
UBCD SPLASH ATTACK

July 2005

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Welcome to a new edition of the UBCD Splash Attack.

This newsletter can be viewed online at:
www.pacificdolphins.com

To be included on our "mailing" list and have all new editions of the newsletter sent to you by email, please contact Clara at: cechan2@yahoo.com

Message from the President

- Marianne Mange *PDSA President*

Wow, the Zajac meet was a great success!
Thank you to each and every one of you volunteers,
as well as athletes and coaches for helping stage such a
successful event. It was a testament to our great program!

The summer months are upon us and the busy travel
season has begun. As I write this message some of our
athletes have just finished competing in the B.C.
Championships and others are in the final preparation for
the World Championships in Montreal, the Club Nationals,
the World University Games, the U.S. Nationals and the
Canada Games. **PDSA** swimmers are scattered among
these events representing the combined efforts and dreams of the entire association. The depth of
this program is phenomenal and I wish all of the athletes well as they strive for their own personal
goals.

PDSA not only develops great swimmers but also great people!

It has been an honor serving as President of the board of this association for the past 5 years and
being involved with PDSA for the past decade. I look forward to witnessing the continued success
of present and future athletes as they strive to be the best athletes and develop into the best people
that they can be.

Swim For Life!

The UBC Dolphins would like to
thank the

**NEWTON SQUARE
COUNTY BINGO**

whose continued support allows
the PDSA to provide high level
coaching and quality
programming.

*Newton Bingo
401A - 7093 King George Hwy
Surrey, BC*

Tom Johnson

Director of Swimming

The curtain is closing on the 2004-2005 season, as I write this brief note to all of you. We have all worked very hard to stabilize the program and to plan for the future as we move into the next quadrennial.

The planning meeting in December produced many interesting ideas and plans. The action steps we have implemented include the hiring of a business manager in the person of Chris Hindmarch-Watson, to assist with the development of our swim camp business and the fundraising and operational side of the Mel Zajac Jr International Swim Meet (mark this date – June 02-04, 2006).

We have also initiated some new programs at the member club level: The Future Olympians Program, as well as the Swim Buddy Mentoring Program, that connect the senior part of the UBC Dolphins to the up and coming stars of the future. (Thanks to Matt Huang – Swimmer Rep, for his work in this area.

The UBC Varsity program has successfully defended both the women's and men's CIS Team Titles, marking the eighth consecutive title for both programs. Congratulations!

The UBC Dolphins placed 6 swimmer in the World Championship team for Montreal: Scott Dickens, Brent Hayden, Matt Huang, Mike Mintenko, Kelly Stefanyshyn, in the pool, and Malcolm Lavoie in the open water events.

In addition, we will have 9 UBC Thunderbirds and one incoming recruit on the World Student Games Team in Izmir, Turkey, in August: Scott Dickens, Matt Huang, Malcolm Lavoie, Callum Ng, Desmond Strelzow, Darryl Rudolf, Haylee Johnson, Michelle Landry, Caitlin Meredith, and incoming freshman Erin Miller, from Vernon.

Two swimmers will represent us at the Canada Games in Regina, in August: Sandy Lockhart and Brittany Cooper.

We are well prepared for the next season, and we look forward to seeing you all back in the pool in September.

Good luck in your competitions this summer.

Be Responsible for your swimming, challenge yourselves, and compete well

UBC Swimming

- Derrick Schoof *UBC Thunderbird Swimming*

The UBC Dolphins had a successful weekend at the Janet Evans Invitational, in Los Angeles. Swimmers competed hard, resulting in several personal best times and medals – the first at an international calibre meet for many swimmers.



We are now into the final preparations for the Universiade. UBC will be represented well with 10 UBC swimmers attending the games held in Izmir, Turkey. Swimming will take place from August 12-17.

For more information go to:

http://www.cisport.ca/e/international/universiade/izmir_2005/story_detail.cfm?id=317

Also check out: <http://www.universiadeizmir.org/en/> for results and more on the Universiade this summer.

2005-2006 season training will begin August 29th (pre-season training) and the official start to the season will be September 6 after the Labour Day long weekend. The UBC Thunderbirds will compete early in the season in preparation for the Commonwealth Games Trials held in Victoria in late November. UBC will be looking at winning its 9th consecutive Men and Women's Team Titles.

Please contact me at ubcpdssa@interchange.ubc.ca if you have any questions about UBC Thunderbird Swimming.



About the Universiade

The Summer Universiade is a multi-sport event that takes place every two years, and is second in size only to the Olympic Games. The Universiade is open to competitors between the ages of 17 and 28 in the year of the Games, who are full-time post-secondary students (university, college, CEGEP) or have graduated from a post-secondary institution within the previous year of the event.

The 23rd Summer Universiade to be held Aug. 11-21, 2005 in Izmir, Turkey will feature 8,000 athletes from 170 countries competing in the following sports: archery, athletics, basketball, diving, fencing, gymnastics, sailing, soccer, swimming, taekwondo, tennis, volleyball, water polo, and wrestling.

*Congratulations to the following swimmers
and all who represented the UBC Dolphins.*

Santa Clara International



Location: Los Angeles, CA
Date: June 23-28, 2005

Silver

Brent Hayden	100 Free	49.94
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Bronze

Brent Hayden	200 Free	1:50.19
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Janet Evans Invitational

Location: Los Angeles, CA
Date: July 13-18, 2005

Silver

Haylee Johnson	100 Breast	1:12.11
Chad Thiessen	100 Breast	1:05.73
Brian Johns	200 IM	2:03.81
UBCD Men	400 MR	3:49.98

Bronze

Maya Beaudry	200 Free	2:02.16
Brian Johns	200 Free	1:51.09
Annamay Pierse	100 Breast	1:12.29



- Kelly Taitinger *CDSC Head Coach*

We are nearing the final phase of our preparation into LC Club Nationals. It looks as though it is going fairly well and we cannot emphasize enough that REST is needed for all the athletes. Please try to get as much rest as possible and be smart in what you are doing. With rest usually comes a lot of energy, so make sure that you channel it wisely.

The latest results from past meets include:

Sandy Lockhart – qualifying for Team BC and going to the Canada Games with his time of 16:31 in the 1500 free at the Mel Zajac meet.

- as well, he won the 4K timed swim at the July 1st Sasamat Lake swim and set a course record for the event. Congratulations to Sandy and good luck at CG.

Mel Zajac Meet:

There were some very good swims from most swimmers who took part in this meet. The ability for younger athletes to get up and compete against some of the best is always challenging and I thought that most did a good job. The highlight of the meet was Sandy making the Canada Games Team but as well, Inaki fought a tough battle and just lost out by 2/10ths of a second in making that team as well. Good job to both swimmers.

San Jose International:

We had 6 swimmers take part in this meet and won the second place trophy at the meet. Two of our swimmers took home the aggregate awards for high points in their age group. Hong Kei and Ilya both took home some awards. Hong Ting, Becca, Tiana and Inaki all swam well and collected medals in various events. It was a chance for these swimmers to compete in an International venue but also to take part in watching some of the best swimmers in the World take part immediately following their swims. They got to stand on the same podium as swimmers such as Michael Phelps, Natalie Coughlan and our own Brent Hayden.



Provincials

We fought a hard battle and it came down to the final night for us to try and take back our championship. However it was not to be. The final points had IS ahead of UBC by only 150 points. This is a great stride in reclaiming our status as the best provincial team as we lost by over 1000 points at the last championship. Get ready for next season as we plan on kicking some IS butt.

Club Nationals:

We will have a team of about 24 swimmers take part in this meet which will be in Winnipeg. We look forward to an exciting meet as well as a chance to qualify for future teams to be selected at this meet. Good luck to all UBC swimmers taking part in meets over the summer and we hope that everyone comes back for the new swim season ready to go. ***The upcoming season should be exciting as it is the Dolphin's 50th anniversary as well as we will be hosting the Pan Pacific Championships in Vancouver next summer.***

Calendar of Events

2005

July	21-24	Club Nationals	Winnipeg, MB
July	24-31	World Aquatic Championships	Montreal, QB
Aug	2-6	US Nationals	Irvine, CA
Aug	8-12	Canada Games	Regina SK
Aug	11-21	FISU Games	Izmir, Turkey
Aug		UBCD Office will be closed	
Aug	29	UBCD International Group returns	
Sept	6	UBCD International/National/Varsity return	
		Varsity Tryouts	
Sept	8	UBCD Registration Day	UBC
Sept	12	UBCD Registration Day	VAC
		UBCD Youth National Development Group returns	

Mel Zajac Jr International Swim Meet

Location: UBC Aquatic Centre

Date: June 17-19, 2005

The UBC Dolphins
And the
Organizing Committee
Of the
42nd Annual Mel Zajac Jr International Swim Meet,
Thank you for your support!
Your contribution has led to another successful year!

Title Sponsor

Corporate Sponsors

Event Sponsors

Meet Officials

Timers and General Volunteers

Host Families

Silent Auction, Raffle and Prize Sponsors

Mel Zajac Jr International Swim Meet

*Congratulations to the following swimmers
and all who represented the UBC Dolphins.*

Gold

Brent Hayden	200 Free	1 :49.36
Brent Hayden	50 Free	22.96
Brent Hayden	100 Free	49.96
Mike Mintenko	50 Fly	24.86
Mike Mintenko	100 Fly	54.69
UBCD Women "A"	400 FR	3:54.16
UBCD Women "A"	800 FR	8:28.53
UBCD Women "A"	400 MR	4:15.62
UBCD Men "A"	400 FR	3:29.13
UBCD Men "A"	800 FR	7:35.46
UBCD Men "A"	400 MR	3:48.79

Silver

Caitlin Meredith	200 Back	2:17.99
Annamay Pierse	100 Breast	1:13.03
Annamay Pierse	50 Breast	33.46
Haylee Johnson	100 Breast	1:13.03
Callum Ng	50 Back	26.99
Brian Johns	200 IM	2:05.43
Scott Dickens	50 Breast	29.50
Kelly Stefanyshyn	100 Back	1:04.09
UBCD Women "B"	400 MR	4:24.49
UBCD Men "B"	400 MR	4:49.94

Bronze

Robert Miller	200 Back	2:05.73
Maya Beaudry	200 Free	2:03.41
Darryl Rudolf	100 Fly	56.11
Annamay Pierse	200 IM	2:21.50
Haylee Johnson	200 Breast	2:36.19
Mathew Huang	100 Breast	1:04:58
Matthew Huang	200 Breast	2:22.86
Caitlin Meredith	100 Back	1:04.3
UBCD Women "B"	400 FR	4:01.22

Registration for the 2005-2006 Season

**UBC Dolphin registration will take place on
Thursday, September 8th at UBC from 4:30pm – 6:00 pm and
Monday, September 12th at VAC from 4:00 – 6:00pm.**

Return dates for the various groups of swimmers are as follows:

International Group

(Swimmers returning from US Nationals or Club Nationals)

(Swimmers returning from FISU Games)

National Group / UBC Varsity

UBC Varsity Try-outs

Youth National Development Group

Monday, Aug 29th at 4:00 pm

Tuesday, Sept 6th at 1:30 pm

Tuesday, Sept 6th at 4:30 pm

Tuesday, Sept 6th at 4:30 pm

Monday, Sept 12th at 3:45 pm

Tom Johnson Swim Camps

Come Out and Learn from the Best!

Age Group Camps:

August 15-19/05

August 22-26/05

NOW at the UBC Aquatic Centre

UBC Aquatic Centre - Full and Half Day

More info at www.tomjohnsonswimcamps.com or email info@tomjohnsonswimcamps.com



aquatics
for arthritis

**Help the
UBC Dolphins
Support
Arthritis Research in BC**

September 10, 2005
Vancouver Aquatic Centre
2:00 – 6:00pm

2 Relay Teams

UBC Dolphins
UBC National Swim Centre

Team Captain: Caitlin Meredith
Team Captain: Brent Hayden

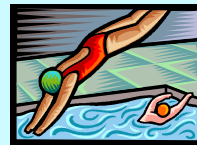
You Can Make A Difference!

Over 500,000 British Columbians are
living with arthritis.

Help us to help
The Arthritis Research Centre
find new ways to prevent and treat
arthritis.

www.aquaticsforarthritis.ca

And remember to include our
team name!



For more information about
sponsoring the UBC Dolphins,
please contact:

Clara Chan
UBCD Travel & Admin
Email: cechan2@yahoo.com
Tel: 604.266.8672

HAPPY BIRTHDAY

July

Lauren Kimak
Wilson Kwan
Darryl Rudolf
Kelly Stefanyshyn

August

Ilya Brotzky
Brian Johns
Carolyn McNeill
Stephanie Nicholls
Ben Partridge
Chad Thiessen



PDSA IMPORTANT PHONE NUMBERS

Executive:

President	Marianne Mange	604-988-9432
Vice President	Martin Rudolf	604-943-5293
Treasurer	Margaret Durward	604-732-3639
Director of Swimming	Tom Johnson	604-822-9623

Office Numbers:

UBC Office	604-822-8903
VAC Office	604-684-7928
VPSC Office	604-736-0411

Administration & Equipment:

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Email:	cechan2@yahoo.com