



# 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  
2005-2006 YEAR IN REVIEW

## 2006 Canadian Senior National Championships #8 Team in Canada

Home to Pan Pacific and World Aquatics Championships National Team Members



**FROM BEGINNERS TO INTERNATIONAL ATHLETES,  
OUR SWIMMERS AND COACHES ENJOYED ANOTHER TERRIFIC YEAR.**



During the 2005-2006 swim season swimmers and coaches from the University of Victoria – Pacific Coast Swimming Association (UVPCS) attended 55 meets in 5 provinces, 7 US states, and 8 countries, spanning club time trials and regional all-level meets to the Age Group National Championships in Calgary, Senior National Championships in Victoria and Montreal, the Victoria Pan Pacific Championships, and FINA World Cup Meets in New York and Brazil. Our team placed fourth at the Long Course Provincial Championships and at the Senior National Championships – Pan Pacific Trials, we were eighth in the country. Not bad for a 4-year old team!

## MEETS

In December we hosted the 4th Annual Christmas Cracker Invitational, 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. In late April, 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. We ended the year by hosting the Vancouver Island Regional Long Course Championships in June and Provincial Long Course AAA Championships in July. They both ran without a hitch. The Provincial Championships were the largest ever – 619 swimmers competing – and the first to include a 5km Open Water event. Congratulations team! **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 Florida. 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 **Stefanie Schmidt** and **Evan Letkeman** (10 and 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). 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 BC Swimming Awards Banquet in October 2005. **Stephanie Dixon** was named BC SWAD Swimmer of the Year, while **Rod Barratt** won BC Coach of the Year for the 14 & Under Age Group and **Ron Jacks** won the BC SWAD Coach of the Year Award.
- ❖ At the Canadian Swimming Awards Banquet hosted by Swimming Canada and the Canadian Swim Coaches and Teachers Association. **Stephanie Dixon** won the Female SWAD Swimmer of the Year and **Ron Jacks** won the Canadian SWAD (Female) Coach of the Year Award. Ron also picked up an International Team Award (given to coaches with a swimmer on the Canadian FINA LC World Championship Team) while coaches **Ron Jacks**, **Peter Vizsolji** and **Rod Barratt** were honoured with 7 Speedo Domestic Excellence in Coaching Awards (for coaching athletes to National Championship or record performances).
- ❖ **Caleigh Bachop**, **Savannah Barratt**, **Claudia Bell**, **Emmanuelle Caws**, **Karine Hack**, **Daniel and Michael Harmon de Clare**, **Abby Irving**, **Liam Keeler-Young**, **Bardia Khunjush**, **Raina Lin**, **Rosie Moulton**, **Madison Rosene**, **Akila Sato-Gaudreau**, **Emma Scully**, **Logan Simonson**, **Rebecca Thomson** and **Liam Young** (10 & under); **Ryan Gibson**, **Niv Hack** and **Johnathon Sipos** (11-12); **Cole Barratt**, **Victoria Cosway**, **Karlee Olmer**, and **Melanie Yu** (13-14); and **Leslie Sannes** (15+) all achieved their first age-group Regional A qualifying times.
- ❖ **Karl Carriere**, **Rachel Davies**, **Kelsey Elliott**, **Caleigh Filmer**, **Katherine Filmer**, **Zoe Hopkins**, **Ryan Howe**, **Clara MacKenzie**, **Nadia Masri**, **Lauren McMillan**, **Austin Nolt**, **Jason Scully**, **Delaney Tesch** and **Leanna Woo** (10 & under); **Kate Bell**, **Jennifer Caws**, **Reef Chiu**, **Evan Letkeman**, **Thomas Mayall**, **Corey Pederson**, **Aidan Thirkell** and **Brendan Ward** (11-12); **Brittany Fox** and **Avi Kunen** (13-14); and **Lynn Wang** (15+) achieved their first age-group Regional AA qualifying times.
- ❖ **Salin Bol** achieved her first Regional 10 & under AAA qualifying time while **Genna Bertrand** (10 & under), **Renee Barone**, **Rachael Newman**, and **Zac Parkes** (11-12); **Daniel Borowiecki** and **Robert Mayall** (13-14) and **Chris Kennedy** (15+) achieved their first Provincial age-group AAA qualifying times.
- ❖ **Stefanie Schmidt** (12 & under) and **Kristina Phillips** (13 & under) achieved their first Age Group National qualifying times.
- ❖ **Kyle Scarff**, **Julia Schmidt** and **Brittany Steele** achieved their first Youth/Western qualifying times.
- ❖ **Jayne Weimer** and **Ryan Clouston** achieved their first Senior National qualifying times.
- ❖ Swim BC selected its Provincial Teams and **Alyssa Bakken**, **Nicole Crawford**, **Craig Dagnall**, **Jayne Weimer**, **MacKenzie Downing**, and **Anne Schmuck** were named to the Age Group (12 & under), Prospects (13-14), Youth (15-16) and Junior (18 & under) Teams for the Short Course season. **Alyssa Bakken**, **Nicole Crawford** and **Tyler Smith** were selected to the BC Tour Team competing at the Pacific Coast All-Star Meet while **David Vizsolji** and **Hollis Roth** were selected to the BC Tour Team attending the Washington Open Meet. In March, Swim BC named its Long



Course Provincial Teams, and once again UVPCS was well represented by **Alyssa Bakken, Nicole Crawford, Jayme Weimer, Hollis Roth** and **Anne Schmuck**. **Tyler Smith** and **Nick Sinclair** were named to the Swim BC Age Group/Prospects Tour team traveling to the North Baltimore Aquatic Club LC Invitational in June; **Rod Barratt** was named BC Team Coach. **Jayme Weimer, Hollis Roth** and **Anne Schmuck** were selected to the Swim BC Youth/Junior Team that traveled to the US Grand Prix Meet in Ann Arbor, Michigan in May 2006. **Dr. Peter Vizsolji** was named to the coaching staff.

- ❖ Swimming-Natation Canada (SNC) also selected its teams for the year. **Alyssa Bakken, Nicole Crawford** and **Nicholas Sinclair** were selected to Age Group and Prospects National Development Squads. **Anne Schmuck** was named to Canada's Youth-Junior Team and traveled to Melbourne, Australia to the 2006 Victoria State Championships. **MacKenzie Downing, Christin Petelski, Nathan O'Brien, Stephanie Dixon, David Creel** and **Karley Stutzel** were selected to National Teams.
- ❖ **Jacob McKee, Julia Schmidt,** and **Tyler Smith** swam for the Vancouver Island Region at the BC Winter Games. **Alison Hooper** and **William Yolland** represented the region in the BC Summer Games held in July in Kamloops, BC, albeit in track rather than swimming!
- ❖ UVPCS was top-5 among teams attending the Provincial Short Course Championships in February. **Stefanie Schmidt** placed third overall in the 10 & Under Swim Stars Competition. Our medalists were **Alyssa Bakken, Nicole Crawford, Hollis Roth, Nicholas Sinclair** and relay medalists **Alison Hooper, Julia Schmidt, Daniel Borowiecki, Jacob McKee** and **Tyler Smith**. We hosted July's Long Course Provincial Championships – our medalists in the pool were **Alyssa Bakken, Dave Creel, MacKenzie Downing, Nick Sinclair, Tyler Smith, Karley Stutzel, David Vizsolji, Jayme Weimer**; relay medalists included **Daniel Borowiecki, Robert Mayall, Nick Sinclair** and **Tyler Smith**. **Anne Schmuck**, home from University for the summer and swimming with LOSC, also brought home 6 medals. And in the first-ever 5K Provincial Open Water Championships, we had five swimmers in the medals: **Kristina Phillips, Alison Hooper, Jovanna Ruffolo, Karley Stutzel,** and **Dave Creel**.
- ❖ At Age Group Nationals in July, our medalists were **Craig Dagnall, Alison Hooper, Nicholas Sinclair, David Vizsolji** and **Jayme Weimer**; and finalists were **Jovanna Ruffolo, Kyle Scarff, Julia Schmidt,** and **Tyler Smith**. In the Open Water competition at Sylvan Lake, **Craig Dagnall** was UVPCS' top finisher, winning the 15 & under Gold medal. **Craig** finished in a tie for third place amongst all men's age groups. **David** took the Bronze for the 16 & under group. **Jovanna, Alison** and **Jacob McKee** also achieved top-8 placings.

#### NOTABLE PERFORMANCES

- ❖ **Alyssa Bakken** broke several Provincial and National Records over the course of the season. In November, she broke 4 Provincial SC records (100/200 Backstroke, and 200/400IM) and a National SC record (200 Backstroke). A few weeks later, she broke her own 11-12 National LC Age Group Record in the 200 Backstroke along with 2 Provincial LC records (100 and 200 Backstroke). She was awarded Rookie of the Meet honors at the Senior National Championships – Commonwealth Games Trials. Alyssa also won Gold in the Women's 15 and Under 100 and 200 Back at Western Canadian Championships in February, along with five Gold medals at SC and LC Provincial Championships.



- ❖ **Nicholas Sinclair**, in his second season of year-round swimming, earned spots on the BC and Canadian Age Group Development Teams. During the past season, Nicholas won numerous Gold medals: at SC Provincial Championships, he won 9 Gold medals in his 9 events entered! He followed with 4 Gold medals (100 and 200 Backstroke, 100 Fly and 400 IM) and 1 Bronze (100 Free) at LC Provincial Championships. Based on his performances at those meets, Nicholas received the Regional Athletic Development Award (for the highest aggregate point swimmer from the Vancouver Island Region) at both SC and LC Provincial Championships as well as the Speedo Swim Award for the highest point swim in his age category at SC Championships. At Age Group National Championships in July, Nicholas won 1 Gold (100 Fly), 3 Silver (50/100/200 Backstroke), and 3 Bronze (100 Free, 200/400IM) medals.



- ❖ **Anne Schmuck** split the year between UVPCS and her home club, the Langley Olympians (LOSC). It looks like University life and sea air were to her liking! Ann was named to the SNC Youth-Junior Team that traveled to Melbourne, Australia to compete in the Victoria State Championships in January. While there, she took Gold in the Junior Women's 200 Backstroke and Bronze in the 200 Breaststroke. At the Canada West University Championships in January, Anne won Gold medals in the 800 Free and 400 IM as well as Silver in the 400 Free. Her performance in the 400IM broke a decade-old University of Victoria Record. She was named to the All-Star Team and was Canada West Rookie of the Meet. She ended her first season as a Vike by winning the



University's Robert T. Wallace Rookie of the Year Award.

- ❖ **MacKenzie Downing** gradually recovered from a dislocated kneecap to peak at the end of the season. And what an end it was! MacKenzie won Gold in the Women's 200 Butterfly and Silver in the 100 Butterfly at Canada West University Championships and was named to the Canada West All-Star Team. At CIS, she won Bronze in the women's 100 and 200 Butterfly as well as the 800 Free. Her time in the 100 (1:00.64) was a new Vikes SC Record. In June and July, MacKenzie competed at the Mel Zajac International and Quebec Grand Prix meets, winning Gold in the 100 and



200 Butterfly at the Mel Zajac Meet and three Silver medals (in the 50, 100 and 200 Butterfly) in the Quebec Grand Prix. Everything came together at the Canadian Senior National Championships – Pan Pacific Trials in Montreal in July. MacKenzie won Gold in the 200 Butterfly in a time (2:11.07) that was the 4<sup>th</sup> fastest time ever swum by a Canadian woman. She also won Silver in the 100 Butterfly, breaking a Provincial Open record in the process. Her performances earned her a berth on the Canadian team competing at the Pan Pacific Championships.

- ❖ **Stephanie Dixon**, a world record holder and veteran of Paralympic and other International meets, spent her third year in Victoria winning more awards and medals. In October, Stephanie was named B.C. SWAD Athlete of the Year. In November, she received the University of Victoria Martlett Award for Outstanding contribution to the athletic program. Stephanie spends hours in classrooms with kids, additional pool hours coaching disabled swimmers, and was the local organizer of the very successful *World Swim for Malaria*. In April, she was named Victoria's Female Athlete of the Year for 2005 at the 39th annual Sports Celebrity Awards Dinner. As for swimming, Stephanie won a bronze medal in the 50 Free at Commonwealth Trials in November. She followed that up by winning 2 Gold medals (in 100 and 200 Backstroke) and a Silver (50 Backstroke) at the Disability Can Am Championships in London, Ontario in April; she also won 2 Golds (50 and 100 Backstroke), 2 Silvers (in the 50 Fly and 200IM) and 1 Bronze (in the 100 Free) at the Quebec Grand Prix Meet in July. In August, Stephanie competes at the U.S. Paralympic Championships in San Antonio, Texas.



- ❖ **David Creel** was named to Canada's Senior Men's Tour Team competing in FINA World Cup Meets in New York and Brazil. In June, he competed in the 5, 10, and 25 km events at the US Open Water Championships in Fort Myers, Florida. Dave was eighth overall and the second Canadian in the men's 5km, seventh overall and second among Canadians entered in the 10 km, and took the Bronze in the 25 km event. His placings earned him spots on the Canadian Pan Pacific Championships and World Open Water Championships teams; both events take place in August 2006.

- ❖ **Karley Stutzel** focused much of her year around Open Water Competition. In April, she competed in the FINA XVII Sumidero Canyon 15K Marathon in Mexico and finished sixth.



She then competed in the 5, 10, and 25 km Open Water events at the US Open Water National Championships in Fort Myers, Florida. There, she placed fourth overall in the 5km race and was the second Canadian woman to cross the finish line. In the women's 10 km race, she finished sixth and in the 25km race, she finished with the Bronze. Together with Dave Creel, she qualified for the 10 kilometre race at the Pan Pacific Championships in Victoria and the World Open Water Championships in Naples, Italy. At the Canadian National Championships – Pan Pacific Trials in July, Karley finished Silver in the 10km Open Water event.



- ❖ **Nathan O'Brien**, an Athens Olympian and National Team member, spends the academic year in Texas. He returned to Canada and UVPCS in November to swim at the Canadian Commonwealth Trials; there he won a Bronze medal in the 100 Backstroke. Nathan was selected by Swimming Canada to compete in the FINA World Cup Meets in New York and Brazil. In July, he competed at the Pan Pacific Championship Trials in Montreal where he won Silver in the 100 Backstroke, a swim that earned him a spot on the Canadian National Team competing at the Pan Pacific Championships in August. However, he declined the spot in order to complete his University degree.

- ❖ **Christin Petelski**, a two-time Canadian Olympic team member and Canadian National team member, won Silver in the 100 and 200 Breaststroke events at Senior Nationals – Commonwealth Games Trials in November. Unfortunately, injuries limited her ability to compete during the remainder of the year. She has been a great coach to our youngest members in the Lightning Fast program, and we look forward to seeing her next year both in the water and on the deck.

- ❖ In November, Head Coach **Ron Jacks** was hired by Swimming Canada, the national governing body for competitive swimming in Canada, as National Open Water Coach. Congratulations Ron!
- ❖ Coaches **Rod Barratt**, **Mark Lancaster** and **Ron Jacks**, and **Penny McCulloch-Barratt**, once again offered a terrific Elementary School Swim Program in a number of Greater Victoria schools.



## OTHER HIGH POINTS

- ❖ UVPCS was established in September 2002 with about 65 competitive swimmers. Just four years later, we have over 450 swimmers, including 226 competitive program swimmers and another 225 in our School programs. We are proud to say that we are the fastest growing swim club in the province! We are also becoming a recognized force at the national level – for the achievements of our swimmers, coaches, and team as a whole.
- ❖ Swimming-Natation Canada (SNC) awarded the 2007 Spring Nationals - Pan American Games Trials to UVPCS. This long course event will take place March 22nd through 25th at Saanich Commonwealth Place in Victoria.

## THANKS

- ❖ **Saanich Commonwealth Place** for a wonderful pool.
- ❖ Professional photographer **Jim Hockley** and PCS members and friends for great pictures.
- ❖ Board members for their dedication and hard work.
- ❖ PCSPA gratefully acknowledges financial assistance from the British Columbia Gaming Policy and Enforcement Branch.
- ❖ **Thanks especially to all our parents, friends, supporters, 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 Fifth Annual Fall Registration and Barbeque on 8 September 2006 (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).**

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