Girls and 8th in Boys' standings. Two of the three teams placing ahead of us had two to three times the team size (54-69 athletes), so we did very well indeed! Three UV-PCS swimmers won Gold ... Alyssa Bakken (12 years old) was second highest overall point scorer among girls at the meet. She received Gold Medals and broke Provincial Records in the 12 and Under Girls 100m and 200m Backstroke and is closing in on the National Age-Group Record for 200 Backstroke- maybe next time! Alyssa also took Silver Medals in the 12 and Under Girls 200m Free, 200m Butterfly, and 200m and 400m IM, and Bronze in the 100m and 200m Breaststroke events. In recognition of her achievements, Alyssa received the Speedo High Point Award and was named to the 2005 BC Long Course (LC) Provincial Age Group Team for 11-12 year-olds. Nicole Crawford (13 years old) won two Gold Medals in the 14 & Under Girls 400m and 800m Freestyle events and Silver in the 200m Freestyle. Her time in the 800 Freestyle event qualified Nicole to attend the Senior Nationals, held in Montreal later this year. Nicole also received the Speedo High Point Award and was named to the 2005 BC LC Prospects (13-14 years) Provincial Team. Jayme Weimer (14 years old) was 9th in overall number of points scored among girls at the meet. She won the 100m and 200m Freestyle events, was 2nd in the 400m Freestyle, 3rd in the 50m and 800m Freestyle events, and was also named to the 2005 Provincial LC Prospects (13-14 years) Provincial Team. Craig Dagnall (14 years old) won Bronze in the 14 & Under 1500m Freestyle and 200m Butterfly events; Craig also came 7th in the 400m Freestyle. Hollis Roth (16 years old) took the Bronze Medal in the 17 & Under 200m Butterfly; she was 5th in the 100m Butterfly, 7th in the 200m IM, and 6th in the 400m IM. Ryan Clouston (17 years old) came home with four Bronze Medals in 17 & Under 400m Freestyle, 1500m Freestyle, 100m Breaststroke, and 400m IM. Ryan also made finals in the 200m Breaststroke (4th), 200m IM (5th), and 200m Backstroke (8th). Hollis and Ryan were members of the 2004-2005 Provincial Short Course Team. The Provincial Long Course Team for their age groups will be selected later this month at Western Canadian Championships, February 17-20, 2005. Other UVPCS swimmers who competed in finals ... Alison Hooper (12 years old) was 6th in 12 and Under 100m Free, 5th in 200m Free, 4th in 400m Free, 4th in the 200m Backstroke, 5th in the 200m Butterfly, and 7th in the 400m IM. Julia Schmidt (12 years old) came 5th in the 12 and Under 100m Butterfly and 4th in the 200m Butterfly, with a new Club National qualifying time. Jovanna Ruffolo (14 years old) was 7th in the 14 and Under 200m IM and 8th in the 400m IM. David Vizsolyi (15 years old) finished 5th in the 17 and Under 200m Butterfly, 6th in the 400m Freestyle, 4th in the 1500m Freestyle, and 8th in the 400m IM. The UVPCS Girls' 14 and Under Relay Team, consisting of Jayme Weimer, Jovanna Ruffolo, Alyssa Bakken and Nicole Crawford, won two Silver Medals, for the 200 Freestyle and 200 Medley Relays. Jacob McKee, Kelly Winn, William Yolland and Jeremy Ziemianski swam 100% best times at the meet. Marija Kopac, Avi Kunen, Iza Labbe, Brian MacArthur, Kristina Phillips, Nick Sinclair, Tyler Smith, Aaron Thomas, Andrea Vizsolyi, as well as Kurtis Vallee (swimming Unattached), all achieved at least one best time, and usually more. Thanks to swimmers Cole Barratt, Evan Letkeman and Jordan Gybels, who rounded out our boys' relay teams.



Last weekend's all level swim meet in Qualicum was extremely successful for the 24 junior athletes who attended from UVic-PCS. Eight year old Lauren Sheeran just missed qualifying for an AA regional standard in 50 meter freestyle, with a new best time of 43.41. Connor Bryan (10) had a fantastic 50 meter freestyle, narrowly missing the AA standard by three tenths of a second, with a new best time of 43.98. Shaving 6 seconds from her previous best, Savannah Barratt broke out her secret weapon (flip turns) during the 50 meter freestyle and best timed with 56.26. Another of the swimmers from the team who swam all best times at the meet Jamie Bennett had a great time at the meet is celebrating his 10th birthday on Feb 15th. Happy Birthday Jamie! There were also other great swims by the junior athletes which displays the rising success of the team's young swimmers.

The short course season wraps up for the age group swimmers at the 2005 Western Canadian Championships held at Commonwealth place the weekend of February 17 through the 20. The UVic team will be traveling to the CIS champions the following weekend, consequently a number of the UVIC swimmers did not attend the Western Canadian Championships. Highlights were abundant for UV-PCS swimmers who swam at the Westerns. Day one saw 13 year old, Nicole Crawford, swim to a Silver medal in the girls 15 and under 800 free. Jamie Weimer and Jovanna Ruffolo both posted best times by a large margin and looked very happy after their 800 swims. Mackenzie Downing made it to the podium twice. She received a silver in the girls 16 and over 800 free and a bronze in the girls 16 and over 50 fly. Christin Petelski came second in the girls 16 and over 50 breaststroke and posted a best time. Day two saw Nicole Crawford reach finals again where she swam to a fourth place finish with only 7/10 of a second separating her from the bronze medalist. Alyssa Bakken swam to 3rd place in the girls 15 and under 100 backstroke, out touching the fourth place finisher by 7/10 of a second. In the B final of the Girls 15 and Under 50 m Freestyle Jayme Weimer (14) lead from start to finish, ending up with a new personal best time. Had she made the A final Jayme would have finished 5th overall with her swim. These three swimmers also teamed up with Hollis Roth (16) in the Girls 400 m Freestyle Relay. Despite their young age the relay finished 12th overall. Watch out for this grouping in coming years. Other swimmers in the evening swims were Ryan Clouston (17) finishing 11th and 13th respectively in the Boys 17 and Over 400 Freestyle and 200 IM, Hollis Roth (16) finishing 11th in the Girls 16 and Over 400 Freestyle, Adam Slater finishing 11th and 13th respectively in the Boys 17 and Over 200 IM and 400 Freestyle, and Patrick Waters finishing 15th in the Boys 17 and Over 100 Backstroke. Day three Hollis Roth swam to a fourth place finish in the 200 fly bettering her seed time by a four second margin. David Vizsolyi swam a grueling 200 fly swimoff to qualify for finals, (three 200 fly swims in day!). Christin Petelski swam to gold in the 200 breast where she posted a her best time for short course since 1997, congratulations Christin. Jamie Weimer and Alyssa Bakken both swam to a fourth place finishes in the 100 free and 200 back. The highlight of the night was the womens open 4 x 100 medley relay where UV-PCS picked up the silver medal. Alyssa Bakken, Christin Petelski, Hollis Roth and Mackenzie Downing made up the relay team. Adam Slater, Patrick Waters and Ryan Clouston all swam finals swims as well. Day four had Jamie Weimer swimming the 200 freestyle B finals. Christin Petelski swam to second place in the girls open 200 breaststroke. Ryan Clouston and Hollis Roth both made finals in the 400 IM and 100 fly finishing 5th and 4th

Lightning Fast ProgramsJ

lancaster@pacificcoastswimming.com) for further information about Winter Session Registration, and stay in touch with our web site. Group schedules will be posted on the web along with 2004-2005 registration forms.

Fundraising

The Thrifty smile card fundraiser continues to generate good results for the club. Additional cards are available for club members to distribute. We also have entered into a sponsorship agreement with Peppers foods in Cadboro Bay. Promotional cards are available to club members as well.

Enterprise rent a car has become a new sponsor for the club. Discounted car rentals are available for UV-PCS club members, just quote Account #4CA6030.

SWIM MEET NEWS

For complete news and results for all our meets, check our [news and meet results pages on the web site](#).

IN OTHER NEWS...



Lightning Fast Swim Series at Commonwealth Place!!

McKinnon Gym has reopened and has Lightning Fast programs running full speed. Come one, come all, everyone is welcome to join in the programs. Please let your friends and neighbors know about the Lightning Fast Programs.

Annual Silent Auction

The annual silent auction is slated for April 30, 2005. Please start thinking about items to donate. Last years auction was a great success and a lot of fun. Hope to see you there.

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>. **Note* New swim bags are available from Kathella Stevenson. You can order a bag for \$70.00 or one with your child's name on it for \$75.00.**

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/

Web Site Updates.

See our Web site www.pacificcoastswimming.com for meet results, news articles and upcoming events.

Third Annual PCS Swimathon

The third annual PCS swimathon will take place on April 9 2005 at the University of Victoria. See your coaches for details.

Backstroke Camp

The next camp in the series will encompass backstroke. Sign up with your coaches now to improve your technique.

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
D1-Group SC Lightning Fast 1,2UVIC	Stephanie Koczka Rich Cole, Danielle Gudgeon	-	skoczka@pacificcoastswimming.com
D1-Group UVIC Lightning Fast 3 UVIC	Rich Cole Jennifer Blattler		rcole@pacificcoastswimming.com
D2-Group SCp	Danielle Gudgeon	-	dgudgeon@pacificcoastswimming.com
Lightning Fast1,2SCP	Rich Cole	-	rcole@pacificcoastswimming.com
Lightning Fast 3,SCp	Kellie Rolston	-	krolston@pacificcoastswimming.com
Swim@Dive SCP	Danielle Gudgeon, Rich Cole	-	
Masters	Matt Henderson	-	mhenderson@pacificcoastswimming.com
Fast Track	Ron Jacks Rod Barratt Mark Lancaster	477-2216 478-2095 721-5845	rjacks@pacificcoastswimming.com rbarratt@pacificcoastswimming.com mlancaster@pacificcoastswimming.com

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.