

SPRING 2022

PACIFIC COAST SWIMMING THUNDERBOLT



HELLO PCS FAMILIES!



Hello PCS families! We have had a great start to 2022!

Our swimmers have posted impressive results in the Regional, Provincial, and University National Championships, registering personal bests, finals, and podium performances.

We have one of our most exciting events of the spring coming up! We will be hosting the World Championship & Commonwealth Games Trials and welcoming the top swimmers from across the country April 5-10th at SCP!

CRYSTAL POOL REPORT

Pacific Coast Swimming has just gotten started at Crystal Pool and Fitness Center in January with some cool programs.

The coaches couldn't be happier to provide programs at Crystal pool again! We have had an amazing time getting to know all of the swimmers and amazing staff the we see on deck 7 days a week!

Currently, we have our Lightning Fast Swim series program running through out the week lead by top coaches Misha Young (Lightning Fast 3, 4, and 5), and Sophie Wood (Lightning Fast 1 and 2). Our Lightning Fast levels strive to get children of all ages in the water, get moving, and most importantly have fun swimming.

Our D-1 program at Crystal Pool is lead by Coach Peter Kremer! Peter has been getting these young swimmers in the pool and swimming fast! D-1 introduces kids to competitive swimming in an exiting, rewarding, and most importantly fun manner! Recently, the D-1 group made the journey up to Duncan for the Spring Invitational Swim Meet, in which all of our swimmers performed superbly!

Peter also heads up our PARA team at Crystal Pool! With 4 practices a week, our PARA swimmers are building on the S, SB, and SM classes of events (bonus points to define those prefixes!). Coach Peter has many years of experience training with PARA athletes, and accommodates a wide spectrum of abilities!

Finally we have our Stroke and Fitness group, under the guidance of Coach Misha! Our Stroke and Fitness program is a laid back version of the competitive side of PCS, taking the competitive out of competitive swimming and adding more fun. On Tuesdays and Thursdays, we are building on key swimming skills that improve our technique, and work towards fun and rewarding goals! This month, our stroke and fit group is working towards a 200m time trial (that may or may not have doughnuts waiting for them at the finish line!). We still have space in this program for anyone hoping to join in the fun!!

Congrats to all of our swimmers for an amazing season, we hope to see you on deck this summer!



**"ATHLETES
REPRESENTING
PCS WON A
GOLD, SILVER
OR BRONZE
MEDAL IN 98
OUT OF 124
EVENTS AND
WON GOLD IN 14
OUT OF 24
RELAY EVENTS."**



U-SPORT NATIONAL RESULTS

Vikes - Quebec City

The Vikes competed in Quebec City at the U-Sport National Championships. Some fantastic swims were recorded throughout the event.

Our affiliated Uvic-Vikes swim team tore it up in Quebec at 2022 U-Sport Swimming Championships! 5 of the Vikes swimmers set new Vikes Records on day 1. A total of 16 Vikes earned swims in the finals, with one A Final, seven B Final, and eight C Final bids secured after the prelims.

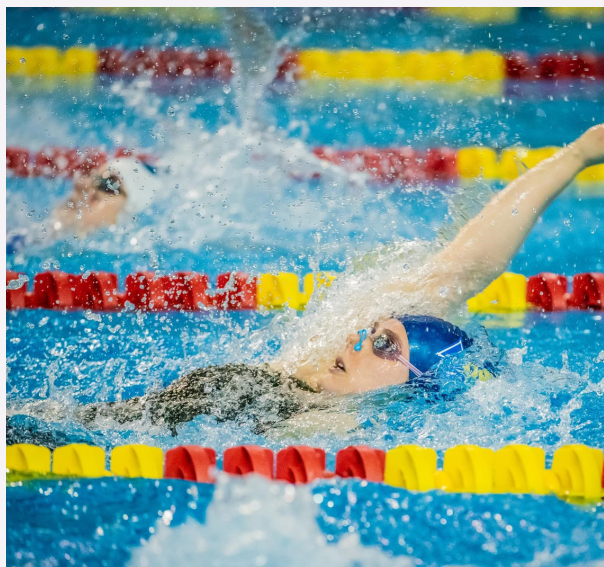
Day 2 of 3 at U-Sport Championships we had four new vikes record set by Sophie Tarrant (200m breaststroke), Jacob Rambo (100m backstroke), & A. Stull, R. Millns, J. Rambo, and W. Risk (Men's 4x200m freestyle relay)

The last and final day of 2022 U-Sport Championships proved successful for the Vikes Swimmers with 3 additional school records, to total of 12 new Vikes records set this competition and one bronze medal for Sophie Tarrant in 200m breaststroke. The Vikes finished the morning prelims with three bids to the A Finals, four to the B Finals, and two to the C Finals on the final day of racing.

In the finals the Vikes had swimmer Will Risk place 5th in the 1500m Freestyle, Lauren Crisp placed 4th in the 200m backstroke, Max Fang broke the 100m Freestyle school record and Sophie Tarrant placed 5th with a Vikes Record in the 50m breaststroke.

Full results can be found at:
<https://govikesgo.com/sports/swimming-and-diving>

Congrats to our Vikes athletes on a fantastic varsity season!



**"SWIMMER OF THE DAY
GOES TO ETHAN HEMEON
FOR A REVOLUTIONARY
SWIM IN THE 200 BREAST,
TAKING FOUR SECONDS
OFF ON THE DAY AND
WOULD HAVE PLACED
WELL IN THE A FINAL."**



NATIONAL

Coach Rod

Provincial Champs March 10-13

Hosted by PCS. The club was 10th on the mens side and 11th on the women's side, for a combined 11th place finish overall. Arran Robertson has break out meet winning the 100 and 200m Breaststroke and taking silver over 50m.

Three PCS athletes qualified for Canadian Senior nationals and were all under the Junior World Trials qualifying times. Lucy Hallett (14), Arran Robertson (17), and Jasper van Maren (16) qualified in 1 or more events. They join Giulia Lasora who is the fourth PCS athlete who will compete at Trials, held here in Victoria April 6-10.

Jessica Hier made her first Junior National time in the 1500 free and Riley Greenfield also broke the Junior National Standard to qualify in 200m Breaststroke.

Riley will join 13 other PCS athletes later this month at the Western Canadian Championships in Edmonton, including: Fahren Baker, Mattia Nardi, Jessica Hier, Lucy Hallett, Alonso Gutierrez, Kieran Feenstra, Bridget Rupert, Victor Sansoni, Giulia Lasorsa, Atanas Tchaouchev, Jasper van Maren, Rubin Lee, Conor Poulin

11 athlete will travel to Edmonton Mar 16-30 for a training camp in preparation for Trials and Western Champs

UVPCS marked a stunning occasion earlier this month by registering our 1001st swimmer in 2021-22!! Thanks to all of our diverse staff who have played integral roles in recruiting, registering, serving and coaching all of these families and athletes across our nine pools.

Provincial Team News

The following were chosen for the Prospects Team. They will attend a Swim BC mini camp with the team May 13-15. Lucy Hallett, Jessica Hier, Riley Greenfield

And for the Swim BC Pacific Wave Provincial group the following have been selected:

Arran Robertson, Alonso Gutierrez, Jasper van Maren, Atanas Tchaouchev, Alex Camaraire, Noah Hicks, Rubin Lee, Bridget Rupert, & Callum Robertson.

Congratulations to all!



"11 ATHLETES WILL TRAVEL TO EDMONTON MAR 16-30 FOR A TRAINING CAMP IN PREPARATION FOR TRIALS AND WESTERN CHAMPS"



D GROUP

Coach Grace

"What a bunch of Animals!"

Our hardworking, dedicated group of D-2 swimmers have risen to new challenges training together as a group of almost 30 swimmers. During our tough sets at practice, coach John takes it one step further and offers the ultimate challenge: The Animal Lane.. grrr!

In early February our Animal Lane took on the challenge of 8x100m IM swim @2:15. We had 3 animals emerge after that challenge; Max T., Elodie C., and Katie M.!

At the end of the month, our next challenge was 50x25m (20 freestyle, 10 breaststroke, 10 backstroke, 10 fly). Feeling inspired, we had a big group of tough swimmer ready to take it on. Our new animal lane fanatics are now (left to right pictured) : Juliana R., Averie H., Katie M., Isabella K., Josephine K., Owen S., Max T., Ezra S., Sohayb B., & Arnav GC. Stay tuned to hear which D-2 swimmers are joining our wild group of Animals next!



"WHAT A BUNCH OF ANIMALS!"



C-GROUP

Coach Mark

The C-Group has been growing and progressing nicely as we start to get back to a bit of normality with meets etc.

Quite a few swimmers have moved up and into the B-Groups already this year (Nora, Evan, Tracy, Iris, and Nora & Mila (and some are in transition) so things are moving along nicely with the swimmers. These swimmers qualified and swam great at the Swim BC Divisionals in Nanaimo (Noah, Maelle, Sebastian, Nora, Nolan, Eli, Maelle, Evan, Ethan Z, Iris, Sofia Z) From the Divisionals these C-Group swimmers went on to compete at the Provincial Championships.. (Ethan Z, Nolan G, Maelle S, Iris W, Evan W, Eli H)

A few lucky C&D Group swimmers were able to help out with the basket carrying for the finalists and had a chance to get some autographs and see the swimmers up close.

We now start our preparations for the Long Course season. Our first stop will be the Wavemaker meet April 29/30/May 1st. This is an annual meet that has heats and finals and has out of town clubs coming from BC, Alberta, and possibly the U.S. so it should be fun.

The summer travel schedule also looks to be heating up with summer divisional champs in Chilliwack, Provincials at UBC, and our annual summer fun trip to the Moses lake outdoor meet looks to be back on. The swimmers are super keen to make those road trip happen again. We will take in a Mariners vs Blue Jays game on the way down to Moses lake so it should be a lot of fun!



"THE C-GROUP HAS BEEN GROWING AND PROGRESSING NICELY AS WE START TO GET BACK TO A BIT OF NORMALITY WITH MEETS ETC."



LIGHTNING FAST

Coach Rod

1. How does Lightning Fast Work?

We set up the Lightning Fast Swim Series back in 2002 to help kids learn the steps of the SPORT of swimming in a quick and efficient manner. We work hard with our staff to get everyone on board and teaching the correct skills of strokes, starts, turns and the CULTURE of the sport of swimming.

2. How is Lightning Fast different from Red Cross?

We liken the difference to introducing any other sport. Red Cross does not teach soccer, hockey or gymnastics. We teach the SPORT of swimming safely. They teach water safety. Both good. Both important! Swimming sport kids become efficient in the water early and develop strong hearts, lungs and learn team concepts along with agility, balance and coordination both in and out of the water.

3. The culture of PCS and Swimming:

Why uniform is important? From the first level of LFSS the young athletes receive their PCS t-shirt and cap. While both have other functions, these help each child identify with their teammates who are spread across six GVRD pools. In normal years they would be coming together for in house challenges and moving on to competitions on the island. This is the team! Swimming promotes strong values on commitment, honesty, loyalty and the use of objective criteria for personal improvement.

4. Why do we swim so much? Do you know there are fish that live mainly on land and swim to catch food etc.? They are not very proficient on land! Competitive swimming is the ONLY sport where the participants must breathe out against something other than air. Even polo, diving and synchro, although the athletes hold their breath, they breathe out and in mainly above the surface. Breathing out against the water makes the children's lungs and hearts very efficient. Also being in a buoyant environment is a completely different experience than land/gravity based sport. Becoming proficient in the water takes more time because it is the only time when they are truly practising their sport. We do use dry land training to supplement their water progress.

If you have any questions please do ask!



**IF YOU HAVE ANY
QUESTIONS PLEASE DO
ASK!**



MORE LIGHTNING FAST INFO!

Hello from the Esquimalt pool,

Our two Esq coaches, Isabella and Ember, have been working super hard this season to run all of our Esquimalt programs smoothly. We now have over 70 Lightning Fast swimmers in our programs at Esq! Currently there are LF 1-5 programs. Isabella takes all of our Lightning Fast 3-5's and Ember teaches the little ones in LF 1-2. The swimmers have been making some great progress lately and are really becoming lightning fast! Isabella and Ember have had a great time this season teaching all of the swimmers at Esquimalt.

See you all on deck!"



"THERE ARE LF 1-5 PROGRAMS AT PANORAMA. WE STILL HAVE MANY SPOTS AVAILABLE IN OUR LF 3-5 PROGRAMS SO MAKE SURE TO TELL YOUR FRIENDS, WE'RE ALWAYS HAPPY TO HAVE NEW SWIMMERS!"

Hello from Panorama Rec,

Coach Isabella has been hard at work coaching all of the programs at Panorama recently. Programs at the rec-center are new this year for PCS and we are so excited to add it to our list of pools that run our programs. There are LF 1-5 programs at Panorama. We still have many spots available in our LF 3-5 programs so make sure to tell your friends, we're always happy to have new swimmers! See you all on deck!"

Thanks, Isabella.



Trials Qualifiers

Here is the list of Trials swimmers UVPCS will have going to the meet

Congratulations to the following swimmers and their Coaches!!

- Eric Hedlin
- Lauren Crisp
- Sophie Tarrant
- Zach Dumas
- Ethan Jensen
- Padric McKervill
- Elijah Agostinelli-Stull
- Jacob Rambo
- Jack Savage
- Ethan Phillips
- Cameron Laturnus
- Cole Westendorf
- Olivia Roschat
- Lucy Hallett
- Aaron Robertson
- Jasper Van Maren
- Giulia Larosa

We have a new Masters group, to add to our existing two groups, (18+) available at Crystal Pool on Tuesday / Thursday mornings, 6:15- 7:30am.

Come join us for a morning swim to start your day! All levels and skill abilities welcome. To register, click here.



Next Season will mark the 20th Anniversary of Pacific Coast Swimming!

There are plans for a variety of celebratory activities, t-shirts, clothing to help celebrate the history and future of PCS!



Congrats Vikes & PCS Grads!

Varsity Swimmers Toss Their Caps

Congratulations!! Good luck in your future endeavours.

Vikes:

Riley Wilkins
Lauren Taylor
Zach Dumas
Ethan Jensen
Ethan Philips

PCS:

Aaron Robertson
Elena Pepenel
Emma Obee
Tahlia Reid
Fahren Baker





PACIFIC
COAST
SWIMMING

FAMILY OF
CHAMPIONS

1000 swimmers...

1000 TREES PLANTED

PACIFIC
COAST
SWIMMING

&



ONETREEPLANTED

Last year, our club reached 500 swimmers,
and we planted 500 trees in Canada.

This year...

In honour of 1000 swimmers registering with Pacific Coast Swimming, we've partnered with One Tree Planted to plant 1000 trees in Australia. Thank you all for your continued support, efforts, and dedication to Pacific Coast Swimming as we continue to grow as a swim club & family.



RON JACKS

Ron Jacks will be moving from his daily role as Pacific Coast Swimming's Director of Swimming to a new Coach Emeritus/Mentoring position. When Ron Jacks stepped onto the pool deck for his first international competition in the 1960's: pools were measured in yards instead of metres, the Canadian flag still included the British Union Jack, and swim goggles hadn't yet been invented. Amidst decades of changes to competitive swimming in British Columbia and Canada, Ron's presence has been a constant—from swimmer to coach, and now to a new role as Coach Emeritus for Pacific Coast Swimming.

As a youth, Ron swam with the Vancouver YMCA Swim Club, training his way through the years to gold at the Canadian National Championships, and qualifying for the 1964 Tokyo Olympics at the age of 16. He signed with Indiana University in 1966, where he trained under the acclaimed American coach James "Doc" Counsilman for the duration of his university career. 3 Olympic Games, 10 International Games medals, 7 Canadian records, and numerous National gold medals later, Ron retired from competing in 1972 following the Munich Olympics.

After spending 6 months photographing wildlife in Africa, he soon turned his focus to coaching. During his coaching career, Ron founded 3 swim teams across BC that are still prominent to this day, the most recent being Pacific Coast Swimming, which he started in 2002 alongside fellow coaches Rod Barratt and Mark Lancaster.

As the Director of Swimming for PCS, Ron's mission was to instill a love for the sport and help guide athletes in their goals. In particular, he recognized that athletes need to be self-driven. "I want to help them reach their full potential, and if they're willing to go for it, then so am I," he said during a 2012 interview. Coaching was more than just a job for Ron; he dedicated extensive hours on the pool deck, writing workouts, and even driving swimmers to practice regularly if they couldn't otherwise find a ride. From childhood through his tenure as Director of Swimming, he committed his life to swimming.

His accolades and commitment to the sport have earned him several awards, including inductions into the Canadian Swimming Hall of Fame, the BC Sports Hall of Fame, the Swim BC Hall of Fame, and the Greater Victoria Sports Hall of Fame. During his induction to the latter in 2018, he explained why he chose to continue coaching after he retired as an athlete: "I wanted to be a small part of something more successful than what I was." Considering his decorated career, this reference to creating success beyond his own speaks volumes about the faith Ron has had in the thousands of athletes he's coached over the years.

During his decades in Victoria, Ron worked closely with the University of Victoria program, with many of his swimmers attaining the highest levels of success nationally and internationally. These athletes include Olympic bronze medalists Richard Weinberger and Pamela Rai, World Champion Greg Streppel, Paralympic Gold Medalists and World Record holders Stephanie Dixon and Mike Edgson, and multi-Olympic finalists such as Christin Petelski.

Building on his experience with Greg Streppel at the first FINA Open Water World championship in 1991, Ron found a niche in open water swimming. Between 2005 and 2013 he was the Swimming Canada's National Open Water Head Coach. Athletes Ron trained in open water included Streppel, Olympians Stéphanie Horner and Richard Weinberger, World Championship bronze medalist Eric Hedlin, and World Championship 4th place finisher Karly Stutzel.

Ron has coached athletes to the Canadian Olympic Teams in each cycle from 1976 to 2016. He is the only Canadian coach to have completed the trifecta of coaching Olympic Medalists in the regular pool, the Paralympics, and Open Water disciplines. His ability to continue coaching across a multitude of ages, disciplines, and strokes made him a staple in the Canadian swimming community, and a cornerstone of Pacific Coast Swimming's success over the last 20 years.

With the onset of the Coronavirus pandemic and the birth of his first grandchild, Jacks made the decision to finally step off the pool deck to spend more time with his family. From coaching learn-to-swim programs to Olympic medalists, Ron Jacks holds an immense amount of experience and knowledge of the sport, which he doesn't intend to leave behind.

As Coach Emeritus, he will continue to shape the sport of swimming on a more flexible schedule, helping mentor athletes and coaches and occasionally doing some on-deck coaching. Over the course of his 50-year coaching career, Ron Jacks has influenced the lives of thousands of swimmers in British Columbia and Canada on and off the pool deck, and his legacy will not be forgotten.

Thank you, Ron!



Upcoming Events

April 27th	PCS Picture day 7pm Centennial Stadium (wear blue!)
April 29/30 & May 1st OF STAFF AT SCP**	PCS Wavemaker meet LC *CANCELLED DUE TO LACK
May 7/8th	Comox 12 & Under Jamboree
May 18	LFSS - Parent mtg 8-9:00 p.m. Zoom.
May 20-22nd	Medley Challenge at SCP *3:40 200 IM to enter
May 28	10 & Under VIR Champs in Duncan
May 28/29th	Campbell River meet
June 24-26th	Swim BC Divisional Champs Chilliwack *Qualifiers
June 24-26th	Wenatchee Outdoor Starlight Invitational.
June 26th	Duncan meet
July 1st	2022/23 Season registration Opens
July 8-10	Moses lake fun outdoor meet.
July 14-17th	BC Provincial Champs UBC *Qualifiers
July 28-31st	Canadian Nationals Jr and Snr. Montreal *Qualifiers
July 28-31st	Far Westerns Concord California
TBD	Mid Summer Madness SCP *PCS Hosting

Vikes Swim camps:
July 25-29, August 2-5 August 8-12 and August 15-19.





SUMMER CAMPS

presented by

Dairyland



THRIFTY FOODS
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VIKES SWIM CAMPS 2022

Ages 8-12
McKinnon Pool

Vikes swim camp introduces children to the arena of competitive swimming. Experienced coaches will lead campers in stroke improvement, swim games, swim fitness, dry land skills and provide an opportunity for feedback from under/over water video. Participants must be able to swim 50 meters or be at a Lightning Fast 3/Red Cross Level 6 or higher.

Jul 25-29
M-F 9a-12:30p
\$114

Aug 2-5
T-F 9a-12:30p
\$93

Aug 8-13
M-F 9a-12:30p
\$114

Aug 15-19
M-F 9a-12:30p
\$114

Register at: Vikes active living website (under programs)

Trials 2022

Congrats to Eric Hedlin and coach Ryan! Eric was named to the national open water team for the 2022 World championships!! Many more PCS swimmers set best times and made finals. Finally, UVPCS Coach and Lightning Fast Coordinator Lily Dong has been selected as Team Manager to the Junior Pan Pacific Championships. Congrats to all!



Thank you volunteers!!

Thank you all for your efforts and commitment to the Trials 2+ weeks!!! A huge challenge and it went off without a hitch thanks to you all. The Coaches, Teams, Athletes from across the country really appreciate your efforts.





THANK YOU

TO OUR SUPPORTERS & OUR
FAMILIES

Thank you all for your support and encouragement this year! We thank all of the families who have volunteered their time to ensure that we have had a successful season thus far! We look forward to working with you through the end of the season and beyond!

**A HUGE THANK YOU TO PEPPERS,
KIDS SPORT & OUR OTHER
SPONSORS FOR THEIR ONGOING
SUPPORT**



KidSportTM



GREATER VICTORIA