



# PACIFIC COAST SWIMMING



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

Pacific Coast Swimmers and Parents Association Newsletter, September - October 2004



Welcome to the third season of UVPCS swimming! Our annual Welcome Back Registration Barbeque was very well attended. The skies opened up with heavy summer showers during set-up and teardown, but the weather turned in our favour in time for the barbeque itself. Thanks to the Scotts for once again providing the Kiwanis van, and to Silver Rill Farms and Bill MacArthur for the corn.

#### SWIM MEET NEWS...

##### Olympics and Paralympics

The summer season proved very exciting for Nathan O'Brien and Stephanie Dixon. At the August Olympics, Nathan was one of two Canadian swimmers to swim to best times; he finished 10<sup>th</sup> in heats and 14<sup>th</sup> in semi-finals for 200 Backstroke; he also set a personal best time in the 200 Butterfly. Following the September Paralympics, Stephanie is on her way home with one Gold Medal, six Silvers and one Bronze Medal. **The 100 Backstroke Gold was a World Record, at 1:10.01; Stephanie also set three Canadian Records and completed a sweep of 8 medals in 8 events.** Congratulations to Stephanie and Nathan for their Olympic and Paralympic successes and best wishes for many more in the future!

#### International Open Water Swimming

Karley Stutzel and Dave Creel attended the Speedo "10K for the USA" Open Water Meet in Atlantic City in mid-September. Karley finished in 5<sup>th</sup> place with only 0.6 seconds separating her from the third place finisher. Dave also swam to a fifth place finish, in another tight race for the top six spots. Dave and Karley both qualified for the Canadian Open Water Team traveling to Abu Dhabi in the United Arab Emirates for the FINA World Open Water Championships this November. Congratulations and good luck!

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** - UVic's McKinnon Pool is currently undergoing repairs, so all Lightning Fast Programs will be scheduled for Commonwealth Place until further notice.

**Registration** - if you have not yet filled in your registration forms, please complete them and hand in to your coach as soon as possible. Contact your coach or Mark Lancaster ([mlancaster@pacificcoastswimming.com](mailto:mlancaster@pacificcoastswimming.com)) for forms and information about Registration. In addition, group schedules are posted on the web (please confirm times and locations with your coach), as are 2004-2005 registration forms.

**The PCSPA Annual General Meeting will be held on October 27<sup>th</sup> at 7:45pm in the Pacific Sport Boardroom.** We are currently looking for one more Board member to act as Fundraising Director. If you are interested, please contact Nominating Committee Chair, Margaret Penning ([mpenning@pacificcoastswimming.com](mailto:mpenning@pacificcoastswimming.com)), or attend the next Board Meeting on October 20<sup>th</sup> 2004, also at 7:45pm in the Pacific Sport Boardroom.



**Volunteers needed for VIR All Level Meet and the PCS Third Annual Christmas Cracker Invitational** – We are hosting a Vancouver Island Regional All-Level Meet November 20 - 21, as well as our own Christmas Cracker Invitational, December 10 - 12. We will be looking for volunteers for timing, officiating, and hosting food for both events. Interested members please contact Margaret Penning, PCS meet manager at [mpenning@shaw.ca](mailto:mpenning@shaw.ca). We can use everybody's talents – no age limits apply.

**Fundraising** - Fundraising activities are a critical part of any sports organisation and we are no exception. Examples of our fundraising activities include the continuous bottle drive, our Spring Silent Auction and the Swimathon; as well, our meets generate revenue. We currently have no mandatory fundraising or volunteer commitments, other than the Swim B.C. Calendar, which is mandatory for all BC Clubs. However, we do still need to raise funds. To find out how you can help your children, all our athletes and the swim club, contact any Board member, attend Board meetings, and please lend a hand whenever you can. Remember that many hands make light work!

**NOTICE BOARD**

To post notices on the newsletter notice board, email [pcspa@pacificcoastswimming.com](mailto:pcspa@pacificcoastswimming.com)

**Officials' Clinics** - Watch for fall Officials' Clinics scheduled for October and November. We plan on offering Timing and Stroke and Turn Clinics.

**Nominations for this year's Board of Directors** are welcomed - If you have comments, contributions, questions or an irresistible urge to serve, please contact Nominating Committee Chair, Margaret Penning ([mpenning@pacificcoastswimming.com](mailto:mpenning@pacificcoastswimming.com)). And speaking of **Board Meetings**, please remember that all PCSPA members are welcome to attend. Times and locations are posted on the web and included in newsletters, or you can ask any Board member.

**The next Board Meeting** will take place on **October 20, 2004** (Wednesday) at 745pm in the Pacific Sport Boardroom 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.)

**The PCSPA Annual General Meeting** will be held **October 27, 2004**, 7:45 pm Pacific Sport Boardroom.

**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](mailto:webmaster@pacificcoastswimming.com)) to include on the web site and in newsletters.

**Equipment** – contact Kathella Stevenson ([kstevenson@pacificcoastswimming.com](mailto: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>.

**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](mailto:pvizsolyi@pacificcoastswimming.com)).

**SwimBC Cash Calendars** – winners of the daily draw are posted at [http://www.swim.bc.ca/cash\\_calendar/](http://www.swim.bc.ca/cash_calendar/)

**Coaching contacts**

Group	Coach	Telephone	Email
A-Group	Ron Jacks	477-2216	<a href="mailto:rjacks@pacificcoastswimming.com">rjacks@pacificcoastswimming.com</a>
Vikes	Peter Vizsolyi		<a href="mailto:pvizsolyi@pacificcoastswimming.com">pvizsolyi@pacificcoastswimming.com</a>
B-Group	Rod Barratt	478-2095	<a href="mailto:rbarratt@pacificcoastswimming.com">rbarratt@pacificcoastswimming.com</a>
C-Group	Mark Lancaster	721-5845	<a href="mailto:mlancaster@pacificcoastswimming.com">mlancaster@pacificcoastswimming.com</a>
D-Group at SCP	Stephanie Koczka Danielle Gudgeon		<a href="mailto:skoczka@pacificcoastswimming.com">skoczka@pacificcoastswimming.com</a> <a href="mailto:dgudgeon@pacificcoastswimming.com">dgudgeon@pacificcoastswimming.com</a>
D-Group at UVic	Rich Cole		<a href="mailto:rcole@pacificcoastswimming.com">rcole@pacificcoastswimming.com</a>
Lightning Fast at SCP LFSS1 - LFSS2 LFSS3	Rich Cole Kellie Rolston		<a href="mailto:rcole@pacificcoastswimming.com">rcole@pacificcoastswimming.com</a> <a href="mailto:krolston@pacificcoastswimming.com">krolston@pacificcoastswimming.com</a>
Lightning Fast at UVic LFSS1 - LFSS2 LFSS3	Rich Cole Danielle Gudgeon Jennifer Blattler		<a href="mailto:rcole@pacificcoastswimming.com">rcole@pacificcoastswimming.com</a> <a href="mailto:dgudgeon@pacificcoastswimming.com">dgudgeon@pacificcoastswimming.com</a> <a href="mailto:jblattler@pacificcoastswimming.com">jblattler@pacificcoastswimming.com</a>
Swim and Dive at SCP	Danielle Gudgeon Rich Cole		<a href="mailto:dgudgeon@pacificcoastswimming.com">dgudgeon@pacificcoastswimming.com</a> <a href="mailto:rcole@pacificcoastswimming.com">rcole@pacificcoastswimming.com</a>
Masters	Jennifer Blattler Matt Henderson		<a href="mailto:jblattler@pacificcoastswimming.com">jblattler@pacificcoastswimming.com</a> <a href="mailto:mhenderson@pacificcoastswimming.com">mhenderson@pacificcoastswimming.com</a>
Fast Track	Ron Jacks Rod Barratt Mark Lancaster	477-2216 478-2095 721-5845	<a href="mailto:rjacks@pacificcoastswimming.com">rjacks@pacificcoastswimming.com</a> <a href="mailto:rbarratt@pacificcoastswimming.com">rbarratt@pacificcoastswimming.com</a> <a href="mailto:mlancaster@pacificcoastswimming.com">mlancaster@pacificcoastswimming.com</a>

**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](mailto:mlancaster@pacificcoastswimming.com)

Email PCSPA [pcspa@pacificcoastswimming.com](mailto: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.

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250-727-9243