



PACIFIC COAST SWIMMING



An environment that nurtures swimming excellence by challenging athletes at all levels of development.
SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND

2004-2005 YEAR IN REVIEW

2005 Canadian National Club Championships #1 British Columbia Team, #4 in Canada

FROM CLUB TIME TRIALS TO THE WORLD AQUATICS CHAMPIONSHIPS,
OUR ATHLETES AND COACHES ENJOYED ANOTHER TERRIFIC YEAR.



During the 2004-2005 swim season swimmers and coaches from the University of Victoria Pacific Coast Swimming Association (UVPCS) attended forty-one meets in four provinces and four countries, spanning club time trials and regional all-level meets to the World Aquatic Championships in Montreal and FISU Games in Turkey. Our team placed fourth at the Provincial Age-Group Short Course Championships in February. At the Long Course National Club Championships in July the UVPCS team placed fourth in Canada – and we were the #1 team from British Columbia.

MEETS

In December we hosted our 3rd Annual Christmas Cracker Meet, which continues to grow in number of swimmers and teams attending, not to mention Santa himself dispensing prizes, elves handing out Christmas Crackers during heats, and a general seasonal spirit of fun and fierce competition. This year we also hosted the Provincial Short Course AAA Championships, and Meets Director Margaret Penning and everyone who worked the meet justly earned high praise – the meet ran without a hitch in a spirit of generosity and courtesy. Congratulations team! Finally, in early June we presented our Wavemaker Invitational, designed exclusively for 12 and under swimmers, who rarely experience a meet that includes heats and finals. It was a resounding success and promises to be even better next year. One US competitor commented: *All in all, I think that meet was one of the most fun meets I've ever been to. Everyone was very nice and had very good sportsmanship. For example, at the end of each of my races, my competitor in the next lane, and I, exchanged "Good Jobs" with each other, and after one race we shook hands. Hopefully, next year everyone will come, because this meet is such a good experience, and so much fun!* **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

UVPCS swimmers practised consistently and steadily throughout the year, with true discipline and dedication, through regular workouts, and at swim camps in Victoria and California. All that hard work paid off with many new qualifying times, personal bests and meet medals. Here are a few of the year's highlights:



- ❖ At our annual Awards Night in October, winners were **Kristina Phillips** and **Evan Letkeman** (10 and under), **Alyssa Bakken** and **Tyler Smith** (11-12), **Nicole Crawford** and **David Vizsolyi** (13-14), **Hollis Roth** and **Greer Jaks** (15-17) and **Stephanie Dixon** and **Nathan O'Brien** (Senior). Awards are given for the highest IPS point swim in each age group during the preceding season.
- ❖ UVPCS swimmers and coaches also garnered honours at the Canadian Swimming Awards Banquet in November 2004, hosted by Swimming Canada and the Canadian Swim Coaches and Teachers Association. **Karley Stutzel** won 2004 Canadian Open Swimmer of the Year and **Nathan O'Brien** was named the 2004 Canadian Male Backstroke Swimmer of the Year. UVPCS Head Coach **Ron Jacks** won the 2004 Canadian Open Water Coach of the Year Award. Ron also picked up a Petro-Canada Coaching Excellence Award (awarded to coaches whose athletes won medals over the past year at Open World Championships, Olympic Games, Special Olympics World Games, or Paralympic Games – see below for **Stephanie Dixon's** achievements), and both Ron and coach **Rod Barratt** were honoured with Speedo Domestic Excellence in Coaching Awards.
- ❖ **Rachael Besler, Salin Bol, Connor Bryan, Ben Carriere, Kelsey Elliot, Caleigh Filmer, Katherine Fretz, Zoe Hopkins, Jack Jones, Nadia Masri** and **Lauren Sheeran** (10 and under); **Renee Barone, Brittany Fox** and **Karlee Olmer** (11-12); **Robert Mayall** and **Jana Murphy** (13-14); **Chemene Gybels, Bernadette Simas** and **Lynn Wang** (15+) all achieved their first age-group Regional A qualifying times.
- ❖ **Jason Bradbury, Niv Hack** and **Aidan Thirkell** (10 and under); **Cole Barratt, Jamie Bennett** and **Bronte Wakefield** (11-12); **Jordan Gybels** and **Kristin McKinney** (13-14); and **Jeff Phillips, Monica Pinette** and **Lowell Rockcliffe** (15+) achieved their first age-group Regional AA qualifying times.
- ❖ **Genna Bertrand, Evan Letkeman** and **Brendan Ward** achieved their first Regional 10 and under AAA qualifying times.
- ❖ **Kristina Phillips** (11-12), **Andrea Vizsolyi** (13-14) and **Kurtis Vallee** (15+) achieved their first Provincial age-group AAA qualifying times.
- ❖ **Julia Schmidt** (12 and under); **Nicholas Sinclair** and **Tyler Smith** (13 and under); **Jacob McKee** and **William Yolland** (14) and **Mary-Claire Zachernuk** (Open) achieved their first Club National age-group/open qualifying times.
- ❖ **Alison Hooper, Jovanna Ruffolo** and **David Vizsolyi** achieved their first Youth National/Western qualifying times.
- ❖ **Nicole Crawford** and **Alyssa Bakken** achieved their first Senior National qualifying times.
- ❖ Swim BC selected its Provincial Teams for the Short Course (25m) Season, and **Alyssa Bakken, Nicole Crawford, Hollis Roth, Ryan Clouston** and **Mackenzie Downing** were named to the Age Group (12 and under), Prospects (13-14), Youth (15-16) and Junior (18 and under) Teams. In March, Swim BC named its Long Course (50m) Provincial Teams, and once again UVPCS was well represented by **Alyssa Bakken, Nicole Crawford, Jayme Weimer, David Vizsolyi, Hollis Roth** and **Mackenzie Downing**.
- ❖ Coach **Rod Barratt** was named Swim BC 14 and Under Head Coach during the long course season, and coached the eight-member Age Group – Prospects Swim BC Select Team (ages 14 and under) to 17 Gold, 12 Silver, and 4 Bronze Medals amid stiff competition at the Far Western Championships in Concord, California in July. UVPCS swimmers **Alyssa Bakken, Nicole Crawford** and **Jayme Weimer** were the only Vancouver Island swimmers named to this Provincial team.
- ❖ Our Provincial SC medalists in February were **Alyssa Bakken, Ryan Clouston, Nicole Crawford, Craig Dagnall, Hollis Roth** and **Jayme Weimer**; July's LC Provincial medalists were **Jovanna Ruffolo, Julia Schmidt** and **Nick Sinclair**.
- ❖ At Club Nationals in July, our medalists were **Alyssa Bakken,**



Nicole Crawford, Stephanie Dixon, Mackenzie Downing, Nathan O'Brien, Nicholas Sinclair, and Jayme Weimer; and our finalists were **Craig Dagnall, Hollis Roth, Julia Schmidt, Tyler Smith** and **David Vizsolji**. As well, the Girls' 14 and under 400 Freestyle Relay team, consisting of **Jayme Weimer, Alyssa Bakken, Jovanna Ruffolo** and **Nicole Crawford** won the Gold medal and set a new Provincial Record in the process. Finally, but definitely not least, UVPCS Single Age Club National Champions were **Alyssa Bakken** (200 and 400 IM, 100 and 200 Backstroke) and **Nicole Crawford** (400 and 800 Freestyle).

- ❖ **Alyssa Bakken** was busy this year setting Provincial Records in the 11-12 Girls' SC 100 and 200 Backstroke, and LC 100 Freestyle, 100 Backstroke, and 200 and 400 Individual Medley. She finished the year at Far Westerns in California in July with a National Age Group (12 and under) LC Record in the 200 Backstroke!



- ❖ **Stephanie Dixon** spent the year winning awards and medals, and setting World Records. Representing Canada at the Paralympics, Stephanie competed in eight events (six individual and two relays) and came home with eight medals, including Gold and an S9 World Record in the 100 LC Backstroke. She also won medals for Canada at the inaugural International Paralympic World Cup Meet and the British Disability Championships in England in May, and the US National Paralympic Championships in July. Stephanie set three S9 SC World Records at the Canadian Interuniversity Sport (CIS) Championships and twice lowered the 200 LC Backstroke S9 World Record, in Vancouver in March and in Winnipeg at Club Nationals in July. In January she was named to the 2004 list of the most influential women in sport and physical activity by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS); in March she was named the



Outstanding Female Athlete of the Year at the University of Victoria and SportBC's Disabled Athlete of the Year; and in April Stephanie was named Victoria's Female Athlete of the Year, and was one of the recipients of the Premier's Athletics Award.

- ❖ **Karley Stutzel** represented Canada at the Speedo 10K for the USA Open Water Championships in September, the FINA World Open Water Championships in Abu Dhabi, United Arab Emirates in November, the USA Open Water National Championships in June, and the FINA World Aquatic Championships in Montreal in July. At Worlds, Karley was one of only a handful of swimmers, male or female, who qualified to race in all three Open Water events: the 5k, 10k and 25k swims. She finished 14th in the 5k, 15th in the 10k and 12th in the 25k. Karley was also the recipient of the University of Victoria Chancellor's Award, given for contribution to the team both in and out of competition. She won three medals at the Canada West University Championships and coaches with the Elementary Schools Program.



- ❖ **Christin Petelski** represented Canada at the FINA World Aquatic Championships in Montreal in July. Christin was 17th in the 100 Breaststroke and 16th in the 200 Breaststroke; she was also on the Women's 4x100 Medley Relay, which finished 12th. At the Canadian World Aquatics Trials, she won Gold in the 100 Breaststroke and took the Silver in 200 Breaststroke. Christin was also the Open Female high-point winner at the Western Canadian Championships in February, where she won 200 Breaststroke and came second in both 50 and 100 Breaststroke.



- ❖ **Mackenzie Downing** represented Canada at the 2005 FISU World University Games in Izmir, Turkey in August. At this writing, the Games are not yet complete, so stay tuned to the web site for results. Mackenzie took the Silver medal in 200 Butterfly at the Canadian SC Open in November, and won three medals in May at the Canadian World Aquatics Trials –Silver in the 50 and 200 Butterfly and Bronze in 100 Butterfly. She was named Rookie of the Year at the Canada West University Championships, where she won four Gold medals, in 100 and 200 Butterfly, and 200 and 400 Freestyle. At the Western Canadian Championships in February, Mackenzie won Silver in the 800 Freestyle and Bronze in the 50 Butterfly. Also in February, hard on the heels of Westerns, at the Canadian Interuniversity (CIS) Championships Mackenzie won four Silver Medals, in 100 Butterfly (setting a new Vikes Record), 200 Butterfly, and 400 and 800 Freestyle.



- ❖ **David Creel** represented Canada at the Speedo 10K for the USA Open Water Championships in September, the FINA World Open Water Championships in Abu Dhabi, United Arab Emirates in November and the USA Open Water National Championships in June. Dave was also a finalist at the CIS Championships and the Canadian World Aquatics Trials.



- ❖ **Jesse Jacks** won Gold in the 200 Butterfly at Canadian Open Short Course Championships in December. Unfortunately, Jesse injured his wrist in January, and missed the rest of the season. We look forward to his entirely healthy return!
- ❖ **Nathan O'Brien**, an Athens Olympian, spends the academic year in Texas. He returned to Canada and UVPCS to swim at the Canadian World Aquatics Trials and won Bronze in the 100 Backstroke. Nathan also won three medals at Club Nationals in July – Gold for Open 100 and 200 Backstroke, and Silver in 50 Backstroke.
- ❖ Head Coach **Ron Jacks** was the 2004-2005 Canadian Open Water Head Coach and Open Water Head Coach at the FINA World Aquatic Championships. He was also a coach with the Canadian Paralympic Team in Athens.
- ❖ Coaches **Rod Barratt**, **Mark Lancaster** and **Ron Jacks**, and **Penny McCullouch-Barratt**, once again offered a terrific Elementary School Swim Program in a number of Greater Victoria schools.

OTHER HIGH POINTS



- ❖ The **Lightning Fast Swim Series**, designed by UVPCS coaches, introduces young swimmers to competitive swimming. Programs were offered at Saanich Commonwealth Place and the University of Victoria throughout the year; Lightning Fast joined the Gordon Head Recreation Centre in Spring 2005. We look forward to presenting Lightning Fast at Sooke SEAPARC in early Fall 2005.
- ❖ May's **2nd Silent Auction Fundraiser** was great fun and very successful. We are waiting on the annual report from the winning bid for the Speedo Coaches' Dinner for Four...mmm...

THANKS

- ❖ **Saanich Commonwealth Place** for terrific staff and a wonderful pool.
- ❖ Professional photographers **Jim Hockley** and **Neil Hodge** and PCS members and friends for wonderful pictures.
- ❖ **Board members**, particularly President **Dean Crawford** and Meets Director **Margaret Penning**, once again, for their dedication and hard work.
- ❖ PCSPA gratefully acknowledges financial assistance from the Province of British Columbia, Gaming Policy and Enforcement Branch.
- ❖ **Thanks especially to all our parents, friends, supports, sponsors and volunteers; and**
- ❖ **Our athletes and coaches - you are an inspiration.**

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 9 September 2005 (Friday) at the Beaver Lake Park BBQ area (same place as last year - check the web site for a map). We'll start at 5pm (or whenever you get there).



COACHING CONTACTS

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Lightning Fast Swim Series, contact Pacific Coast Swimming at 727-9243

Pacific Coast Swimming and Pacific Coast Swimmers and Parents Association 727-9243 or 479-0330

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The PCSPA Newsletter is produced on a semi-regular basis throughout the swim year; copies will be available on the web and at Saanich Commonwealth Place, UVic McKinnon, Gordon Head and Sooke SEAPARC bulletin boards. For up-to-date information on PCS-PCSPA activities, please contact your Coach or any PCSPA Board member, and stay in touch with our web site.

Pacific Coast Swimming – Pacific Coast Swimmers and Parents Association
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<http://www.pacificcoastswimming.com/>