

# PACIFIC COAST SWIMMING

LIGHTNING FAST SWIM SERIES

## NEWS LETTER

### DECEMBER 2022



### NOV 26 RACE DAY HIGHLIGHTS

Almost 100 Lightning Fast 3-5 swimmers joined us for a Race Day filled with fun and prizes at Commonwealth Pool! Swimmers competed in 25's and 50's of freestyle, backstroke, breaststroke, and butterfly. Prizes were awarded to Heat Winner's and those who dove in the water in streamline position. All swimmers came to race with positive and encouraging attitudes, and we're so proud of you for doing your best!

Many thanks to all of our parents who helped make this event a success, especially our parent volunteers who helped time the events.

Way to go Lightning Fast! Let's keep up the great swimming for our next Race Day!

### UPCOMING EVENTS

#### Royals Hockey Game

December 30th, 7pm @ Save-on-foods Memorial Centre

Get family tickets here:

<https://www.pacificcoastswimming.com/events/royals-hockey-game>

#### Sunday Stroke Series:

Backstroke (more info on pg. 2)

January 8th, 10:30am-1pm @ UVic

Register here:

<https://www.pacificcoastswimming.com/events/sunday-stroke-series>

#### Race Day \*\* LF 5 & up\*\* (more info on pg. 2)

January 15th, 1-4pm @

Commonwealth Pool

Register here:

<https://www.pacificcoastswimming.com/events/sunday-race-series-0>

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Sign up online!  
[www.pacificcoastswimming.com](http://www.pacificcoastswimming.com)

You're invited to...

### Sunday Stroke Series

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### Backstroke

#### JAN 15 RACE DAY

Our next Sunday Race Series is the last chance for our swimmer's to make Regionals, so this time around it will be an event for swimmers in Lightning Fast 5 & up, with the shortest events being 50m of each stroke. We're working to make this a sanctioned event with a referee so that times will be official. Not to worry LF 3&4--we will have more opportunities for you to race at future Race Days!

Find the registration info below:

January 15th, 1-4pm @ Commonwealth

\$20 per swimmer

Register here:

<https://www.pacificcoastswimming.com/events/sunday-race-series-0>

#### JAN 8 SUNDAY STROKE SERIES: BACKSTROKE

Our upcoming Sunday Stroke Series is backstroke focused and will be for swimmers in Lightning Fast 3 up to D-2. Join us while our senior coaches lead a fun morning of skills and drills to improve technique and stroke efficiency!

Find the registration info below:

January 8th, 10:30am-1pm @ UVic

\$25 per swimmer

Register here:

<https://www.pacificcoastswimming.com/events/sunday-stroke-series>

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#### XMAS CRACKER HIGHLIGHTS

Christmas was in the Commonwealth Pool air with over 600 swimmers and 20 teams joining us for our 20th annual Christmas Cracker swim meet. Pacific Coast Swimming had more than 100 of our competitive swimmers competing in the 3-day competition. A special appearance from Santa and the Grinch was made on Saturday night for our annual cheer-off. Thanks for all the teams who came down to Victoria to join us, as well as our fantastic parent volunteers who made the meet possible.

#### DUNCAN MEET HIGHLIGHTS

Some of our Lightning Fast 5's went with our Development 1 and 2 group up to Duncan for their second meet of the year! All our swimmers performed their best, and had a blast racing! With teams from all over Vancouver island attending, this was a great meet to kick off the holiday season. On both days, team PCS competed in an Orange (yes, the food!) relay, along with a Santa's sleigh relay! The team spirit was out of this world, great job PCS!

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#### LIGHTNING FAST GRADUATES 2021

Bella Chapatupromwong  
Dannah Chen  
Peyton French  
Agata Ćwiertniewicz  
Sonnen Hunt  
Daena Kanga  
Jema Karly-Ishanguly  
Eloise Lecours  
Karina McDougall  
Lukas Schroeder  
Arpan Sharma  
Sarah Tessaro  
Lucia White  
Jack Godin  
Sunita Dharmapal  
Thea Alexandria Picardi  
Amy Robinson  
Shep Stooksbury  
Jessica Zhu

Satsuki Macnaughton  
Leah Anderson  
Ava Anderson  
Eli Boylan  
Ella Buckley  
Ruby Crowe  
Calla Gross  
Ava Hicks  
Xavier Huculak-Payne  
Woochan Kim  
Leo Lawson  
Imogen MacMillan-Thomas  
Georgiana Parrott  
Asher Russell  
Jane Russell  
Silke Behn  
Sienna Lane  
Amy Robinson  
Vivian Krawitz  
Joelle Cavens

Oscar Ross  
Esme Sanborn  
Benjamin Sharpe  
Jimmy Jinghao Wen  
Jasnoor Sundher  
Fiona Huang  
Mila Oberreiter  
Lukas Schroeder  
River Chen  
Clara Paradau  
Ayda Paradau  
Oliver Cover  
Maya Marston  
August Nadeau  
Greer Nadeau  
Sierra Thrift  
Carter Lyseng  
Brooklyn Murray  
Kathryn Chen