

PACIFIC COAST SWIMMING – 2009-2010 YEAR IN REVIEW
An environment that nurtures swimming excellence by challenging athletes at all levels of development



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND
University of Victoria –Pacific Coast Swimming Association
250-727-9243
<http://www.pacificcoastswimming.com/>

PACIFIC COAST SWIMMING – 2009-2010 YEAR IN REVIEW*An environment that nurtures swimming excellence by challenging athletes at all levels of development***FROM BEGINNERS TO INTERNATIONAL ATHLETES,
UVPCS SWIMMERS AND COACHES ENJOYED ANOTHER TERRIFIC YEAR!**

During the 2009-2010 swim season, University of Victoria – Pacific Coast Swimming Association (UVPCS) swimmers & coaches attended 54 meets in 6 provinces, 4 US states, and 6 countries, spanning club time trials and regional all-level meets to Age Group Championships in Winnipeg; Senior National Championships in Montreal and Victoria; Junior Pan Pacific Championships in Maui; Senior Pan Pacific Championships in California; FINA World Open Water Championships in Roberval; and World Paraswimming Championships in Brazil (SC) and The Netherlands (LC).



In addition to in-house time trials, we hosted five major meets in 2009-2010. We started with Swim BC's Senior Circuit meet in October; in mid-December, we hosted our own *8th Annual PCS Xmas Cracker SC Invitational* - the biggest and best one yet! Our annual *Wavemaker LC Invitational* followed in April, a heats and finals meet designed exclusively for 14 & under swimmers. Next up, we hosted the SNC Senior Summer National Championships, and we closed the season with the *2nd Annual PCS Midsummer Madness!! Invitational*. For the 2010-2011 season, PCS has been selected to host the Swim BC TAS SC Provincial Championships in March!

Our meets run beautifully, due to everyone's enthusiasm and willingness to lend a hand where needed. As always, many thanks to our members, volunteers, friends, coaches and sponsors who contribute their time and talents to make all our meets – from time trials through international competitions – fun, successful and memorable for the swimmers; we are especially grateful to officials from across the province and the country who generously volunteer their time on the pool deck. Congratulations all!



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ANNUAL TEAM AWARDS

Awards for swimmers with the highest IPS score in the preceding season are announced every year at our annual Awards Night in November. Congratulations to the 2009 trophy winners!

- ❖ 10 & under – Tabitha Zammit & John Wilcox
- ❖ 11-12 – Cailleigh Filmer & Ryan Howe
- ❖ 13-14 – Stefanie Schmidt & Aidan Thirkell
- ❖ 15-17 – Rachael Newman & Nicholas Sinclair
- ❖ Open – MacKenzie Downing & Nicholas Sinclair
- ❖ Open Water – David Creel
- ❖ Special Recognition Award – Stephanie Dixon



NEW QUALIFYING TIMES

Congratulations to the following swimmers who improved their best times and achieved a higher qualifying standard...

- ❖ First Regional 10&U A time: Braeden Copeman, Yasmine Dharampaul, Tanner Lawless, Jasmine Lee, Isabella Leong, Cindy Li, James Lin, Jessica Luo, Ava Tarrant
- ❖ First Regional 10&U AA time: Rachel Allen, Allison Ballantyne, Leah Biberdorf, Ciaran Breen, Abby Fraser, Shaun Gill, Lia Lancaster, Spencer Lee, Edward Liang, Fionnuala McKenna, Shannon McMillan, Emma Reinsch, Anna Stebeck, Sophie Tarrant, Katelyn Woo, Trillian Zammit
- ❖ First Regional 10&U AAA time: Heather McMillan, Michael Schmidt, Victoria von Sacken Nash
- ❖ First Provincial Age Group A time: Andre Prescott (11), Kennedy Aragon-Scriven (12), Rachel Davies (13)
- ❖ First Provincial Age Group AA time: Rachel Sawchuk, Riley Tesch, Grace Thomas (11), Justin Howe (12), Savannah Barratt (13), Shanae Atkinson, Rory Hills (14); Ariyan Suleman (15)
- ❖ First Provincial Age Group AAA time: Finn Barker, Emma Carter, Lauren Crisp, Kristopher Neilson (10&U), Patricia Horwood, Anna Letkeman, Tabitha Zammit (11), Heidi Ullrich (12), Chloe Chapman, Jackson Sinclair (13), Caroline Rendez (15)
- ❖ First Age Group &/or Western National time: Eric Christiansen (ANAT), Hanna Carter, Emily Ding, Ryan Howe, Alexandra Kierstead, Alice Wang (WNAT)
- ❖ First CIS time: Remy Mock
- ❖ First Senior National time: Salin Bol, Ian Mattock, Rachael Newman, Zac Parkes, Stefanie Schmidt, Allison Wood



INDIVIDUAL RECORD BREAKERS – AGE GROUP

Congratulations to the following swimmers who set UVPCS records in the 2009-2010 season! In the short course (25m) pool and the age group ranks our record-setters were...

- ❖ Kristopher Neilson (10&U) – 200 Breaststroke
- ❖ Cailleigh Filmer (11-12) – 400, 800 & 1500 Freestyle; 50 Breaststroke
- ❖ Sophia Borchers (13-14) – 50, 100 & 200 Breaststroke
- ❖ Ryan Howe (13-14) – 50 Butterfly

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- ❖ Lauren McMillan (13-14) – 100 & 200 Breaststroke
- ❖ Stefanie Schmidt (13-14) – 200 Backstroke
- ❖ Aidan Thirkell (13-14) – 200 Breaststroke
- ❖ Lauren Crisp, Emma Carter, Katelyn Woo, Victoria von Sacken Nash (10&U) – 200 Medley Relay
- ❖ Rosie Moulton, Cailleigh Filmer, Salin Bol, Stefanie Schmidt (13-14) – 400 Freestyle Relay
- ❖ Cailleigh Filmer, Stefanie Schmidt, Salin Bol, Rosie Moulton (13-14) – 800 Freestyle Relay
- ❖ Stefanie Schmidt, Sophia Borchers, Emily Ding, Salin Bol (13-14) – 200 Medley Relay
- ❖ Rachael Newman, Salin Bol, Stefanie Schmidt, Katelyn Hayward (15-17) – 400 Freestyle Relay
- ❖ Rachael Newman, Stefanie Schmidt, Cailleigh Filmer, Katelyn Hayward (15-17) – 800 Freestyle Relay
- ❖ Stefanie Schmidt, Sophia Borchers, Rachael Newman, Salin Bol (15-17) – 400 Medley Relay



During the long course (50m) season our age-groupers continued their fast swimming and set the following UVPCS records...

- ❖ Finn Barker (10&U) – 400 Freestyle
- ❖ Emma Carter (10&U) – 200 Breaststroke
- ❖ Kristopher Neilson (10&U) – 100 Backstroke; 50,100 & 200 Breaststroke; 50 Butterfly; 200 IM
- ❖ Salin Bol (13-14) – 50 Backstroke
- ❖ Sophia Borchers (13-14) – 100 Breaststroke
- ❖ Hanna Carter (13-14) – 200 Breaststroke
- ❖ Ryan Howe (13-14) – 50 Butterfly
- ❖ Lauren McMillan (13-14) – 50, 100 & 200 Breaststroke
- ❖ Rosie Moulton (13-14) – 50 & 100 Butterfly
- ❖ Sophia Borchers (15-17) – 50 Breaststroke
- ❖ Savannah Moneo (15-17) – 100 Breaststroke
- ❖ Zac Parkes (15-17) – 50, 400 & 1500 Freestyle
- ❖ Stefanie Schmidt (15-17) – 50, 100 & 200 Backstroke
- ❖ Lauren Crisp, Victoria von Sacken Nash, Allison Ballantyne, Emma Carter (10&U) – 200 Medley Relay
- ❖ Nicholas Nolt, Nathan Howe, Finn Barker, Kristopher Neilson (10&U) – 200 Freestyle Relay
- ❖ Nathan Howe, Finn Barker, Kristopher Neilson, Nicholas Nolt (10&U) – 400 Freestyle Relay
- ❖ Salin Bol, Rosie Moulton, Emily Ding, Hanna Carter (13-14) – 200 Freestyle Relay
- ❖ Salin Bol, Alexandra Kierstead, Rosie Moulton, Hanna Carter (13-14) – 800 Freestyle Relay
- ❖ Salin Bol, Alexandra Kierstead, Lauren McMillan, Rosie Moulton (13-14) – 200 Medley Relay
- ❖ Salin Bol, Lauren McMillan, Rosie Moulton, Hanna Carter (13-14) – 400 Medley Relay
- ❖ Rachael Newman, Alice Wang, Stefanie Schmidt, Katelyn Hayward (15-17) – 200 Freestyle Relay
- ❖ Stefanie Schmidt, Sophia Borchers, Rachael Newman, Katelyn Hayward (15-17) – 200 Medley Relay
- ❖ Evan Letkeman, Ryan Howe, Aidan Thirkell, Eric Christiansen (15-17) – 800 Freestyle Relay
- ❖ Michael De Clare, Jade Simpás, Evan Letkeman, Cole Barratt (15-17) – 200 Medley Relay



INDIVIDUAL RECORD BREAKERS – SENIOR

The following Senior UVPCS SC records were set in the 2009-2010 season...

- ❖ Eleanora Dalling – 50 & 200 Backstroke
- ❖ Nicholas Sinclair – 50 Backstroke
- ❖ Cody Flegel, Sage Sturgeon, Nicholas Sinclair, Jeff Saganski – 200 Freestyle Relay
- ❖ Nicholas Sinclair, Derek Doerksen, Jeff Saganski, Cody Flegel – 400 Medley Relay

In the short course pool, the UVic Vikes also set a number of University records...

- ❖ Eleanora Dalling – 50 & 200 Backstroke
- ❖ Nicholas Sinclair – 50, 100 & 200 Backstroke
- ❖ Nicholas Sinclair, Derek Doerksen, Jeff Saganski, Cody Flegel – 400 Medley Relay

Finally, our senior swimmers were also busy setting new team records in the LC season...

- ❖ Eleanora Dalling – 50 Backstroke

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- ❖ MacKenzie Downing – 100, 200 & 400 Freestyle
- ❖ Salin Bol, MacKenzie Downing, Allison Wood, Rosie Moulton – 400 Freestyle Relay
- ❖ Allison Wood, Savannah Moneo, Rachael Newman, Katelyn Hayward – 200 Medley Relay
- ❖ Allison Wood, Lauren McMillan, MacKenzie Downing, Salin Bol – 400 Medley Relay

PROVINCIAL, NATIONAL AND INTERNATIONAL RECORDS

As is clear from the records above, there were many notable performances over the course of the year; some of our team records were also Provincial, National or International records...

- ❖ Stephanie Dixon – 400 Freestyle & 100 Backstroke (S9) - World IPC SC Records
- ❖ Rosie Moulton, Caleigh Filmer, Salin Bol, Stefanie Schmidt (13-14) – 400 Freestyle Relay – BC Record
- ❖ Caleigh Filmer, Stefanie Schmidt, Salin Bol, Rosie Moulton (13-14) – 800 Freestyle Relay - BC Record

**REGIONAL, PROVINCIAL, NATIONAL AND INTERNATIONAL TEAMS**

Congratulations to our swimmers and coaches selected to the following teams!

World Open Water Championships

Richard Weinberger; Ron Jacks (Coach)

IPC World Paraswimming Championships

Stephanie Dixon; Ron Jacks (Coach)

Pan Pacific Championships

MacKenzie Downing, Nicholas Sinclair, Richard Weinberger; Ron Jacks (Coach)

Commonwealth Games

MacKenzie Downing

Junior Pan Pacific Championships

Zac Parkes

New South Wales State Championships

Nicholas Sinclair

BC Short Course Provincial Team

Salin Bol, Caleigh Filmer, Ryan Howe, Lauren McMillan, Rosie Moulton, Zac Parkes, Stefanie Schmidt

BC Long Course Provincial Team

Salin Bol, Caleigh Filmer, Ryan Howe, Lauren McMillan, Stefanie Schmidt; Rod Barratt (Coach)

Team BC - Pacific Coast (USA) All-Star Meet

Lauren McMillan, Stefanie Schmidt

BC Summer Games Team

Nival Bissoon, Victoria Mock, Jackson Sinclair

10&U Regional Training Camp

Patricia Horwood, Emma Carter, Lauren Crisp, Heather McMillan, Kristopher Neilson

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PACIFIC COAST SWIMMING – 2009-2010 YEAR IN REVIEW*An environment that nurtures swimming excellence by challenging athletes at all levels of development***CHAMPIONSHIP MEDALISTS****Congratulations to the following swimmers who won medals at Championship meets this season!****SHORT COURSE (25m) MEDALISTS**

National Pool 5 Kilometre Virtual Meet Cailleigh Filmer, Ryan Howe, Stefanie Schmidt, Aidan Thirkell, Alice Wang & Richard Weinberger

Vancouver Island Region Championships Nival Bissoon, Salin Bol, Sophia Borchers, Hanna Carter, Lauren Crisp, Michael de Clare, Emily Ding, Cailleigh Filmer, Katelyn Hayward, Patricia Horwood, Ryan Howe, Evan Letkeman, Lauren McMillan, Remy Mock, Rosie Moulton, Kristopher Neilson, Rachael Newman, Zac Parkes, Julia Schmidt, Stefanie Schmidt & Alice Wang

BC AA Championships Katherine Krause, Ariyan Suleman, Brenden Ward

BC AAA Championships Nival Bissoon, Sophia Borchers, Hanna Carter, Cailleigh Filmer, Ryan Howe, Lauren McMillan, Rosie Moulton Rachael Newman, Stefanie Schmidt, Nicholas Sinclair & Aidan Thirkell

Western Canadian Championships Rachael Newman

Canada West University Championships Eleanora Dalling, Craig Dagnall, Derek Doerksen, Siobhan Newell, Jeff Saganski & Nicholas Sinclair

Canadian Interuniversity Championships Craig Dagnall & Nicholas Sinclair

BC Summer Games Victoria Mock

**LONG COURSE (50m) MEDALISTS**

Vancouver Island Region Championships Finn Barker, Nival Bissoon, Salin Bol, Sophia Borchers, Hanna Carter, Lauren Crisp, Derek Doerksen, Cailleigh Filmer, Ryan Howe, Alexandra Kierstead, Evan Letkeman, Edward Liang, Ian Mattock, Lauren McMillan, Remy Mock, Rosie Moulton, Kristopher Neilson, Rachel Newman, Zac Parkes, Michael Schmidt, Stefanie Schmidt, Heidi Ullrich, Alice Wang & Allison Wood

BC AA Championships Lauren Crisp, Patricia Horwood, Katherine Krause, Anna Letkeman & Heidi Ullrich

BC AAA Championships Salin Bol, Sophia Borchers, Hanna Carter, Lauren Crisp, Katelyn Hayward, Ryan Howe, Alexandra Kierstead, Evan Letkeman, Lauren McMillan, Rosie Moulton, Kristopher Neilson, Rachel Newman, Stefanie Schmidt, Aidan Thirkell & Allison Wood

Canadian Age Group National Championships Salin Bol, Lauren McMillan, Zac Parkes & Stefanie Schmidt; and 400 Medley Relay Team of Salin Bol, Lauren McMillan, Rosie Moulton & Hanna Carter

Canadian Senior National Championships

Spring Championships: Nicholas Sinclair

Summer Championships: MacKenzie Downing

INTERNATIONAL MEDALISTS

Congratulations as well to UVPCS swimmers who earned medals on the international stage!

IPC World SC & LC Championships

Stephanie Dixon – SC 400 Freestyle & 100 Backstroke Gold & World Records; LC 100 Backstroke Bronze

Pan Pacific Swimming Championships

Richard Weinberger – Open Water 10 km Bronze

New South Wales State Championships

Nicholas Sinclair – 200 Backstroke Gold



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MORE NEWS!

In October at the Swim BC Awards Banquet, **Stephanie Dixon** won Paraswimmer of the Year and **David Creel** took Open Water Swimmer of the Year. Head Coach **Ron Jacks** was named Paraswimming Coach & Open Water Coach of the Year and was one of several coaches recognised for coaching athletes to World or National records – **Stephanie Dixon's** S9 World record in 50 Backstroke and **Nicholas Sinclair's** National Age Group record in 200 Backstroke.

First-year University standout **Nicholas Sinclair** became the first athlete in Canada West history to win Athlete of the Meet and Rookie of the Meet in the same year; he was named Canada West Athlete of the Week and Canadian Interuniversity Swimming (CIS) Male Athlete of the Week on the strength of this performance. Nick also featured in the "Faces in the Crowd" section of the February 15th issue of Sports Illustrated magazine. Congratulations to Nick and coach **Peter Vizsolyi**!

Stefanie Schmidt was the Rookie of the Meet at Senior Summer Nationals here in Victoria. **Ryan Howe** was this year's winner of the Swim BC – Team Aquatics Supplies Regional Development Award for the Vancouver Island Region at the SC Provincial Championships. Congratulations to Stefanie, Ryan and coach **Rod Barratt**!

Swimming-Natation Canada and the University of Victoria honoured **Karley Stutzel's** swimming career at Senior Nationals in July. Karley was coached by **Ron Jacks** and **Peter Vizsolyi** and competed for UVPCS and Canada in distance and open water swimming; she was National Open Water Swimmer of the Year on more than one occasion and a multi-year member of the National Team. Her international results included fourth place at the 2001 World Open Water 10 km Championships in Japan. Karley also held Provincial 1500 Freestyle and Canada West (University) 800 Freestyle records.

Stephanie Dixon took time out from the pool in March to carry the Paralympic Torch and light the cauldron on its final leg in Victoria.

In the coaching ranks, **Meghan Griffiths** carried the Olympic Torch in October; then in December Meghan cast off her last name for a new one – she is now **Meghan Nishi** – congratulations to Meghan and husband Brian!



THANKS...

- ❖ **The University of Victoria** for its tremendous partnership with PCS
- ❖ **Saanich Commonwealth Place** for an excellent facility and terrific staff
- ❖ **The Province of British Columbia** for providing financial assistance
- ❖ The Coaching Association of Canada for the **Chevrolet Community Coaching Grant**
- ❖ The Mock family for the **Herman Mock Memorial Bursary**
- ❖ Our many **sponsors** for their contributions to our meets
- ❖ **Craig Potsep & PCS members and friends** for great pictures
- ❖ **PCSPA Board members** for their dedication and hard work
- ❖ **All our parents, friends, supporters and volunteers;** and
- ❖ **Our athletes and coaches - you are our inspiration.**

WE LOOK FORWARD TO SEEING YOU IN THE 2010-2011 SEASON!



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