

2007-2008 YEAR IN REVIEW

**PACIFIC
COAST
SWIMMING**

2007 Swim BC Club of the Year

*An environment that nurtures swimming excellence by challenging athletes at all levels of development
SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND*



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



During the 2007-2008 swim season, University of Victoria – Pacific Coast Swimming Association (UVPCS) swimmers and coaches attended 51 meets in 3 provinces, 3 US states, and 5 countries, spanning club time trials and regional all-level meets to Age Group National Championships in Calgary, Beijing Trials and Senior National Championships in Montreal and Winnipeg, the FINA Open Water Championships in Seville, FINA Marathon 10km World Cup Series in Brazil and the International German SWAD Swimming Championships in Berlin. Our team placed second at both SC and

LC VIRs, and 8th at both SC and LC Provincial Championships. Our University women's and men's teams placed fourth at the Canada West Championships; our women were fourth and our men were ninth at the National CIS Championships. In July, our team was 17th overall and was the fourth BC team at Age Group National Championships and although we sent only three swimmers, our team placed 12th at the Senior National Championships in July.

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CLUB ACHIEVEMENTS

Pacific Coast Swimming (PCS) was established in September 2002 with approximately 65 competitive swimmers. At the close of the 2007-2008 season we had grown to over 450 competitive and developmental swimmers. And, in September 2007 **PCS was named the 2007 Swim BC Club of the Year**, the first year for which we were eligible for the award!

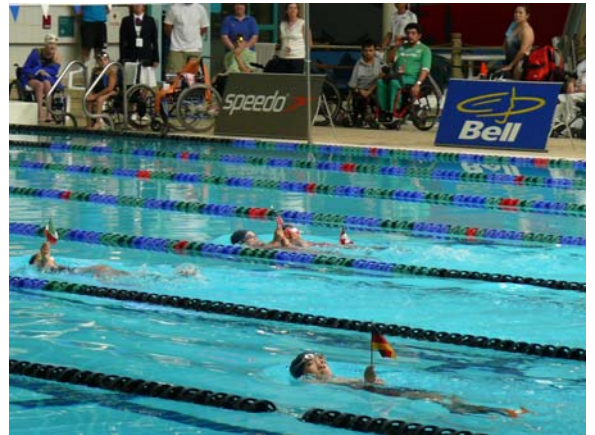
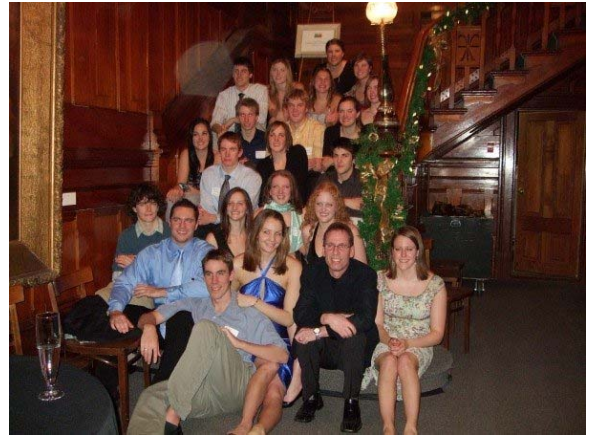
The UVic Vikes, with which PCS is affiliated (to form UVPCS), also celebrated the 25th year of service of head coach Dr. Peter Vizsolyi. Since taking over the program in 1983, nine Vikes swimmers have competed in the Olympic games, 47 have won medals in major international competition, and 243 medals have been won at the CIS National Championships. Dr. Vizsolyi was also named CIS Coach of the Year in 1988 and 1998.

MEETS

In addition to numerous in-house time trials, we hosted 2 regional mini-meets as well as 5 major meets in 2007-2008. It all began in October when we hosted Swim BC's Senior Circuit meet. In mid-December, we hosted the 6th Annual Christmas Cracker Invitational. Again, we had more teams than we could handle and had to turn several away! In February, during Spring Break, we were busy welcoming swimmers from across the province to the Swim BC Provincial Short Course Championships. A month later, we held our Annual Wavemaker Invitational, a heats and finals meet designed exclusively for 14 & under swimmers. Finally, we ended our hosting year by running the July 2008 Can-AM Meet for Swimmers with a Disability.



All of our meets ran beautifully, thanks to everyone's enthusiasm and willingness to lend a hand. Our success is reflected in Swim BC's decision to award us the Provincial Long Course and Open Water Championships next July; and their request that we again host the Senior Circuit meet in October.



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.

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 New Qualifying Times

- ❖ First Regional/Provincial A qualifying times:
Lauren Crisp, Megan Ewing, Lauren Gateley, Orienna Hartley, Justin Howe, Erica Kelm, Heather McMillan, Joshua Stebeck, Abbey Timms, Tabitha



- Zammit (10 & under); Savannah Barratt, Shelby Logan and Annie MacIntosh (11); Amanda Craft, Daniel Hatzenboer, Lindsay MacIsaac, Shannon Wong (12); Niv Hack, Nazarly Kravchenko and Rebecca Thomson (13); and Ariyan Suleman (14)
- ❖ First Regional/Provincial AA qualifying times: Ana Adams, Emma Carter, Morgan Darke, Samantha Gibson, Callum Masterton, Lisa McQuarrie, Madison Rosene, Riley Tesch, Grace Thomas, John Willcox (10 & under); Abby Irving, Victoria Jetko, Sophia Liang, Austin Nolt (11); Ryan Kelm, Alexandra Kierstead, Ana MacLeod, Braonain Masterton, Delaney Tesch, Leanna Woo (12); Ryan Gibson, Michael Harmon de Clare and Mackenzie Masterton (13); Reef Chiu and Nazif Khedri (14)
 - ❖ First Regional 10 & under AAA qualifying times: Sophia Liang, Akila Sato-Gaudreau
 - ❖ First Provincial AAA qualifying times: Abby Irving (10 & under), Hanna Carter, Lauren McMillan, Rosie Moulton, Stephen Olmos and Victoria Mock (11); Ryan Gibson, Ryan Howe (12); Brenden Ward (13); Brittany Fox, Jade Simpás, Daniel Vindisch (14); Cole Barratt and Melanie Yu (15)
 - ❖ First Age Group National qualifying times: Caleigh Filmer (11); Salin Bol, Sophia Borchers (12); Evan Letkeman, Aidan Thirkell (13); Jade Simpás (14); Daniel Borowiecki and William Yolland (16); and Ian Mattock (17)
 - ❖ First Youth/Western National qualifying times: Stefanie Schmidt (13), Rachael Newman and Zac Parkes (14), Remy Mock and Julia Schmidt (15) and Jacob McKee (17)
 - ❖ First Senior National qualifying times: Kyle Scarff (17)

Championships Medallists

- ❖ UVPCS medallists at the Provincial Short Course Championships in March and at July's Long Course Provincial Championships in Richmond were: Caleigh Filmer, Lauren McMillan and Ryan Howe (11), Salin Bol, Stefanie Schmidt, and Sophia Borchers (12), Rachael Newman and Aidan Thirkell (13), Zac Parkes and Jade Simpás (14), Nicholas Sinclair (16), Jayme Weimer and Kyle Scarff (17), and Ryan Clouston, MacKenzie Downing, and Karley Stutzel (18+).



- ❖ Salin Bol, Zac Parkes and Nicholas Sinclair also were medallists at the National Age Group Championships in Calgary in July.



Club Records and Awards

- ❖ At our annual Awards Night in November, Age Group trophy winners (those with the highest IPS point swim in each age group during the preceding season) were Lauren McMillan and Ryan Howe (10 and under), Rachael Newman and Evan Letkeman (11-12), Alyssa Bakken and Zac Parkes (13-14), and Nicole Crawford and Nicholas Sinclair (15-17).
- ❖ The 2007-2008 season saw a number of UVPCS Age Group records broken. Individual record breakers included Callum Masterton, Akila Sato-Gaudreau, Alethea Toh (10 & Under); Ryan Howe, Ryan Kelm, and Aidan Thirkell (11-12); Sophia Borchers, Remy Mock, Zac Parkes, and Aidan Thirkell (13-14); and Alyssa Bakken, Kyle Scarff, Nicholas Sinclair, Jayme Weimer (15-17).

Provincial and National Teams

- ❖ In March 2008, UVPCS swimmers Salin Bol, Sophia Borchers, Emily Ding, Caleigh Filmer, Ryan Howe, Braonain Masterton, Lauren McMillan, Austin Nolt, Stephen Olmos and Stefanie Schmidt were selected to attend the Swim BC - Vancouver Island Region 12 & under Development Training Camp.
- ❖ Several of our swimmers were also named to Provincial or National Developmental Teams: In Fall 2007, Stefanie Schmidt was named to the Provincial team competing at the 2008 Pacific Coast All Star Meet held in Carson City, Nevada in January 2008 while Zac Parkes (13), Nicholas Sinclair (15), Jayme Weimer (16), Kyle Scarff (16) and Tyler Smith (16) were named to Swim BC Provincial Teams. Tyler's season was cut short by a back injury. He re-emerged at the end of the season and we hope to see him train and compete again in the Fall. Nicholas Sinclair also was selected to the 2008 North American Challenge Cup team competing against the USA and Mexico in Edmonton, Alberta in August 2008.



- ❖ **Stefanie Schmidt** began the year strongly, culminating in a Gold medal finish in the 200 Backstroke, Silver medals in the 100 Backstroke, 400 and 800 Freestyle events, and a Bronze in the 200 Freestyle at the Provincial SC Championships in February. She also took home Silver medals in the 1500 Freestyle and 200 Backstroke events and a Bronze in the 400 Freestyle from the Manitoba-Saskatchewan SC Championships. She also achieved Age Group National and Western Canadian Championships qualifying times during the SC season and set a club age group record in the 1500 Freestyle. Unfortunately, a knee injury interfered and cut short her LC season. However, she is on the mend and looking forward to next year.

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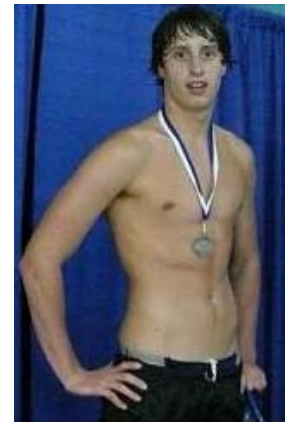
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- ❖ **Zac Parkes**, who made the transition from diving to swimming just over 2 years ago, enjoyed a breakthrough season winning medals at Vancouver Island Regional (Gold in the 1500 LC Freestyle and 100 LC Backstroke, Silver in the 50 SC Freestyle, 100 SC Backstroke and 100 SC Breaststroke as well as the 50, 100, 200 and 400 LC Freestyle and 200 LC Backstroke; and Bronze in the 400 SC Freestyle and 200 SC Backstroke) and Provincial (Gold in the 50 LC Freestyle, Silver in the 400 LC Freestyle, Bronze in the LC 1500 Freestyle) as well as Age Group National Championships meets (Silver in the 800 Freestyle). He also achieved Youth/Western National Championships qualifying standards and established new Club records in the 50 and 100 Breaststroke events (SC and LC).
- ❖ **Jayme Weimer** continued the winning ways from last year. In 2007-2008, she was 1st in sprint Freestyle events (50 and 100 Freestyle) at both SC and LC VIRs; she also placed 2nd or 3rd in the 200 and 400 Freestyle events at both SC and LC VIRs. At July's LC Provincial Championships, Jayme was 1st in the 100 and 2nd in the 50 Freestyle events. She also established new Club records in the 50, 100 and 200 Freestyle (SC and LC) and 50 and 100 Backstroke (LC) events.



- ❖ **Kyle Scarff**, a transplant from the Okanagan, made his presence felt in his second year with PCS. He took Gold in the 50, 100 and 200 Breaststroke as well as the 200 IM at December's Xmas Cracker Meet. He was 1st in 200 and 2nd in 100 Breaststroke at SC VIRs as well as SC AAAs. He also took home a Bronze medal in the 200 Breaststroke from BC Senior Championships in March. In the process, Kyle set new Club records in the 50 and 100 Breaststroke (SC), 200 Breaststroke (SC and LC), and 200 IM (SC). He also achieved his Senior National qualifying time over the course of the year.

❖ **Nicholas Sinclair** enjoyed an outstanding swim year in 2007-2008. During the SC Provincial Championships, he was awarded 2 Gold (400 Freestyle, 100 Backstroke), 1 Silver (400 IM) and 3 Bronze (200 Freestyle, 200 Backstroke, 200 IM) medals. A week later, he took home a Silver medal in the 50 Backstroke and Bronze medals in both the 100 and 200 Backstroke events at the BC Senior Championships. Competing in another non-age group meet, the International Mel Zajac Meet in Vancouver, Nick was 7th in the 50, 100 and 200 Backstroke events. At LC Provincials, Nick came home with Silver medals in the 100 and 200 Backstroke and a Bronze in the 400 IM. At Senior National Championships held in Winnipeg in July, Nick swam against the best in the country, including Canada's Olympic team, and showed that he is a force to be reckoned with; Nick placed 6th in the 100 Backstroke and 7th in the 50 and 200 Backstroke events. At Age Group National Championships in Calgary in July, he won 7 individual medals, including 4 Gold (50 and 100 Backstroke, 200 Butterfly, 200 IM), 2 Silver (200 Freestyle and 400 IM) and 1 Bronze (200 Backstroke). He ended the season by taking home Gold in the 100 and 200 Backstroke and 200 Butterfly, and Bronze in the 200 IM at the 2008 North American Challenge Cup Meet. Here, he was also part of Canada's Gold 800 Freestyle and 400 Medley Relay teams as well as the Bronze 400 Freestyle Relay team. Over the course of the season, Nick also set new club age group records in the 50 Backstroke (SC and LC), 100 and 200 Backstroke (LC), 200 and 400 Freestyle (SC and LC), 50 Butterfly (LC), 200 Butterfly (SC and LC), 200 IM (LC) and 400 IM (SC and LC).



At the Senior Ranks New Qualifying Times

- ❖ First Senior National qualifying times: Whitney Buczkowski and David Vizsolyi
- ❖ First CIS qualifying time: Cody Flegel and Danielle Poland (UVPCS-RAC)



Club Records and Awards

- ❖ UVPCS swimmers and coaches also garnered honors at the BC Swimming Awards Banquet in September 2007. Stephanie Dixon was named BC SWAD Swimmer of the Year, while Ron Jacks won the BC SWAD Coach of the Year Award. Ron Jacks and Peter Vizsolyi also received National Recognition Awards, given to coaches of swimmers with National and International medals and records.
- ❖ At our annual Awards Night in November, Senior trophy winners (those with the highest IPS point swim during the preceding season) were MacKenzie Downing and Dave Creel (Senior). Dave Creel also was the Open Water trophy winner.
- ❖ The 2007-2008 season saw a number of UVic and UVPCS Senior records broken. Individual record breakers included: Whitney Buczkowski, MacKenzie Downing, Karley Stutzel and Stephanie Dixon (SWAD).

Championships Medallists

- ❖ UVPCS medallists at the Senior National Championships were

Stephanie Dixon and MacKenzie Downing. MacKenzie also medalled at both the Canada West and CIS University National championship competitions.

- ❖ In the 2nd Annual 5km National Pool Championships held virtually across the country, our women swept the first three positions, with the men in first and third. Congratulations to Karley Stutzel, Anne Schmuck, MacKenzie Downing, David Creel and Nicholas Sinclair.

National and International Teams

- ❖ **Stephanie Dixon, MacKenzie Downing and Karley Stutzel** were all senior national carded athletes this past year. Stephanie Dixon was selected to the 2008 Paralympic Games team as well as to Canadian teams competing at the U.S. and German Paralympic Championships while Karley Stutzel swam for Canada at the World Open Water Swimming Championships in Seville, Spain. MacKenzie Downing focused her training for the Canadian Olympic team somewhat closer to home.

- ❖ **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 busy and highly productive year in Victoria. In the pool, Stephanie's year was focused on qualifying and training for the 2008 Paralympic Games in Beijing, China in the fall of 2008. In December 2007, Stephanie traveled to College Park, Maryland to compete in the first of two International Can-Am Championships for swimmers with a disability. She returned to Victoria with 6 Gold and 1 Silver medals. Her 800 Freestyle time set a new Canadian S9 record. At Olympic Trials held in Montreal in April, 2008, Stephanie earned herself a spot on the 2008 Canadian Paralympic team – she finished the meet with several medals along with a new Canadian record in the 400 Freestyle event (S9 classification). In May, Stephanie was part of the Canadian team that traveled to Berlin, Germany to compete in the International German Swimming Championships for the Disabled. While there, she established Canadian records in the 50 Butterfly and 800 Freestyle events. In July, she competed in the Second International Can-AM Meet for Swimmers with a Disability – this one hosted by UVPCS. Stephanie won 3 Gold and 4 Silver medals in the 7 events she entered. At the same time, she established two new Canadian records in the 200 IM



and 50 Butterfly events. At last count, Stephanie holds 21 Canadian Records (11 LC & 10 SC), 10 North American records (LC only), and 11 World Records (5 LC & 6 SC). Stephanie will close out the year competing for Canada at the Beijing Paralympic Games in September, her third Paralympics. Here's what Stephanie had to say to Swim Canada about the role PCS has played in her journey to Beijing: *The swimmers and coaches from my home team in Victoria, UVIC-Pacific Coast Swimming, really wanted to make this year special and take each team member's swimming to another level whether that was trying to make the Olympic or Paralympic Team or qualifying for provincials. I feel everyone came together to raise the bar for what we expected from ourselves and each other. We went to Mexico for a training camp and even trained through Christmas and New Years! No matter what my results are in Beijing, I am already so proud to have been a part of that team. We really put in everything we had and pulled together to achieve a common goal of making ourselves better athletes and people. They are all just as much a part of my journey to Beijing and I will carry their support with me until the end.*

- ❖ Stephanie's achievements outside the pool challenge those made inside. Last year, Stephanie was appointed the first Ambassador of the ParaPan American Games held in Rio de Janeiro. This year, she became 2008 Paralympic Ambassador Team and a Canadian Athlete Ambassador for 'Right to Play', an organization fronted by high-profile Olympians and Paralympians and established to create opportunities for sport and play in under-developed areas of the world. In October, Stephanie was once again named Swim BC SWAD Athlete of the Year. In March 2008, Stephanie was awarded a 2008 Team Investors Group Amateur Athletes Fund bursary to assist Canada's elite amateur athletes with the costs of training and competition. In April, she was awarded the University of Victoria Varsity Highlight Award recognizing student-athletes who go over and above their responsibilities as an athlete to make a positive contribution to their program, through leadership, dedication, community involvement and positive attitude. She was also a finalist for Sport BC's Athlete of the Year Award for Athletes with a Disability (which she won two years ago and was also a finalist for last year).



- ❖ **MacKenzie Downing** entered the 2007-2008 season on a high note: her 2006-07 season was packed with Gold medals and record-breaking performances. In addition, at the end of the season, her times in the 100 and 200 Butterfly events were well under the FINA-A standard, the higher of the two qualifying standards used to decide selection to the Canadian Olympic team. MacKenzie began this season in the October Swim BC Senior Circuit meet where she won the 100 & 200 Butterfly events and was one of the top five high-point swimmers at the meet. In November, MacKenzie also captured 50 Butterfly Gold at the Bell Grand Prix in Toronto, tying her Provincial LC record from August 2007. She also took home gold in the 100 and 200 Butterfly events, swimming under the FINA-A standard in the 200 Butterfly event. In December, at our own Xmas Cracker Meet, MacKenzie broke the UVic 100 Freestyle record, a 1986 record set by Olympian Pam Rai. In January, at the CWUAA Championships, she established a meet record in

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the 100 Butterfly and won Gold both in that event and the 200 Butterfly. In February, she attended the Canadian Interuniversity Championships where she again struck Gold in both the 100 and 200 Butterfly; this time her 100 Butterfly time was good for a new CIS record. She also earned a Silver medal in the 50 Butterfly and set a new UVic record in the 100 Freestyle. In March at the BC Senior Championships, MacKenzie once again took Silver in the 50 and Gold in both the 100 & 200 Butterfly. But despite careful preparation and outstanding achievements, luck is always a factor, and for a short period in April, luck was not on MacKenzie's side. MacKenzie was not feeling all that well when she entered the Olympic Trials and although she managed to compete and to win the Silver medal in the 100 Butterfly and Bronze in 200 Butterfly, her times were below the FINA-A standard and she did not make the team. It was a heartbreaking blow to her and to everyone who cheered her on. However, it did not hold MacKenzie down for long and, at the Senior National Championships in Winnipeg in July, MacKenzie once again won Silver in the 50 Butterfly and Gold in both the 100 and 200 Butterfly events and swam under the FINA-A standard in the 200 Butterfly event.

- ❖ Outside the pool, MacKenzie saw her achievements recognized as the 2007-2008 UVic Female Athlete of the Year, the second year in a row that she received this award. She also received the President's Award given annually to the outstanding student-athlete in fourth or fifth year, who best combines scholastic achievement and athletic ability.

- ❖ **Karley Stutzel** was a member of the Canadian team at the 2007 Pan Am Games in Rio de Janeiro, Brazil, where she placed sixth in the 10km event. Karley also won two Bronze medals on the FINA 10km circuit last year, in Singapore and Roberval, Quebec. Karley was considered Canada's best hope to qualify a woman to compete in the 10K Open Water event, an event to be included for the first time at the 2008 Olympic Games. Karley therefore focused much of the 2007-2008 season around Open Water training and competition. In October, she took the Silver medal at the National Open Water Championships in Fort Myers, Florida and earned herself a berth to the World Open Water Championships in Seville, Spain in May, 2008. In December, she was the Gold medalist in Canada's 5K Pool Championships and in January, she competed in the 10K World Cup meet in Brazil, where she placed 24th. In May, Karley traveled to the World Open Water Championships in Seville, Spain where she was 20th in the 5K event and 33rd in the 10K event, not quite good enough for a spot on the Olympic team. Later in May, in one final attempt to make the Olympic open water team, Karley unfortunately experienced hypothermia during the race and placed 23rd. Despite focusing on Open Water competition, Karley also took the time to break a Provincial record in the 1500 Freestyle in December. Karley clocked 16:18.22 to break the old record, set in 2003 by Brittany Reimer, by nearly 4 seconds. Karley officially retired at the end of the season in order to pursue a 2-year degree in Nursing at the University of Calgary. She previously completed a BSc degree in Biology from the University of Victoria. Good luck Karley!



MORE NEWS

PCS Honorary Life members **Greg Streppel** and **Dorothy Liedtke** were inducted into the Swim BC Hall of Fame. Both are strong supporters of PCS. Greg was the 1994 World 25km Open Water Champion. Dorothy was Meet Manager for the 1994 Commonwealth Games and many National Championships. You can still see her on the deck at our meets - she is a true friend of swimming!

THANKS TO

- ❖ The **University of Victoria** for its tremendous partnership.
- ❖ **Saanich Commonwealth Place** for an excellent facility and terrific staff.
- ❖ The **Province of British Columbia** for providing financial assistance.
- ❖ Our many **Sponsors** for their contributions to our meets.
- ❖ **Jim Hockley** and **PCS members and friends** for great pictures.
- ❖ **PCSPA Board members** for their dedication and hard work.
- ❖ **Finally, thanks especially to all our parents, friends, supporters, 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 **Seventh Annual Fall Registration and Barbeque on September 12, 2008 (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).



GENERAL INFORMATION <http://www.pacificcoastswimming.com/> or 250-727-9243

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

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