

Pacific Northwest Swimming Wins First Western Zone Championship

Congratulations to the 77 athletes who traveled to Gresham, Oregon and became the first team from Pacific Northwest Swimming to ever win the Western Zone meet. It was a long week, made even longer by coming to the Zone meet straight off of PNS Champs, along with the unpredictable weather (we alternated hiding from the sun and the cold rain from session to session).

The victory came by just 9 point over Pacific Swimming, and was in large part due to the PNS swimmers doing a great job of racing tough, and managing their energy throughout the week. The top three teams were Pacific Northwest Swimming 1070 points, Pacific Swimming 1060 points, and Oregon Swimming 1013 points.

PNS swimmers were consistently dropping time, getting into finals, and moving up in place at finals. All the coaches on the trip were extremely pleased to see the PNS athletes racing tough from all 8 lanes. We had a swimmer win an event from lane 8 (Andrew Weiss in the 11-12 boys 400m free)!

The highlight of the meet for PNS was Thursday evening at finals when the 11-12 girls started off our biggest night of the meet with a 1-6 finish in the 400 freestyle. Morgan Ginnis (MMSC), Laura Rosen (NWAC), Kim Williams (BISC), Erica Nist (KING), Felicity Cann (KING), and Amelia Liu (KING) qualified and finished at the top of the event, scoring 34 points for PNS.

We talked at team meetings all week about getting good rest, good food, and staying hydrated. The PNS athletes did all three of those things better than any other LSC at the meet.

Of course, they didn't do this without the help of their chaperones, who were there to shuttle the kids from the hotel to the pool throughout the day to minimize their time in the sun or rain (depending on the session, it seemed like). Rene Folk, Brenda Durand, Rick Baker, Tim Wold, Karen Richards, and Patti Peterson went above and beyond to enable the athletes to race to their best potential. Special thanks to Bruce Richards, who planned this trip for us and took care of all the details so that the coaches and athletes could focus on swimming.

I'd also like to thank the coaches- Meredith Jenks (MMSC), Peter Lieb (WEST), Ash Milad (KING), Ryan Pachciarz (IST) and Rod Rombauer (WSY) for all their hard work and energy to keep the kids motivated and focused throughout the week.

Thank you to all the parents who came down and cheered for PNS and thank you to all the athletes who raced so hard for their teammates and the LSC. It was an amazing week for all of the coaches and athletes that none of us will forget! Again congratulations to all of the athletes that contributed to this great team championship at the 2008 Western Zone meet.

Greg Gillette
Head Coach, 2008 Zone Team