



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, November - December 2004

Seasons Greetings to everyone at Pacific Coast Swimming! Another two months have been completed in the swim schedule for this year.

PCS Awards Night – Once again we all had a lot of fun, and congratulations to our annual trophy winners: **Kristina Philips** and **Evan Letkeman** (10 & Under), **Alyssa Bakken** and **Tyler Smith** (11/12), **Nicole Crawford** and **David Vizolyi** (13/14), **Hollis Roth** and **Greer Jacks** (15-17) and **Stephanie Dixon** and **Nathan O'Brien** (Senior).

November saw continued training and a number of meets. Lightning Fast, D and C groups attended our own **All Level Freestyle Challenge Meet** and swimmers improved their times by leaps and bounds. There were several highlights at the **Pacific Cup**, including the 100 Fly, where **Julia Schmidt** went a 1:18.48 in finals, and **Nick Sinclair** swam a 1:12.97. **Karley Stutzel** and **Dave Creel**, with PCS head coach and Canadian Open Water Head Coach **Ron Jacks**, attended the **FINA World Open Water Championships** in Dubai in the United Arab Emirates. Dave swam to 17th and 18th in the 5K and 10K races. Karley placed 7th in the 5km swim, 17th in the 10km, and 9th in the 25km competition.



November also saw the **Canadian Short Course Open Championships**, where **Jesse Jacks** won Gold in the Men's 200 Butterfly, and **Mackenzie Downing** took Silver in the Women's 200 Butterfly. At the **2004 Canadian Swimming Awards**, hosted by Swimming Canada and the Canadian Swim Coaches and Teachers Association, and UVPCS swimmers and coaches picked up a number of awards. **Karley Stutzel** was named the 2004 Canadian Open Swimmer of the Year. **Nathan O'Brien** won the 2004 Canadian Male Backstroke Swimmer of the Year for his 200m Gold at the 2004 Canadian Olympic Trials this past summer. UVPCS Head Coach **Ron Jacks** won the 2004 Canadian Open Water Coach of the Year Award. Jacks was also honoured for his work with reigning UVic Athlete of the Year and eight-time 2004 Paralympic medalist **Stephanie Dixon**. Jacks picked up a Petro Canada Coaching Excellence Award and a Speedo Domestic Excellence Award for coaching a reigning National Champion. UVPCS Coach **Rod Barratt** was also honoured with a Speedo Domestic Excellence Award.

In **December**, our youngest swimmers participated in our second **Time Trial** and we were truly impressed by their progress in just two months. Our **Christmas Cracker Invitational** went off with a "bang" this year with eighteen clubs attending, and fast swimming accompanied the Christmas theme. Almost all swimmers posted best times and several milestone swims were noted. Congratulations to **Alyssa Bakken**, who set two age group (12 and under) Provincial records, in the 100 and 200 Backstroke. **David Vizolyi**, **Alison Hooper** and **Jovanna Ruffalo** are all newly qualified for Youth Nationals; **Nick Sinclair** is a new Club National qualifier; and **Jacob McKee** qualified for AAAs. **Many, many thanks to everybody who helped make this meet such a success!**

Have a great break, see you in at the Christmas Camps and in January!

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

IN OTHER NEWS...

The Annual General Meeting saw the following members elected to the Board:

[Dean Crawford](#) - President
[Dave Bakken](#) - Vice-President
[Sharon Leonard](#) - Secretary
[Pennie Scott](#) - Treasurer
[Bill MacArthur](#) - Public Relations

[Margaret Penning](#) - Meets
[Moyra Brackley](#) - Communications
[Ron Phillips](#) - Technology
[Barbara McKee](#) - Fundraising
[Patty Schmidt](#) - Director At Large

NOTICE BOARD

To post notices on the newsletter notice board, email pcspa@pacificcoastswimming.com

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>.

PCS swim backpacks are available from Kathella Stevenson. You can order a backpack for \$70.00; one with your child's name on it is \$75.00. They make great Christmas gifts.

Provincial AAA Championship Swim Meet - Pacific Coast Swimming will be hosting the AAA Provincial championships February 3-6, 2005. BC's top provincial swimmers attend this meet, and many volunteers will be needed to help give our swimmers and swimmers from across the province a chance to realize their dreams – and remember that *many hands make light work!* Watch for updates about learning swim meet officiating and how you can help. Please mark your calendars for this meet and help your club make these AAAs the best ever.

Annual PCSPA 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.

Registration - contact Mark Lancaster (mlancaster@pacificcoastswimming.com) for further information about Winter Session Registration, and stay in touch with our web site.

!!Lightning Fast Swim Series at McKinnon-UVic!!

McKinnon Gym has reopened and has Lightning Fast programs running full speed. Come one, come all, everyone is welcome to join in these programs. Please tell your friends and neighbors with beginning swimmers about the Lightning Fast Swim Series.

The next Board Meeting will take place on **January 21, 2004** (Wednesday) at 7:45pm in the Pacific Sport Board Room at Saanich Commonwealth Place. All PCSPA members are welcome to attend. Please confirm time and location with any Board member prior to the meeting, or check our web site. (Please note we occasionally relocate to the Aquatic Classroom.)

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 webmaster@pacificcoastswimming.com for the web site and newsletters.

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.

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.

Coaching contacts

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
D-Group at SCP	Stephanie Koczka Danielle Gudgeon		skoczka@pacificcoastswimming.com dgudgeon@pacificcoastswimming.com
D-Group at UVic	Rich Cole		rcole@pacificcoastswimming.com
Lightning Fast at SCP	Rich Cole Kellie Rolston		rcole@pacificcoastswimming.com krolston@pacificcoastswimming.com
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Masters	Jennifer Blattler Matt Henderson		jblattler@pacificcoastswimming.com mhenderson@pacificcoastswimming.com
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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 Saanich Commonwealth Place, 727-5300, or Pacific Coast Swimming, 727-9243.

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.