



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

PACIFIC COAST SWIMMERS AND PARENTS ASSOCIATION NEWSLETTER, SEPTEMBER – OCTOBER 2005

Welcome to the first Newsletter of the 2005-2006 swim season, our fourth season of PCS swimming! Last year was a great one for PCS and UVPCS: not only did we see a substantial increase in registrations from the previous year, but there also were a lot of great meets; club, provincial and national records; provincial, national and international team selections and coaching and other awards. This season promises to be even better. Registration is already at a record high, with over 160 swimmers signed up across 23 groups operating out of 4 different pools (Saanich Commonwealth Place, the University of Victoria, Gordon Head, and Sooke). This is in addition to our Lightning Fast Learn to Swim program run in partnership with Saanich Commonwealth Place and the Elementary Schools program that involves 11 schools throughout Victoria. The more the merrier! If you know of anyone who would like to give competitive swimming a try, please have them contact Pacific Coast Swimming at 250-727-9243.



UVPCS AWARDS NIGHT

Our Annual Awards and All-Association Relays Night took place at SCP on November 2nd, 2005. It was a pleasure to attend for parents and lots of fun for swimmers. The pool deck was awash in blue t-shirts with our signature lightning bolt, and our team picture simply brimmed with swimmers, new and seasoned alike. We look forward to seeing all the photos; keep in touch with our web site for some of the best. Swimmers and parents enjoyed comments from our Master of Ceremonies, coach Rod Barratt, as well as special presentations from Head Coach Ron Jacks, Olympian and World Championship Canadian team member Christin Petelski, and World Championship team member Karley Stutzel. Swimmers' achievements were recognized with certificates, including TOP participants, and those who achieved Regional, Provincial, Club National and Senior National time standards.



Each year, trophies are awarded for the highest point swims by a male and a female swimmer in each age group and swim category. For the 2004-05 season, congratulations go to the following athletes: **Stefanie Schmidt** and **Evan Letkeman** (10 & Under), **Alyssa Bakken** and **Avi Kunen** (11-12), **Nicole Crawford** and **Craig Dagnall** (13-14), **Hollis Roth** and **Ryan Clouston** (15-17), **Christin Petelski** and **Nathan O'Brien** (Senior), and **Karley Stutzel** (Open Water)

Anyone interested in ordering PCS team pictures or pictures from the Awards presentations, please contact pcspa@pacificcoastswimming.com

Special thanks to Mike Gustafson Photography for coming out to take pictures of this special event.

MEETS

The 2005-06 swim meet season has now begun and with it a chance to see how early season training is progressing. The first meet of the season was the **Tyee All Level Meet** on Oct 29th and 30th at Crystal pool. UVPCS was well represented. Full team participation was evident and swimmers from age 8-80 (well maybe that is a bit of a stretch) started the season off with a splash. The **Thunderbird Cup-Senior Circuit Meet** was held a week later at UBC pool. With thirteen swimmers competing, UVPCS finished the two-day meet in fourth place in points for men and fifth place for the women. It was a good warm up for our senior athletes who will be competing at Commonwealth Trials in late November. From November 11-13th, we attended the **Island Pacific Cup** and **10 and Under Jamboree**. The 3-day meet was held at SCP, with the two-day jamboree for 10 and unders held in between heats and finals of the Pacific Cup Meet on Saturday and Sunday. There were many



outstanding performances during the meet. Numerous Club records were broken along with three Provincial Age Group Records, and one National Age Group record (Congratulations **Alyssa Bakken!**). The last swim of the meet also saw University of Victoria swimmer **Selena Light** achieve her Senior National ranking, enthusiastically cheered on by UVPCS swimmers, coaches and parents. This qualifies her to swim in the Commonwealth Trials being held in Victoria later in November. Congratulations Selena! For more information on results and individual swimmer performances, see the PCS Website News.

UPCOMING EVENTS

Commonwealth Trials will be held at SCP from November 24th to 27th. Let's get as many UVPCS members as possible out to cheer on our swimmers. Good luck to the following UVPCS swimmers who will be competing in the event:

Alyssa Bakken, Nicole Crawford, Dave Creel, Stephanie Dixon, Mackenzie Downing, Greer Jacks, Selena Light, Nathan O'Brien, Christin Petelski, Hollis Roth, Anne Schmuck. Sessions begin at 10 am (heats) and 6:00 pm (finals) each day. Please note that there will be an admission fee charged.

| Thursday | Friday | Saturday | Sunday |
|--|--|--|---|
| W 100 Freestyle M 100 Freestyle W 100 Freestyle SWAD M 100 Freestyle SWAD W 50 Backstroke M 50 Backstroke W 200 Butterfly M 200 Butterfly W 400 I.M. M 400 I.M. | W 50 Butterfly M 50 Butterfly W 400 Freestyle M 400 Freestyle W 200 Breaststroke M 200 Breaststroke W 100 Backstroke M 100 Backstroke | W 200 Freestyle M 200 Freestyle W 100 Breaststroke M 100 Breaststroke W 200 Backstroke M 200 Backstroke W 100 Butterfly M 100 Butterfly | W 50 Freestyle M 50 Freestyle W 50 Freestyle SWAD M 50 Freestyle SWAD W 200 I.M. M 200 I.M. W 50 Breaststroke M 50 Breaststroke W 800 Freestyle M 1500 Freestyle |

Sunday Stroke Series – The first Sunday stroke series event attracted 33 swimmers from a number of clubs. The next one will take place on December 4, 2005.



Our Annual **PCS Christmas Cracker Invitational Meet** is coming soon – December 9-11, 2005! This meet has become a favorite of many clubs and is already fully subscribed with more than 450 swimmers signed up from Alberta and the Yukon as well as British Columbia. Lets continue the UVPCS tradition and provide a fun, festive fantastic meet for all.

To do this, we will need ALL of our families out to support this event. Remember, the more volunteers there are, the less work each volunteer has to do in order to achieve a great swim meet: friends and family are welcome too, and greatly appreciated. We will be looking for food, timers, sponsorship and officials to help out during this three day meet.

You will be contacted shortly with requests for help with timing and other types of officiating as well as for deck food donations. We are also looking for anyone willing to sponsor an event at the meet. Individuals, families, business and other organizations are eligible to sponsor an event. Contact smayall@pacificcoastswimming.com if interested. There are four different levels of sponsorship for this meet:

| Level 1 \$15 | Level 2 \$25 | Level 3 \$50 | Level 4 \$100 |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Individual Event named after you | Individual Event named after you | Individual Event named after you | Individual Event named after you |
| Listing on our Web Site | Listing on our Web Site | Listing on our Web Site | Listing on our Web Site |
| Public acknowledgement during event | Public acknowledgement during event | Public acknowledgement during event | Public acknowledgement during event |
| | Business card size ad in heat sheet | Half page ad in heat sheet | Full page ad in heat sheet |

PCSPA BOARD NEWS

ANNOUNCING...the new executive for 2005-2006.

| | | | |
|------------------|------------------|-----------------|-------------------------|
| Margaret Penning | President | Dean Crawford | Past President |
| Marianne Hooper | Vice President | Sharon Leonard | Secretary |
| Pam Fox | Treasurer | Karley Stutzel | Swimmers Representative |
| Barb McKee | Fundraising | Moyra Brackley | Meets |
| Dave Bakken | Technology | Lynne Testemale | Communications |
| Steve Mayall | Public Relations | June Dagnall | Director at Large |

The next **PCSPA board meeting** will take place Wednesday, December 14th at 7:45pm in the Pacific Sport Boardroom. All PCSPA members are welcome to attend.

Pacific Coast Swimming – Pacific Coast Swimmers and Parents Association
250-727-9243

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

NOTE: We are also on the lookout for someone to help produce the bimonthly newsletter and the occasional email news. If you can help us out in these (or other) areas, please contact Itestemale@pacifccoastswimming.com.

OTHER ACHIEVEMENTS

Pam Rai was inducted into the UVIC sports hall of Fame for 2005. Earlier this year Jon Kelly was inducted into the 2004 UVIC Sports Hall of Fame. Congratulations to both of these Vikes Alumni.

NOTICE BOARD

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

Officials Clinics – Watch for late fall Officials Clinics to be scheduled for early December. Stroke and turn and Chief Finish Judge clinics will likely be offered.

Pictures Wanted! - If you have digital pictures and are willing to share them for use in newsletters, the website or the annual slide show, please send them to us at: webmaster@pacifccoastswimming.com.

Equipment orders... Christmas is coming...get your UVPCS gear orders in to Kathella Stevenson within the next week to have presents in time for the big day. You can e-mail Kathella at kastevenson@telus.net.

Swimnews magazine is the best swimming magazine with all the news and happenings about the sport. It includes all the 10 and under swimmers' names three times a year, plus stories of the best swimmers in the country and the world. It should be in every swimmer's home to keep kids inspired. Mark is putting in the final order for the magazine so get your name and address to Mark at lancasteraquatics@shaw.ca. Yearly subscription is \$25.

UVPCS Records - The Club records page on the Club website has recently been updated. Soon, our records page will also include **Vancouver Island Regional Records**.

Office Space - The PCS Coaching Group is looking for new office space. If you know of any that might be available shortly, please contact Mark Lancaster.

Swim BC Cash Calendars - The Cash Calendar program is a Swim BC mandatory provincial fundraising program. You have a chance to win cash or prizes every day of the year (in 2006), but you have to complete and send in the card in the center of your cash calendar in order to be eligible. Send them in to Swim BC before January 13, 2006 to ensure your name is in the draw for daily cash prizes. Also, if you are interested in purchasing additional calendars, contact mpenning@pacifccoastswimming.com.

Thrifty's Smile Cards - PCSPA does not have a mandatory fundraising commitment. Instead, we rely on our members to help out by participating in fundraising events such as Thrifty Smile Cards. By using this card, 5% of your purchases is returned to PCSPA. Please contact Barb McKee (bmckee@pacifccoastswimming.com) for cards and information.

COACHING CONTACTS

| Group | Coach | Telephone | Email |
|----------------------------|--|------------------|--|
| A-Group | Ron Jacks | 477-2216 | rjacks@pacifccoastswimming.com |
| Vikes | Peter Vizsolyi | - | pvizsolyi@pacifccoastswimming.com |
| B-Group | Rod Barratt | 478-2095 | rbarratt@pacifccoastswimming.com |
| C-Group | Mark Lancaster | 721-5845 | mlancaster@pacifccoastswimming.com |
| D-Group SCP | Stephanie Kozcka Jennifer Little | - - | skozcka@pacifccoastswimming.com jlittle@pacifccoastswimming.com |
| D-Group UVIC | Jennifer Little | | jlittle@pacifccoastswimming.com |
| Lightning Fast SCP | Jesse Jacks Michelle Gordon | - - | jjacks@pacifccoastswimming.com mgordon@pacifccoastswimming.com |
| Lightning Fast UVic | Jennifer Blattler Jennifer Little Christin Petelski Cody Flegel | - - - - | jblattler@pacifccoastswimming.com jlittle@pacifccoastswimming.com cpetelski@pacifccoastswimming.com cflegel@pacifccoastswimming.com |
| Tiny Tykes UVic | Jennifer Blattler Iza Labbe | - - | jblattler@pacifccoastswimming.com ilabbe@pacifccoastswimming.com |
| Lightning Fast Gordon Head | TBA | - | |
| Lightning Fast Sooke | TBA | | |

GENERAL INFORMATION <http://www.pacifccoastswimming.com/> or 727-9243

Elementary School and Fast Track Swim Programs, contact Pacific Coast Swimming, 727-9243

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

Email PCS General Manager Mark Lancaster mlancaster@pacifccoastswimming.com

Email PCSPA pcspa@pacifccoastswimming.com

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.

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