

PACIFIC COAST SWIMMING - 2008-2009 YEAR IN REVIEW

An environment that nurtures swimming excellence by challenging athletes at all levels of development



SWIM WITH THE MOST SUCCESSFUL COACHING TEAM ON VANCOUVER ISLAND

University of Victoria –Pacific Coast Swimming Association
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FROM BEGINNERS TO INTERNATIONAL ATHLETES, UVPCS SWIMMERS AND COACHES ENJOYED ANOTHER TERRIFIC YEAR!

During the 2008-2009 swim season, University of Victoria – Pacific Coast Swimming Association (UVPCS) swimmers & coaches attended 55 meets in 5 provinces, 4 US states, and 6 countries, spanning club time trials and regional all-level meets to Age Group & Senior National Championships in Montreal, Canada Games in PEI, Junior Pan Pacific Championships in Guam, Micronesia, British Grand Prix in Leeds, England, FINA World Aquatic Championships in Rome and Paralympics in Beijing, China.



MEETS

In addition to in-house time trials, we hosted six major meets in 2008-2009. We started with Swim BC's Senior Circuit meet in October; in mid-December, we hosted our own *7th Annual PCS Xmas Cracker SC Invitational* - the biggest and best one yet! In January we co-hosted the Canada West University Swimming Championships with UVic. Our annual *Wavemaker LC Invitational* followed in April, a heats and finals meet designed exclusively for 14 & under swimmers. Next up, we hosted the Swim BC Long Course & Open Water Championships, and we closed the season with the inaugural *PCS Midsummer Madness!! Invitational*.

- ❖ the "Virtual" Western Age Group meet, compiled by Calgary Patriots coach Jamie Connors, isn't actually hosted by anyone, being virtual, but we like to note that our own *PCS Xmas Cracker* topped the list for number of swims included in the rankings this year; other meets included were the Paul Bergen Junior International Invitational (Portland, Oregon), JP Fiset Invitational (Edmonton), Prairie Winter Invitational (Winnipeg), Kamloops Ice Classic, Richmond Fastswim, and the Youth Cup & Canada Cup meets (Etobicoke).
- ❖ PCS Meet Managers were honoured at the 2009 University of Victoria Vikes Awards Banquet with the Publisher's Community Contributor Award.
- ❖ PCS has been selected to host the Swim-Natation Canada (SNC) Senior National Championships, July-August 2010.

Our meets run beautifully, due to everyone's enthusiasm and willingness to lend a hand where needed. Many thanks to our members, volunteers, friends, coaches and sponsors who contribute 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!



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ACHIEVEMENTS

UVPCS swimmers practised consistently and steadily throughout the year, with true discipline and dedication, through regular workouts, and at extended seasonal swim camps. 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.

TEAM AWARDS

Awards for swimmers with the highest IPS score in the preceding season are announced every year at our annual Awards Night in November. Congratulations to the 2008 trophy winners!

- ❖ 10 & under - Caleigh Filmer & Akila Sato-Gaudreau
- ❖ 11-12 - Stefanie Schmidt & Ryan Howe
- ❖ 13-14 - Rachael Newman & Zac Parkes
- ❖ 15-17 - Jayme Weimer & Nick Sinclair
- ❖ Open - MacKenzie Downing & Nick Sinclair
- ❖ Open Water - Karley Stutzel
- ❖ World Record Award - Stephanie Dixon



NEW QUALIFYING TIMES

Congratulations to the following swimmers who improved their best times and achieved a higher qualifying standard...

- ❖ First Regional A time: Allison Ballantyne, Finn Barker, Ryan Lapham, Edward Liang, Fionnuala McKenna, Katelyn Woo and Patricia Ye (10 & under); Orianna Hartley, Lisa McQuarrie and Heidi Ullrich (11); Jessica Jiang and Clara MacKenzie (12)
- ❖ First Regional AA time: Kennedy Aragon-Scriven, Ayaka Behro, Lauren Crisp, Abby Fraser, Patricia Horwood, Nathan Howe, Spencer Lee, Anna Letkeman, James Lin, Rebecca MacKenzie, Heather McMillan, Kristopher Neilson, Nicholas Nolt, Rachel Sawchuk, Victoria von Sacken Nash, and Emma Whitten (10 & under), Savannah Barratt, Eeh-Joe Kwon and Grace Thomas (11), Katherine Krause and Luella Sun (13), Nazariy Kravchenko and Rebecca Thomson (14)
- ❖ First Regional 10 & under AAA time: Emma Carter, Grace Thomas, John Willcox and Tabitha Zammit
- ❖ First Provincial Age-group AAA time: Annie MacIntosh and Akila Sato-Gaudreau (11); Nival Bissoon (12); Eric Christiansen, Michael de Clare, Daniel Hatembour and Alexandra Kierstead (13)
- ❖ First Age Group &/or Western National time: AGN - Hanna Carter and Victoria Mock (12), Emily Ding and Ryan Howe (13); and WNAT - Caleigh Filmer (12), Salin Bol, Lauren McMillan and Rosie Moulton (13); Sophia Borchers, Katelyn Hayward and Aidan Thirkell (14), Kody Mitchell (16), Daniel Borowiecki, Ian Mattock and Jacob McKee (17); Allison Wood (18)
- ❖ First CIS time: Carlene Creyke, Eleanora Dalling, Derek Doerksen, David Killy, Danielle Newton and Jessica Pietrusiak
- ❖ First Senior National time: Ben Partridge and Liz Sissons



INDIVIDUAL RECORD BREAKERS – AGE GROUP

Congratulations to the following swimmers who set UVPCS records in the 2008-2009 season... In the short course (25m) pool and the age group ranks our record-setters were...

- ❖ John Willcox & then Justin Howe (10 & Under) both for 200 Breaststroke
- ❖ Ryan Howe (11-12) for 50, 100 & 200 Backstroke; 200 & 400 IM; 50 Breaststroke
- ❖ Rachael Newman (13-14) 50 Butterfly
- ❖ Aidan Thirkell (13-14) 50, 100 & 200 Breaststroke
- ❖ Nicholas Sinclair (15-17) 50, 100 & 200 Backstroke; 50, 100 & 200 Butterfly; 800 & 1500 Freestyle; 200 IM

During the long course pool (50m) season our age groupers continued their fast swimming and set the following UVPCS records...

- ❖ John Willcox (10 & under) 50 Breaststroke; 200 Breaststroke; 50 Butterfly
- ❖ Tabitha Zammit (10 & under) 200 Breaststroke
- ❖ Caleigh Filmer (11-12) 1500 Freestyle
- ❖ Lauren McMillan (11-12) 100 & 200 Breaststroke
- ❖ Lauren McMillan, Rosie Moulton & Sophia Borchers (13-14) all 50

Breaststroke!

- ❖ Rachael Newman (13-14) 50 & 100 Butterfly
- ❖ Aidan Thirkell (13-14) 50, 100 & 200 Breaststroke
- ❖ Zac Parkes (15-17) 50 Freestyle
- ❖ Nicholas Sinclair (15-17) 50, 100 & 200 Backstroke, 200 Freestyle, 200 & 400 IM



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The following Senior UVPCS SC records were set in the 2008-2009 season...

- ❖ Whitney Buczkowski 100 Backstroke
- ❖ David Creel 800 & 1500 Freestyle
- ❖ MacKenzie Downing 200 Butterfly, 200 Freestyle
- ❖ Cody Flegel 50 & 100 Freestyle
- ❖ Nicholas Sinclair 50, 100, 200 Backstroke
- ❖ Richard Weinberger 800 Freestyle

And our senior swimmers were also busy setting new team records in the LC season...

- ❖ David Creel 800 Freestyle
- ❖ Stephanie Dixon (Paraswimming S9) 50 & 100 Backstroke, 400 Freestyle, 200 IM, 100 Butterfly, 50 & 100 Freestyle
- ❖ Cody Flegel 50 Free
- ❖ Richard Weinberger 800 Freestyle

In the short course pool, the UVic Vikes set a number of University records...

- ❖ Whitney Buczkowski 100 Backstroke
- ❖ Derek Doersken 100 & 200 Backstroke
- ❖ Cody Flegel 50 & 100 Freestyle
- ❖ Ben Partridge 50 Backstroke

**PROVINCIAL, NATIONAL AND INTERNATIONAL RECORDS**

As is clear from the records above, there were many notable performances over the course of the year; some of our team records were also Age Group & Senior National and International records...

Stephanie Dixon – World LC Record S9 50 & 100 Backstroke; National LC S9 Records in 400 Freestyle, 200 IM, 100 Butterfly, 50 & 100 Freestyle

Nicholas Sinclair – National SC Age Group (15-17) 200 Backstroke; Provincial SC Age Group (15-17) 100 & 200 Backstroke; Provincial LC Age Group (15-17) 200 Backstroke; and Senior National SC 200 Medley Relay

REGIONAL, PROVINCIAL AND NATIONAL TEAMS

Congratulations to swimmers who were selected to the following teams!

Regional Training Camps

Emily Ding, Caleigh Filmer, Patricia Horwood, Ryan Howe, Abby Irving, Lauren McMillan, Victoria Mock, Stephen Olmos, Akila Sato-Gaudreau, Grace Thomas, Heidi Ullrich & John Willcox

Provincial Teams

- ❖ BC Short Course Provincial Team: Zac Parkes, Nicholas Sinclair, Kyle Scarff & Jayme Weimer
- ❖ BC-AB Dual Team: Salin Bol & Aidan Thirkell
- ❖ Team BC-Canada Games: Nicholas Sinclair & Richard Weinberger; Triathlon Alison Hooper

National- International Teams

- ❖ North American Challenge Cup: Caleigh Filmer
- ❖ Junior Pan Pacific Championships: Nicholas Sinclair
- ❖ FINA World Aquatic Championships: David Creel
- ❖ British Tri-Nations Cup & Grand Prix: MacKenzie Downing
- ❖ Paralympics: Stephanie Dixon



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Vancouver Island Region Short Course (SC) January medalists were Lauren Crisp, Grace Thomas, John Willcox and Tabitha Zammit (10 & under); Hanna Carter, Caleigh Filmer, Ryan Howe, Lauren McMillan, Rosie Moulton, Austin Nolt and Stephen Olmos (11-12); Sophia Borchers, Emily Ding, Rachael Newman, Stefanie Schmidt and Aidan Thirkell (13-14); and Alison Hooper, Ian Mattock, Jacob McKee and Zac Parkes (15 & over).



In June, **Long Course (LC) Regionals** yielded medals to the following swimmers: Emma Carter, Patricia Horwood, Spencer Lee and Tabitha Zammit (10 & under); Caleigh Filmer, Lauren McMillan and Victoria Mock (11-12); Salin Bol, Sophia Borchers, Hanna Carter, Michael de Clare, Katelyn Hayward, Ryan Howe, Evan Letkeman, Rosie Moulton, Stefanie Schmidt, Aidan Thirkell and Brenden Ward (13-14); and Ryan Clouston, Cody Flegel, Ian Mattock, Rachael Newman, Zac Parkes, Tyler Smith, David Vizolyi and Allison Wood (15 & over).



Provincial medalists in SC season were Victoria Mock (11 & under); Caleigh Filmer and Lauren McMillan (12); Stephanie Schmidt and Salin Bol (13); Aidan Thirkell and Rachael Newman (14); and Nicholas Sinclair (16-18).



Provincial LC AAA Championships featured the following UVPCS medalists: Caleigh Filmer and Lauren McMillan (12); Salin Bol, Ryan Howe and Rosie Moulton (13); Katelyn Hayward, Aidan Thirkell and Stefanie Schmidt (14); Rachael Newman and Zac Parkes (15); and Ryan Clouston, Ian Mattock and Remy Mock (16 & over). **LC AA Provincials** yielded

medalists Austin Nolt (12); Daniel Hatenoer (13) and Mackenzie Masterton (14).

Provincial Open Water Championships were dominated by UVPCS and medalists were Caleigh Filmer and Lauren McMillan (12 & under); Stefanie Schmidt, Evan Letkeman & Ryan Howe (14 & under); and Rachael Newman (15 & over).

Age Group National competition in Montreal in July was fierce... 5 days, 1500+ swimmers from 200+ teams. Our medalists were Caleigh Filmer (12 & under), Stefanie Schmidt (14), Aidan Thirkell (14), Zac Parkes (15) and Nicholas Sinclair (17-18).

Senior National medalists in Montreal in July (LC) and Toronto in March (SC) were David Creel, MacKenzie Downing, Nicholas Sinclair and Richard Weinberger. **Canada Games** medalists (August, PEI) were Nicholas Sinclair & Richard Weinberger (swimming) and Alison Hooper (triathlon). **In international** competition, Stephanie Dixon and MacKenzie Downing won medals at the Beijing Paralympics, and in Britain at the UK Tri-Nations Cup and British Grand Prix, respectively.

**SPOTLIGHT ON AGE-GROUP SWIMMERS**

Nicholas Sinclair (17) enjoyed an outstanding year in 2008-2009, in which he established himself as one of the top backstrokers in the country, regardless of age! In November 2008, Nick had a 6th place finish in the 200 Backstroke at Canada Cup meet in Toronto. In January, he competed as a member of Team Canada in the Junior Pan Pacific Championships (LC) in Guam where he placed 11th in the 100 Backstroke, 7th in the 200 Backstroke, and 8th in the 400 IM, all in UVPCS 15-17 record time. A few weeks after returning home, Nick competed in BC Senior Championships (SC), in open competition and won Gold in 100 Backstroke and Silver in 200 Backstroke. At SC Provincials in February, he won 2 Gold, 1 Silver and 1 Bronze. At Spring National SC Championships in March, Nick was 9th in both 100 & 200 Backstroke, followed by 200 Backstroke eighth at the TYR Meet of Champions (LC) in Mission Viejo, California. At World Championship Trials in Montreal in July, Nick swam against the best in the country, taking Bronze in 200 Backstroke, his first (but likely not last) Senior National medal; along the way Nick also set a BC record (15-17) in 200 Backstroke and new UVPCS (15-17) records in 50, 100 & 200 Backstroke events. At Age Group National Championships (LC) in July, he won Gold in 200 Backstroke and Bronze in 100 Backstroke. Nick ended the season representing BC at the US Open

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(LC) and Canada Games (SC). At Canada Games, he won Gold in 200 Backstroke and Bronze in 100 Backstroke. His 200 Backstroke was a National Age Group record and his 100 Backstroke was a new Provincial record. He also swam the Backstroke leg on two Medley Relays, both of which won Gold; the 200 Medley Relay also set a new National Senior Record, previously held by UBC team that included Olympians Brent Hayden and Scott Dickens. Over the course of the season, Nick set twelve UVPCS age group records. He also set three Provincial records, one National Age Group record and one National Senior record. He ended the season ranked 1st in the country in 15-17 Boys 50 & 200 Backstroke (SC), 2nd in 50, 100 & 200 Backstroke (LC) and 3rd in 100 Backstroke (SC); he was ranked 5th in the country in the 200 Backstroke (SC and LC) among swimmers of all ages.



Caileigh Filmer (12) brought home Gold medals in 400 and 800 Freestyle events from several Championship meets this season, including the SC Provincial Championships in March, VIR LC Championships in June, and BC LC Championships in July. She also won Gold in the 1.5km Open Water event at BC Open Water Championships. At Age Group Nationals in Montreal in July, Caileigh took home the Bronze medal in the 400 Freestyle, a Silver medal in the 1500m Freestyle (in a new UVPCS record), and a Gold medal in the 5 km Open Water event. The longer the better to Caileigh! She ended her year competing as a member of Team Canada at the North American Challenge Cup meet held in La Mirada, California in August. There she competed in 6 individual events, finishing top-8 in the 400 Freestyle and 100 & 200 Breaststroke, as well as three relays. At the end of the season, Caileigh was ranked among the top-10 Canadian swimmers aged 12 & under in 5 events: 800 Freestyle (SC), 400, 800 and 1500 Freestyle (LC), and 200 Breaststroke (LC), including 2nd in 1500 Freestyle (LC).

Stefanie Schmidt (14) worked through injury over the course of the year and her determination paid off! At the VIR SC Regional Championships in January, Stefanie won Gold in the 1500 Freestyle and Silver in the 100 and 200 Backstroke as well as 200 Freestyle. At the BC SC Provincial Championships, Stefanie won Gold in the 200 Backstroke, Silver in the 400 Freestyle, and Bronze in the 800 Freestyle. At LC VIR Championships, she was again Golden in the 100 and 200 Backstroke and 200 Freestyle and Silver in the 800 Freestyle. At LC Provincial Championships, she took home Silver in the 200 Backstroke, 400 and 800 Freestyle as well as Bronze in the 100 Backstroke. Closing the season at Age Group National Championships in Montreal in July, Stefanie won Silver in both the 1500 Freestyle and the 5 km Open Water event. She ended the year with top-10 National rankings for 14-year olds in 1500 Freestyle and 200 Backstroke (LC).



Zac Parkes (15) enjoyed another season winning medals at meets such as the Vancouver Island SC (Bronze in the 200 Backstroke, 200 IM and 1500 Freestyle) and LC (Gold in the 200 Backstroke, Silver in the 800 Freestyle, Bronze in the 400 Freestyle and 200 Backstroke) Regional Championships and BC LC Provincial Championships (Gold in the 50 Freestyle, Silver in the 1500 Freestyle). He ended the season winning a Bronze medal in the 50 Freestyle and placing fourth in 1500 Freestyle at Age Group National LC Championships in Montreal in July. At the end of the LC season, Zac was top-10 in Canada amongst 15 year olds for 50 Freestyle (LC) and 800 and 1500 Freestyle.

Aidan Thirkell (14) At the VIR SC Regional Championships in January, Aidan won Gold in the 100 Breaststroke and Bronze in the 200 IM. At the BC SC Provincial Championships, he won Silver medals in both the 100 Breaststroke and 100 Butterfly events. He was named to the BC Team for the BC-Alberta Dual Meet held in May, 2009. At LC VIR Championships, he was Golden in the 50, 100 and 200 Freestyle, 100 Breaststroke and 200 IM. At LC Provincial Championships, he took home Gold in the 200 Breaststroke and Bronze in the 100 Breaststroke. At Age Group National Championships in Montreal in July, Aidan won Silver in the 50 Breaststroke event. In the process, he established a new UVPCS (13-14) record and was ranked #2 in the country in that event.



Salin Bol (13) claimed Silver in the 200 Backstroke and Bronze in both the 100 Backstroke and 100 Freestyle events at BC SC Provincial Championships in March. She competed on the Team BC in the BC-Alberta Dual Meet in Kamloops where she claimed Silver medals in both Backstroke events as well as a Bronze medal in the 50 Freestyle. At LC Provincial Championships in July, she claimed Gold in the 200 Backstroke and Silver in the 100 Backstroke and 100 Freestyle events. At the end of the season, Salin was National top-10 in 100 Backstroke & 200 Backstroke rankings for 13 year olds.

Lauren McMillan (12-13) aged-up to close the season as a 13 year old at Age Group Nationals in Montreal in July, where she was the first of three teammates to set a UVPCS record in 13-14 50 Breaststroke. However, she spent most of the year as a 12 year old. At LC Provincials she won Gold in 100 & 200 Breaststroke and Silver in 200 IM & 1.5 km Open Water; at SC Provincials she took Bronze in 100 Breaststroke. At SC & LC Regional Championships she was a multi-medalist in Breaststroke, Butterfly, IM and Freestyle events. Lauren set team records in LC 100 & 200 Breaststroke and attained top-10 National short course rankings amongst 12-year-olds in 200 Breaststroke and top-10 long course rankings in 100 & 200 Breaststroke and 200 IM.



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Stephanie Dixon, UVPCS' multiple world record holder, veteran of 3 Paralympic Games and numerous other international meets, and long-term member of Canada's National Team for Swimmers with a Disability, had another outstanding season in the pool. It began at the 2008 Paralympic Games in Beijing, China in September 2008 - Stephanie swam 6 events, established a World Record in the 100 Backstroke as well as 6 Canadian records, and came home with 4 medals – 1 Gold, 2 Silver and 1 Bronze. After a well-deserved rest following the Games, Stephanie competed in two Can-Am meets. In March 2009, she won double Gold in 50 Backstroke & 200 Freestyle at the 2009 Spring Can-Am SWAD Championships in Gresham, Oregon. In July, she earned 5 Gold medals in 5 events, and yet another World Record, this time for 50 Backstroke, at the Speedo Can-Am Para-Swimming Championships in Edmonton, Alberta. Based on these achievements, Stephanie has been named to the Canadian team competing at the IPC World Championships in Brazil in December 2009. Outside the pool, Stephanie took time to appear on the Rick Mercer show, and picked up honours for Swim BC SWAD Swimmer of the Year. She served as the Swimmers' representative on the PCSPA Board and closed out the year by donating her ten Olympic medals to Pacific Coast Swimming, ensuring that her accomplishments continue to inspire swimmers for years to come. Thanks so much Steph!!!

Richard Weinberger came to UVPCS in September 2008 to train in Marathon Open Water events with Ron Jacks, PCS head coach and Canada's open water head coach. It proved to be a great decision! In November, Richard won the National 5km SC pool challenge event for his age group and in March 2009, he placed 5th in the 5km pool event at SC Senior Nationals in Toronto. In June, Richard travelled east to the US Open Water Championships in Fort Myers, Florida, finishing thirteenth in the 10 km. In July, at LC Senior Nationals, he won Gold in 10 km Open Water and in August, Richard handily won Gold in the 10km at Canada Games in PEI. In the pool, Richard achieved top-16 performances in 800 & 1500 Freestyle at Mel Zajac International (LC) in June, the Canadian Senior Nationals (LC) in July and US Open Championships (LC) in August. He ended the year competing as a member of Team BC at the Canada Games Meet held in PEI in August, winning Gold in 800 Freestyle in UVPCS record time. By the end of the season, Richard was ranked 2nd in Canada in the 800 Freestyle (SC), 7th in the 800 Freestyle (LC) and 8th in the 1500 Freestyle (LC).



MacKenzie Downing brought home Silver in the 200 Butterfly from the Canada Cup Meet in Toronto in November. She followed that with Gold in both the 100 & 200 Butterfly at the Canada West University Championships and BC Senior Championships in January and in February, she came home with Silver in both 100 & 200 Butterfly from the Canadian University Championships (CIS). MacKenzie entered LC season with a second in 200 Butterfly at the Mel Zajac International Meet, followed by Silver in both 100 & 200 Butterfly at the TYR Meet of Champions in Mission Viejo, California in June. At World Championship Trials in Montreal in July, MacKenzie placed 3rd in both 100 & 200 Butterfly. She ended the year competing as a member of Team Canada at the UK Tri-Nations Cup LC Meet and British Grand Prix SC Meet, finishing the former with Silver in both 100 & 200 Butterfly and the latter with 4th in 200 Butterfly and 5th in 100 Butterfly. Her time in the 200 Butterfly bettered her own Provincial and UVPCS records. She also achieved a Club record in the 200 Freestyle at the British Grand Prix. In National rankings, MacKenzie was third and fourth for 100 & 200 Butterfly in SC season, and third in both events for LC season.



David Creel took Silver in 800 Freestyle and Bronze in 1500 Freestyle at the Canada Cup Meet in Toronto at the end of November. The same month he delivered a Gold medal performance in the 5 km SC National Pool Challenge event. David was fourth in both 800 & 1500 Freestyle events at the SNC Spring National SC Championships, establishing new UVPCS records in both events. His Silver medal in the 5 km pool event at the same meet earned him a berth on Canada's Open Water team for the World Championships in Rome in July. In June he competed at the US Open Water Championships in Fort Myers Florida, where he placed tenth and sixteenth in the 5 km and 10 km respectively. At Senior Nationals LC in July, he placed 5th in 800 Freestyle (in team record time) and 6th in 1500 Freestyle. Dave ended his season by swimming for Team Canada at the FINA World Open Water Championships in Rome, where he was the top Canadian finisher, placing 22nd in the 5 km race. David was ranked in the National top-10 for 800 & 1500 Freestyle in both SC and LC seasons.

**MORE NEWS!**

In October at the Swim BC Awards Banquet, Stephanie Dixon won the SWAD Swimmer of the Year and Karley Stutzel was awarded Swim BC Open Water Swimmer of the Year. PCS Head Coach Ron Jacks won both SWAD and Open Water Coach of the Year. Group recognition awards were given to members of Olympic-Paralympic teams, including Stephanie Dixon and Ron Jacks. Finally, but certainly not least, PCS head coach Ron Jacks was inducted into the Swim BC Hall of Fame in the Coach category. Ron is already in the Hall of Fame as a swimmer – he competed for Canada at the 1964, 1968 and 1972 Olympic Games – and he is one of very

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few coaches who has completed a hat trick at the International level, with medalists among able-bodied swimmers, swimmers with a disability, and open water swimmers. In the pool, Ron's swimmers have earned medals at the Pan-American Games, Pan Pacific Championships, Commonwealth Games, World Championships and Olympic & Paralympic Games. To date, three of Ron's swimmers have been inducted into the Swim BC Hall of Fame. Ron has been recognized for coaching excellence by Swim BC, the BC Swim Coaches Association, the Canadian Swim Coaches and Teachers Association and Swimming Canada.

Also in October, Ron was one of only five swimming coaches in Canada to be awarded a PetroCanada Coaching Excellence Award from the Coaching Association of Canada. These awards recognize coaches whose athletes won medals at the 2008 Olympic Games, the 2008 Paralympic Games, the 2007 Special Olympics World Summer Games, and at various world championships.



In November, PCS Honorary Life Member Greg Streppel was inducted into the SNC Swimming Circle of Excellence. Greg was the 1994 Open Water 25 km World Champion. "I feel very honoured ... but this recognition also goes to my coaches who have contributed so much in giving me the tools to become a world

champion," said Streppel. "Ron Jacks was a true pioneer in the Open water event for Canada. His dedication has inspired me beyond the sport of swimming."



Alison Hooper has trained with PCS since 2002 and is an accomplished distance swimmer in both pool and open water races. This year she decided to try triathlon, training with PCS and the National Triathlon Centre, and the rest, as they say, is history. In August Alison won the first Gold medal ever awarded at the Canada Games for Triathlon, and she was also on the winning triathlon relay team. Alison was also the National Junior triathlon champion and named to the National Junior team competing at the 2009 World Triathlon Championships in Australia, September 2009.

TRANSITIONS... Rich Cole finished his MA in English at UVic and has moved to colder climes in Edmonton, in pursuit of a PhD... John Stamhuis will be substitute teaching in and around Victoria this year and is assistant manager at an outdoor store... Bonnie Kankonnen will be teaching as well this year, and is head coach with summer swimming's Oak Bay Orcas. Retired (from swimming) international competitor and former coach Christin Petelski graduated with her MBA from UVic this July... Congratulations and good luck to all, and we look forward to seeing you all on the pool deck!

THANKS...

- ❖ **The University of Victoria** for its tremendous partnership with PCS.
- ❖ **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, Mike Gustafsson, Lightcrafters Photography** and **PCS members and friends** for great pictures.
- ❖ **PCSPA Board members** for their dedication and hard work.
- ❖ **All our parents, friends, supporters and volunteers;** and
- ❖ **Our athletes and coaches - you are our inspiration.**

We look forward to seeing you at the start of the 2009-2010 season! Don't forget to mark your calendar for the **Eighth Annual Fall Registration and Welcome Barbeque on September 11, 2009 (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).



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