



# 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

2006-2007 YEAR IN REVIEW

Home to 2007 World Aquatics & World Paralympic Championships,  
FISU, Pan American & ParaPan American Games Team Members



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



During the 2006-07 swim season, University of Victoria – Pacific Coast Swimming Association (UVPCS) swimmers and coaches attended 66 meets in 6 provinces, 4 US states, and 10 countries, spanning club time trials and regional all-level meets to Age Group National Championships in Montreal, Senior National Championships in Victoria and Calgary, the Pan American and ParaPan American Games in Rio de Janeiro, World Aquatics Championships in Melbourne, World Paralympic Championships in Durban and World University (FISU) Games in Bangkok. Our team placed 2nd at both SC and LC VIRs, 8th at SC and 4th at LC Provincial Championships. In July, our men's team was 9th and was the #1 BC team at Age Group National Championships and although we only sent 4 swimmers, our team placed 12th at the Senior National Championships. Not too bad!



## CLUB ACHIEVEMENTS

UVPCS was established in September 2002 with approximately 65 competitive swimmers. Five years later, we have over 450 swimmers, including 226 competitive swimmers and another 225 in our elementary school program. 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. **HAPPY 5th BIRTHDAY PCS!!!**

## MEETS

In addition to numerous in-house time trials, we hosted 4 major meets in 2006-07. It all began in October when we hosted Swim BC's Senior Circuit meet. In mid-December, we hosted the 5th Annual Christmas Cracker Invitational - the biggest one yet. In March we were busy welcoming top swimmers from across the country to the SNC Spring Senior National Championships. A month later, we concluded our hosting year by running the Annual Wavemaker Invitational, a heats and finals meet designed exclusively for 12 & under swimmers. All of our meets ran without a hitch thanks to everyone's enthusiasm and willingness to lend a hand.



Our success is reflected in Swimming-Natation Canada's (SNC) decision to award us the 2008 Can-Am Meet for Swimmers with a Disability (SWAD). This long course event will take place next July at Saanich Commonwealth Place in Victoria. In addition, Swim BC has selected our club to host the October 2007 Senior Circuit and March 2008 SC Provincial Championships Meets! We actually had to turn away requests to host meets next year!

Thank you to our coaches, members, volunteers, friends and sponsors who contributed their time and talents to make all our meets 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!



## SWIMMER AND COACHING 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 Mexico. All that hard work paid off with many personal bests, new qualifying times, meet medals, records and other awards. Here are a few of the year's highlights.

### New Qualifying Times

- ❖ First Regional A qualifying times: **Samantha Gibson, Kiara Hopkins, Callum Masterton, Lisa McQuarrie, and Grace Thomas** (10 & under); **Ben Carriere, Karl Carriere, Hanna Carter, Michael Harmon de Clare, Alexandra Kierstead, Nazarly Kravchenko, Ana MacLeod, Braonain Masterton, Mackenzie Masterton, Daniel Moon, Rosie Moulton and Kenzie Rosene** (11-12); and **Jennifer Caws** and **Rebecca Thomson** (13-14)
- ❖ First Regional AA qualifying times **Savannah Barratt, Daniel Harmon de Clare, Karine Hack, Abby Irving, Victoria Mock, Akila Sato-Gaudreau, Jason Scully, Emma Ullrich and Heidi Ullrich** (10 & under); **Salin Bol, Niv Hack, Bailey Repp, Emma Scully, Delaney Tesch and Leanna Woo** (11-12); **Kate Bell, Reef Chiu, Thomas Mayall, Jade Simpas and Melanie Yu** (13-14)
- ❖ First Regional 10 & under AAA qualifying times: **Katherine Filmer, Victoria Jetko, Stephen Olmos and Oliver Spratt**
- ❖ First Provincial age-group AAA qualifying times: **Caleigh Filmer** (10 & under), **Genna Bertrand, Sophia Borchers, Emily Ding, Ryan Gibson, Ryan Howe, Evan Letkeman, Lauren McMillan, Aidan**

**Thirkell** and **Brendan Ward** (11-12); **Andrea Barba, Cole Barratt, and Rachel Newman** (13-14)

- ❖ First Youth/Western and Age Group National qualifying times: **Tyler Smith** (Youth/Western), **Renee Barone** (13), **Zac Parkes** (13 & under), **Remy Mock** (14), **Daniel Borowiecki** (15) and **Grayson Repp** (15)
- ❖ First Senior National qualifying times **Craig Dagnall, Cody Flegel and Nicholas Sinclair**

### Club Records and Awards

- ❖ The 2006-2007 seasons saw a number of UVic and UVPCS records broken. Individual record breakers included **Emily Ding**, **Ryan Howe**, **Lauren McMillan** (10 & Under); **Stefanie Schmidt**, **Aidan Thirkell** (11-12); **Alyssa Bakken**, **Remy Mock**, **Julia Schmidt**, (13-14); **Nicole Crawford**, **Craig Dagnall**, **Kyle Scarff**, **Nicholas Sinclair**, **David Vizsolji**, **Jayne Weimer** (15-17); **David Creel**, **MacKenzie Downing**, **Erich Schmitt** (Open), and **Stephanie Dixon** (SWAD).
- ❖ At our annual Awards Night in October, trophy winners (those with the highest IPS point swim in each age group during the preceding season) were **Stefanie Schmidt** and **Evan Letkeman** (10 and under), **Kristina Phillips** and **Zac Parkes** (11-12), **Alyssa Bakken** and **Nicholas Sinclair** (13-14), **Nicole Crawford** and **David Vizsolji** (15-17), **MacKenzie Downing** and **Nathan O'Brien** (Senior) and **Karley Stutzel** (Open Water).
- ❖ UVPCS swimmers and coaches also garnered honors at the BC Swimming Awards Banquet in October 2006. **Stephanie Dixon** was named BC SWAD Swimmer of the Year, while **Ron Jacks** won the BC SWAD Coach of the Year Award.

### Provincial and National Meet Medals, Teams and Records

There were many notable performances over the course of the year. In addition, some of our swimmers made provincial, national and international teams and broke club, provincial, national, and international records.

### At the Age Group Ranks:

- ❖ UVPCS was 8th among teams attending the Provincial Short Course Championships in March and 4th at July's Long Course Provincial Championships in Kamloops. In March, **Emily Ding** placed 5th and **Caleigh Filmer** placed 7th overall in the 10 & Under Swim Stars Competition while in July, **Caleigh Filmer** placed 8th and **Lauren McMillan** was 13th overall. Age Group medallists at these Provincial Championships Meets were **Alyssa Bakken**, **Renee Barone**, **Nicole Crawford**, **Craig Dagnall**, **Emily Ding**, **Ryan Howe**, **Lauren McMillan**, **Rachael Newman**, **Grayson Repp**, **Kyle Scarff**, **Julia Schmidt**, **Nicholas Sinclair**, **Tyler Smith** and **David Vizsolji**.



- ❖ Several of our swimmers were also named to Swim BC Provincial Teams: **Alyssa Bakken**, **Nicole Crawford**, **Nicholas Sinclair** and **David Vizsolji** were named to the Prospects (13-14) and Youth (15-16) Teams for the Short Course season. **Alyssa Bakken** was also named to Team BC for the Long Course season. **Nicole Crawford** and **Nick Sinclair** were on the Swim BC Team traveling to the Quebec Grand Prix Meet in Montreal in June. In addition, **Alyssa Bakken**, **Nicole Crawford**, **Craig Dagnall** and **Nicholas Sinclair** were selected to the BC Team competing at the Western Canada Summer Games in August 2007. These swimmers also recorded strong performances at the national age group level.
- ❖ **Alyssa Bakken** was a Gold medallist in the 100 and 200 Backstroke events at both SC and LC Provincial Championships. She also took home Gold in the 200 and Silver in the 100 Backstroke at the Pacific Coast All Star meet. At the National level, she took Bronze medals in the 200 Backstroke at Western Canadian Championships, Age Group National Championships, and Western Canada Games. Her achievements were not limited to Backstroke – Alyssa also brought home Gold in the 400 IM, Silver in the 200 IM and 800 Freestyle and Bronze in the 200 and 400 Freestyle at the SC Provincial Championships Meet.
- ❖ **Nicole Crawford** also enjoyed a strong SC season. In October 2006, she was a Silver medallist in the 800 Freestyle at Swim BC's Senior Circuit Meet (Open Age Group). She followed with a Gold medal in the same event in the SC Provincial Championships in March, where she also won Bronze in the 400 Freestyle. In May, she was awarded Bronze medals in both the 400 and 800 Freestyle events at the May Flowers Meet in Seattle, Washington. Unfortunately, a knee injury cut short her LC season. However, she is on the mend and looking forward to next year.
- ❖ **Craig Dagnall** and **Nicholas Sinclair** each achieved their first ever Senior National qualifying time over the course of this year. **Craig** established himself as a force to be reckoned with in distance freestyle events, both in the pool and in the open water. He earned bronze medals in the 1500 Freestyle at the SC Provincial Championships (15-17 age group) and Age Group National Championships (16 year olds). He also brought home a Gold medal from the 5km National Pool Championships (15-16), a Silver medal in the 5 km event at Age Group National Championships and placed first in the 5 km Thetis Lake Open Water Competition (Open and 19 & Under Age Groups). Craig was named to the BC Western Canada Games Team where he earned Bronze medals in both the 400 and 1500 Freestyle. He established club records in both the 800 and 1500 Freestyle events (15-17) over the course of the year. **Nicholas** aged up (turning 15) in September and spent his third season of year-round swimming competing in the 15-17 and Senior/Open Age Groups. Over the course of the year, Nick earned spots on both the SC and LC Provincial Teams, including the Western Canada Games Team. He also broke numerous Club records. At SC Provincial Championships, he won 2 Gold (100 and 200 Backstroke) and 1 Bronze (400 Freestyle) medals. He also won Bronze in the 200 Backstroke event at Western Canadian Championships in February. At the May Flowers Meet in Seattle, Nick received the Men's High Point Award and came home with 7 medals, including 4 Gold (100 and 200 Backstroke, 100 Butterfly, 400 IM), 2 Silver (800 Freestyle, 200 Butterfly), and 1 Bronze (200 IM). At Age Group National Championships in Montreal in July, he won 7 individual (and several relay) medals, including 2 Gold (100 and 200 Butterfly)



and 5 Silver (50, 100 and 200 Backstroke; 200 and 400 IM). He ended the season by winning 3 Gold (100 and 200 Backstroke, 400 Medley Relay) and 2 Silver (100 and 200 Butterfly) medals at the Western Canada Games in August.

- ❖ **David Vizsolty** earned Provincial and National medals in both Butterfly and Distance Freestyle events. He was a Bronze and Silver medallist in the 200 Butterfly at SC and LC Provincial Championships respectively. He was also awarded a Silver medal in Canada's first ever 5km National Pool Championships and a Bronze in the 5 km Open Water competition at Age Group National Championships held in Montreal in July.
- ❖ Finally, UVPCS newcomer **Kyle Scarff** ended his first year with our Club by winning a Bronze medal in the 50 Breaststroke event at Age Group Nationals in July.

#### At the Senior Ranks:

- ❖ University Canada West and CIS National championship competitions saw medal performances by **MacKenzie Downing**, **Hollis Roth** and **Matt Pariselli** (UVic-ETOB).
- ❖ In the first ever 5km National Pool Championships held virtually across the country, our medallists included **David Creel**, **Matt Pariselli** (UVic-ETOB), and **Anne Schmuck** (UVic-LOSC).



- ❖ **Hollis Roth** and **Jeff Saganski** (UVic-Gold) were named to Canada's National Junior Team and traveled to Maui, Hawaii to compete in the Junior Pan Pacific Championships in January, 2007. In their first international competition, both swimmers achieved personal best times and made finals. As well, in their first year of University competition, both were Canada West (where Hollis won Bronze in the 200 Butterfly) and CIS finalists.
- ❖ **MacKenzie Downing**, **Stephanie Dixon**, **Karley Stutzel** and **David Creel** were selected to Senior National Teams including those competing at the World Aquatics Championships in Melbourne, Australia; IPC World Championships in Durban, South Africa; the Pan American and ParaPan American Games in Rio de Janeiro, Brazil; and World University (FISU) Games in Bangkok, Thailand.



- ❖ **MacKenzie Downing** began and ended the year competing in major international meets as a member of Canada's Senior National Team. In August 2006, she was part of the Canadian team participating in the Pan Pacific Championships held here in Victoria. She placed 6th in the 100 Butterfly and 7th in the 200 Butterfly racing against the best swimmers in the world. In November, MacKenzie competed at the Toronto Grand Prix meet, winning Gold in 50, 100 and 200 Butterfly events while setting new Provincial records in both the 50 and 100. At the Canada West University Championships, she won Gold in the Women's 200 Butterfly and Silver in the 100 Butterfly and 400 Freestyle. At CIS in Halifax, she won Silver in the women's 50, 100 and 200 Butterfly as well as the 800

Free. Her times in the 50 and 200 Butterfly events set new Provincial SC Records. MacKenzie continued her winning ways during the Long Course season. In March, she had to miss the Spring National Championships in order to compete at the World Aquatic Championships in Melbourne Australia. While there, MacKenzie attained a 10th place finish and a new Provincial Record in the 100 Butterfly. In early June, she competed at the Mel Zajac Bell Grand Prix meet in Vancouver where she earned Gold medals in both the 100 and 200 Butterfly events. At Summer Nationals, she took home 4 Gold medals (and another Provincial Record – in the 50 Butterfly) and some cash (as a High Point Winner). If all this weren't enough, MacKenzie ended the season by competing at the World University (FISU) Games in Bangkok, Thailand followed by the Japanese International Invitational Meet in August 2007. In Bangkok, she not only won Gold but set a new Canadian record in the 100 Butterfly. She also took home Silver in the 200 Butterfly and established new provincial records in the 50 and 200 Butterfly events along with a Bronze medal and national record in the 400 Medley Relay. Outside the pool,

MacKenzie saw her achievements recognized as the 2006-07 UVic Female Athlete of the Year. More recently, she was also featured in a 2-page article in the May-June 2007 edition of SwimNews Magazine. A good year indeed!

- ❖ **Stephanie Dixon**, world record holder, veteran of Paralympic and other international meets and member of Canada's National Team for Swimmers with a Disability, spent another productive and enjoyable year in Victoria winning medals and breaking records. In October, Stephanie was once again named BC SWAD Athlete of the Year. In March, she was a finalist for Sport BC's Athlete of the Year Award for Athletes with a Disability (which she won last year). In addition, she was appointed as the first Ambassador of the ParaPan American Games held in Rio de Janeiro in August, 2007. In April, she received the University of Victoria Martlett Award for the second year in a row - in recognition of "Outstanding contribution to the athletic program in the areas of service, participation, administration and community involvement." In the pool, Stephanie began the year by winning 4 Gold medals at the U.S. National Paralympic Championships in San Antonio, Texas in August, 2006. She then established a new Canadian record in the 200 Freestyle (S9 class, SWAD) at the Senior Circuit meet hosted by UVPCS in October. In December, she traveled to Durban, South Africa with fellow Canadian team members and coach Ron Jacks to win 1 Gold (in the 100 Backstroke) and 6 Silver (in the 100 and 400 Freestyle, 100 Butterfly, 200 IM, 400 Freestyle relay, and 5 KM Open Water) medals. Her 100 Backstroke time (1:09.61) set a new World record in that event while her 400 Freestyle and 100 Butterfly times set new Pan American and Canadian records, and her 100 Freestyle and 200 IM times established new Canadian records. Once back in Canada, in preparation for the 2007 ParaPan American Games in Rio in August, Stephanie competed in two International Can-Am Meets for Swimmers with a Disability. The first of these took place in Montreal in March where Stephanie won Gold in the 400 Freestyle and 100 Backstroke. The second, in Vancouver in July, netted Stephanie 2 Gold (50 and 100 Backstroke), 3 Silver (100 Freestyle, 100 Butterfly, 200 IM) and 1 Bronze (50 Butterfly) medals. The latter was also a new Canadian record. Stephanie ended her year enjoying more golden moments in Rio at the ParaPan Am Games; she finished the meet with 6



- ❖ **Karley Stutzel** focused much of the past year around Open Water training and competition. She began the season by competing in the FINA World Open Water Swimming Championships in Naples, Italy in late August 2006 – finishing 19th in the 5 km event and 17th in the 10 km event. She went on to compete in the FINA 10 km Marathon Series that took place in various sites across Asia and Europe through September and October, finishing 9th in Xin Jinhe (Shantou), China; 7th in Hong Kong; 3rd in Singapore; and 5th in Sebutal, Portugal. She then went to Australia to train and compete with some Open Water swimmers there. In November, Karley finished second in the Open Water 10 km race in the Queensland State Championships. In December 2006, she competed in the Australian Open Water Championships in Melbourne; she took the 5 km Silver medal, and placed eighth in the 10 km event. She returned to Canada in mid-March. In May, she placed 11th in the 10 km race at the USA National Open Water Championships in Fort Myers, Florida. In June, she competed in London at a FINA World Cup Open Water swimming competition held in the Royal Albert Docks, and was the top Canadian on the day, finishing 13th. In July, she was 6th in the Pan American

Games Open Water 10 km event swum at Copacabana Beach in Rio de Janeiro, Brazil. She then finished the season with a Bronze finish at the FINA World Cup 10 km Open Water Meet in Roberval, Quebec.

- ❖ **David Creel** was named to Canada's National Open Water Team and spent much of the past year training for and competing in distance and open water events, nationally and internationally. In August 2006, he was 8th in the 10 km event at the Pan Pacific Championships held in Elk Lake, Victoria. He then competed in the FINA World Open Water Swimming Championships in Naples, Italy in late August 2006, finishing 21st in the 5 km event. He was hurt and forced to drop out of the 10 km event. In the fall he returned to pool competition: in December, he won Gold (17 & over) in the 5 km Canadian National Pool Championships; in February, he won 2 Silver (400 and 800 Freestyle) and 1 Bronze (1500 Freestyle) medals at the Western Canadian SC Championships as well as 2 Silver (400 and 1500 Freestyle) medals at the BC Senior Championships; and in June, he placed 5th in 1500 Freestyle event at the Zajac International Grand Prix Meet in Vancouver. With warm weather, Dave returned to the outdoors. In March, he was the top Canadian male and placed 25th in the 10 km Open Water event at the World Aquatics Championships in Melbourne, Australia; in May, he placed 16th in the 10 km race at the USA National Open Water Championships; and in July, he was once again the top Canadian and placed 5th in the Quebec World Cup 10 km Open Water Meet in Roberval, Quebec.







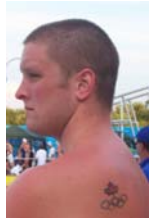
### FOND FAREWELLS

**Christin Petelski**, champion breaststroker, two-time Canadian Olympic finalist and 10-year veteran of the Canadian National team, officially retired in the spring of 2007. Fortunately for us, Christin then joined our coaching staff and consequently, we still benefit from her experience and expertise on the pool deck.

**Nathan O'Brien**, an Athens Olympian (backstroke) and National Team member, competed for UVPCS but spent the academic year in Texas. Nathan qualified to compete at the Pan Pacific Championships in August 2006 but declined in order to complete his University degree. He subsequently got married and retired from competitive swimming.

**Jennifer Little**, outstanding D-group coach, retired at the end of the season in order to pursue her PhD in Physical Education at Penn State University. Good luck Jenn!

Finally, **Russ Rolston** was a dear friend who volunteered numerous hours as an official at our meets; his daughter Kellie swam for UVic and coached our Lightning Fast program. Russ died on May 23, 2007 at the age of 53, from the effects of ALS. We miss him.



We look forward to seeing you in the Fall! Don't forget to mark your calendar for the **Sixth Annual Fall Registration and Barbeque on September 14, 2007 (Friday) at the Beaver Lake Park BBQ area** (same place as last year - check the web site for a map). We'll start at 530pm (or whenever you get there).

### THANKS

- ❖ **Saanich Commonwealth Place and Staff**
- ❖ **Jim Hockley** and PCS members and friends for great pictures.
- ❖ PCSPA Board members for their dedication and hard work.
- ❖ **Thanks especially to all our parents, friends, supporters, sponsors and volunteers; and**
- ❖ **Our athletes and coaches - you are an inspiration.**



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For up-to-date information on PCS activities, please contact your Coach or any Board member, and stay in touch with our web site.

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