



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 March-April Edition 2005



Swim BC named its Youth (15-16 year old) and Junior (18 and Under) Long Course Provincial Teams following results from Western Canadian Championships and the Canadian Inter-University Sport (CIS) Swimming Championships. Age Group (12 and Under) and Prospect (13-14) Teams were identified earlier in February based on results from the Provincial AAA Championships.

UVPCS swimmers named to the Youth and Junior Teams:

David Vizsolyi – Butterfly (Youth)

Mackenzie Downing – Distance Freestyle (Junior)

Hollis Roth – Butterfly (Junior)

David, Mackenzie and Hollis join Alyssa Bakken (Age Group) and Nicole Crawford and Jayme Weimer (Prospects) on the 2005 Long Course (50m) Team BC. Congratulations all!

For more information, see the [Swim BC Provincial Team](#) web page.

09-Mar-2005

Swimmers from across Vancouver Island packed their Speedos and headed to Duncan's Annual All-Level Swim Meet last weekend. Local Victoria club, Pacific Coast Swimming swam to some very impressive results and earned a truckload of ribbons. Katherine Fretz was the star swimmer of the meet--walking away with three ribbons, and best times in 200 free (3:49.56), 50 breast (1:02.61), and 100 IM (1:59.78). Jamie Bennett also took home some ribbons as he earned two new AA times in 200 free (3:29.01) and 100 back (1:43.09). Savannah Barratt placed second in breaststroke, and touched in at (1:10.10). Pacific Coast Swimming's girls 10 and under individual medley relay (Kelsey Elliot, Katherine Fretz, Rachael Besler, and Alexandra Armstrong) swam four breakthrough swims for a total time of (3:53.66) PCS swimmers will train hard in the next few weeks as they get ready for the annual Swim-a-thon to raise money for Victoria athlete development.

UVPCS is proud to partner with Saanich Recreation in offering the Lightning Fast Swim Series at Gordon Head Pool. This is now the third pool in Victoria to offer this exciting "new" method of learning to swim.

For the summer, Lightning Fast will be offered in four sessions, each lasting for two weeks.

- July 4-15
- July 18-29
- Aug 1-12
- Aug 15-26

For information on the program view the [Lightning Fast](#) web page.

To register call Gordon Head Pool @ 475-7100

31-Mar-05

Chris Hindmarch-Watson

02-April-05

Campbell River all level IM challenge.

Uvic-Pcs swimmers attended the Campbell River all level challenge. Savannah Barret, Genna Bertrand, Renee Barone, Brittany Fox, Kiara Hopkins, Zoe Hopkins, Cole Barratt, Thomas Mayall and Robert Mayall all swam best times in several events.

31-Mar-05

The University of Victoria held their annual athletics awards banquet at the Empress Hotel in downtown Victoria and swimmers from the Vikes took home two awards.

Stephanie Dixon (Toronto, Ont.) was named the Outstanding Female Athlete of the Year at the University of Victoria. Dixon is in her second year at UVic and was also named the Outstanding Athlete in her rookie year. Dixon began this year bringing home eight medals from the 2004 Paralympics including gold in the women's 100 backstroke. She went on to break three world records at the 2005 CIS Swimming Championships and was named an honorary First Team All Canadian for the second year in a row.

Karley Stutzel (Victoria, B.C.) was the recipient of the Chancellor's Award, given for contribution to the team both in and out of competition. Stutzel was a three-time medalist at the Canada West swimming championship and is a coach with the Elementary Schools Programs. This was Stutzel's fifth and final year with the Vikes.

31 May 2005

Masters program

Jennifer Blattler would like to announce the start of the PCS Masters program starting May 24, 2005. The program is run by experienced coaches who can help you improve your stroke and fitness level. Whether you want to improve your triathlon training or just want some personalized instruction the masters program is for you! Two sessions, Tue/Thu nights 8-9 pm. outdoors.

Both One from May 24th to the end of June \$30 members, \$33 non members

>Second one from July 4th to Sept 1st \$45 members \$50 non members.

Coaches – Jennifer Blattler and Danielle Gudgeon. For further information, contact Jennifer at 744-6005

Dixon and Stutzel will continue to train with their club team, UVic – Pacific Coast Swimming for upcoming competitions. Dixon is off to England at the end of April to compete in an international SWAD (Swimmer with a Disability) competition while Stutzel will be swimming at the World Championship Trials in Montreal. Stutzel will also compete for Canada at the World Championships this Summer in the Open Water competition.

Wavemaker Meet June 4-5 2005

The Second annual PCS Wavemaker meet will take place June 4 and 5th 2005. The meet is a 12 and under format, please mark the date on your calendars and contact Margaret Penning or Dave Bakken to volunteer for officials shifts.

26-Apr-05

Island Invitational meet April 24 to 26.

Congratulations to PCS finalists Tyler Smith, on achieving his first Club National time in the 400 Freestyle, Andrea Vizsolyi on her AAA qualifying swim in the 200 Breaststroke, and Jacob McKee for his 200 Backstroke 2nd place finish on Sunday night – after completing the Times-Colonist 10K Run the Sunday morning of the meet!

PCS first place finishers included Ryan Clouston, Nicole Crawford, Craig Dagnall, Mackenzie Downing, Christin Petelski and Jayme Weimer; finalists also included David Creel, Alison Hooper, Marija Kopac, Brian MacArthur, Hollis Roth, Jovanna Ruffolo, Julia Schmidt, Nick Sinclair, David Vizsolyi and William Yolland.

Last but not least, congratulations as well, and again, to Alyssa Bakken, who seems to be making a habit of setting Provincial Records – this weekend, in addition to winning the 200 Backstroke and 400IM, Alyssa set a new Girls 12 and Under Provincial LC Record in the 100 Backstroke! (She won the race, too.)

April-30-05

Thanks to everybody for their contributions to this year's Silent Auction. As with last year's inaugural event, more than one hundred people attended and we had a very relaxed, enjoyable evening with good food, friends and conversation.

Notwithstanding the collegial atmosphere, there was fierce bidding on several items, including the Speedo Chefs' Dinner for Four and the Seafood Dinner at the Jacks' House. Last year's Seafood Dinner recipient has let it be known that she regrets telling everyone what a terrific evening they enjoyed!

We raised approximately \$6500 at the Silent Auction! Thanks to the Waveside Café for a wonderful pasta dinner, and to our members for another sumptuous dessert table. Thanks as well to the Silent Auction organization group and the set-up and tear-down volunteer crew, and especially to all our donors and participants for their generosity.

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.

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.

Lightning Fast Programs

For information on the Lightning fast programs contact Mark Lancaster at mlancaster@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, refer to your e-mail message for the account #.

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. The Masters Program by Pacific Coast Swimming, is run by qualified/experienced coaches that can help you improve your technique/endurance/speed with structured workouts. Whether a beginner or an experienced swimmer looking to improve on your times, the Masters program will provide the training and low coach to swimmer ratio that you need.

SWIM MEET NEWS

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

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	Paul Block Jennifer Blattler		pblock@pacificcoastswimming.com
D2-Group SCp	Danielle Gudgeon	-	dgudgeon@pacificcoastswimming.com
Lightning Fast1,2SCP Lightning Fast 3,SCp Swim@Dive SCP	Jessie Jacks Chritine Lidkea Danielle Bell Nicky Solis	- - -	jjacks@pacificcoastswimming.com clidke@pacificcoastswimming.com dbell@pacificcoastswimming.com nsolis@pacificcoastswimming.com
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