



Ventura County Masters AND Buena Ventura Swim Club Newsletter

P.O. Box 3934, Ventura, CA 93006

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www.GoBuena.org

Ken Grey, Head Coach

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July, 2005

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Our Mission

The mission of Buena Ventura Swim Club is to provide the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming.

Buena Ventura Swim Club believes in developing the character of each athlete through positive reinforcement of self-esteem, goal setting, time management, personal accountability and team spirit.

By successfully fostering these attributes each individual will gain enduring life skills.

Ken's Korner

Hello all. Well, I want to start off with a big thank you to all of you for your support these past few weeks. I know I will miss you all and I know you will continue down your path of greatness here at Buena. I wish you all my very best and I do look forward to seeing you on down the road. The "swimming world" is a small one and I know I'll be seeing some of you for years to come. It has been a fun filled six years here at Buena and I look forward to the day that I can jump off the diving boards at the new pool! Again, all my best to all of you!

The Canyons meet went very well! With many best times by all of our swimmers as well as some new Sectional cuts made by **Jillian**, **Kyle** and **Evan**. New JO cuts as well as new AA times, too. What a great way to see my swimmers swim for one last time...it was very special to me. To those of you that made the trek just for the relays, it meant a lot to me. I really appreciated the effort to get there as well as the efforts in the pool. I will carry my memories of that with me for a lifetime to come!

The future is bright for the club with the additions in all the age groups by all the new swimmers as well as the addition of the new pool coming soon! Having a new head coach in place with a strong vision for the future of the club will only enhance what is already in place. The staff continues to grow as well as the club numbers. I look forward to the day I see Buena Ventura swimmers standing not only on the National level podiums, but at the Olympics as well! Good luck to all of you!!

Swimmingly,

Coach Ken Grey



| <u>Date</u> | <u>Event</u> | <u>Location</u> |
|--------------|---------------------|-----------------|
| July 10 | Team BBQ for Ken | Marina Park |
| July 13 | Presto Pasta | Ventura |
| July 16-17 | SMSC ABC Meet | Santa Maria |
| July 16 | CCAT Novice Meet | Birmingham HS |
| July 23-24 | Buena ABC Meet | Oxnard |
| July 29 | CLASS Novice Meet | Thousand Oaks |
| August 3-7 | Junior Olympics | Fullerton |
| August 13-14 | CLASS Summer Champs | Oxnard |

ONLINE CALENDAR www.GoBuena.org

From the President

As you all know by now the big news this month is Coach Ken's decision to leave our team effective July 13. Ken felt it best if he stepped back from coaching for awhile to reevaluate where he wants to go with his coaching career. We wish him the best and want to thank Ken for all he's done for our team over the past six years. There will be a farewell BBQ July 10 where everyone will have the opportunity to say good-bye. It might seem odd for a coach to leave at this time of the season, but by doing so Ken has given our team time to interview new coaches prior to the time they would sign contracts for next season. As usual Ken has the best interests of our team in his heart. You can continue to contact Ken at k.grey@sbcglobal.net. He's looking forward to hearing from us.

The board has already begun a national search for a new head coach. To give you an idea of the interest that our team and our new pool are generating, I had three inquiries from existing head coaches (two from out of state) within the first week of Ken's announcement. Within the next few days we'll have an ad in the national ASCA website for coaches that should generate more inquiries. We're fortunate to have excellent assistant coaches in place and are looking at adding one or two more shortly. The assistant coaches have all stepped up and will assume most of Ken's jobs. This gives us the luxury of taking our time to find the perfect head coach for our team. I ask for your patience while we put together the pieces of the puzzle—a new head coach, a new Ventura pool and additional assistant coaches, while at the same time keeping the Oxnard pool as an important part of our team.

Another big change we're looking at is direct billing for our monthly dues. Sending out bills, collecting and manually entering the checks, handling bounced checks and calling on late payments has become a time consuming, expensive and cumbersome process—all done by volunteers. And it only will get more complicated when we have two pools and additional swimmers. We are currently looking into a direct billing process similar to what health clubs use. Each month your dues will be directly billed to your credit card and overnight our account will be credited with the full amounts due. At the end of each month we'll get a printout of each family's paid dues for our records. There'll be no billing, no postage, no manually entering checks, no bounced or lost checks, and no late payments. It's a web based system that allows us to easily add or delete families and to change each families account to reflect changes in the number of swimmers or changes in price as the swimmers move up thru the different groups. We'll even be able to accept credit card donations and credit card payments for food at our swim meets.

We're also looking into a complete Club Management web based system that has the following features: membership management, credit card processing, website design, fundraising management, online registration, email capability,

employee management, club calendar, and merchandise sales. Some of the larger swim teams in California are already using this program. It will simplify the management of our team while at the same time providing a more professional platform for running all the team programs.

I've learned over the past few years that change is normal and needs to be both accepted and planned for. There will be many changes over the next few months but our team will be better for it. There is sadness as we say goodbye to Ken. But there is also excitement as we move forward, planning for the future of our team and the continued development of our swimmers.

John Derr, Board President



Courtney's Quote of the Month

"Every obstacle presents an opportunity to improve our condition."

-Unknown



Nancy's Nutrition

Notes

EAT SMART

*Dietary Guidelines for Americans:
Choose a variety of nutrient-dense
foods within and among the basic
food groups.*

(5th Article in the series)

To eat smart you need to get the most nutrition for every bite. **You want** nutrient-density **and you want to get a good variety of foods from each of the food groups:**

Breads and Cereals

Fruits

Vegetables

Milk

Meats & Meat substitutes (protein)

A healthy eating plan focuses on unprocessed foods, which are whole, natural and not refined (processed so that nutrients are destroyed or removed). A healthy eating plan is one that emphasizes

fruits and vegetables, whole grains and lower fat or fat-free dairy products. It includes lean meats, poultry, fish, beans, eggs and nuts. It should be low in saturated fat sources and trans fats. It should also be low in sodium and low in added sugars.

Here are some examples of “smart” choices from each of the food groups. Remember, your goal is to follow the Dietary Guideline for Americans—Choose a variety of nutrient-dense foods within and among the basic good groups.

Breads and Cereals: Focus on whole grains. Eat at least 3 ounces of whole-grain breads, cereals, crackers, rice or pasta every day. Try other grains such as bulgur wheat, quinoa or steel cut oats. Whole grain cereals include Shredded Wheat, oatmeal, bran cereals, Cheerios, Chex and Life.

Fruits: Try to always eat whole fruit rather than drinking juice. Juice is great when you want to carb load but the whole fruit really has more nutrition. For example, whole fruits provide fiber that you don’t get with juice. Try for 2 cups of fruit per day. Have a serving at each meal and have one or two snacks of fruit during the day. Citrus fruits, melons, berries and tropical fruits are packed with nutrition. Try fresh, canned, dried or even frozen.

Vegetables: Focus on green leafy, dark orange and other colorful vegetables. Just like fruits, the darker the color, the more nutrition. Keep some veggies in the refrigerator, cut in small pieces and ready for snacks or to nibble on when you’re fixing dinner. Have at least one-half cup serving at lunch and dinner. Two and a half cups per day is your goal.

Dairy: Low-fat or no fat is best. If you drink whole milk, you are getting 50% of your calories as fat! Two to 3 servings a day is the goal. Have milk at meals or snacks. Try low-fat yogurt or low fat cheese (1-1/2 oz cheese = 1 cup milk). If you don’t or can’t drink milk, try lactose-free products or calcium fortified foods

and beverages to be sure to get enough calcium.

Protein: Go lean. Choose lean meats and poultry. Be sure to take the skin off poultry (its mostly saturated fat!). Try to vary your protein choices with more fish, beans, nuts and seeds. For fish, try to have it 2 times a week for heart health. When you cook your protein, roast it, broil it, or grill it. Try to avoid adding any extra fat (frying oils or fatty sauces) because most protein foods already contain some fat.

Remember, to eat smart choose the most nutritionally rich foods you can from each food group each day.

Nancy Gardikas Derr, R. D.

Vicki's Velocinauts

June has been a very busy month for us. We started the month with the **Class Last Chance AA Qualifier Meet**. We had eleven swimmers in the meet and they did a wonderful job. Competing in long course meets when we are still training short course is always a challenge. We used good race strategies and swam some smart races.

Congratulations to the following swimmers:

| | |
|---------|--|
| Jessie | 4 Best Times, 3+ sec drop in 100 Breast |
| Haley | 3 Best Times, 2+ sec drop in 200 IM |
| Dana | 2 Best Times, 12 sec drop in 200 IM & 8 sec drop in 200 Free |
| Kathryn | 3 Best Times, 1+ sec drop in 100 Breast |
| Austin | Swimming tired, but racing others |
| Colin | Swimming tired, but racing others |
| Tess | 5 Best Times, 1+ sec drop in 50 Free & New JO Cut |
| April | 4 Best Times, 1+ sec drop in 100 Back |
| Morgan | 4 Best Times, 5 sec drop in 200 Back |
| Cameron | 6 Best Times, 4 JO Cuts & 1 AA Cut |
| Kelsey | 3 Best Times, 2 sec drop in 50 Breast |

Way to go Juniors! You were able to compete and make some best times. I am very excited to see what you can achieve after training long course!

We followed this meet with the **Canyons AA Meet**. It was 4 days of fun in the sun (*which was a very different experience from the November freeze!*). We had individual swims, we had finals swims and we had relay swims! The Juniors were represented by 9 of our members. Kudos go to the following swimmers:

Jessie BT 50 Free & Firey Relay Swimmer!
Haley BTs 50 Free & 200 Back (while tired from water polo!)
Dana BT 100 Free & Strong Relay Swimmer!
Austin BTs 100 Back, 100 Breast, 200 IM, 50 Free & New JO Cuts 50 Free & 100 Breast!
Colin BTs 100 Free, 400 Free & Consols Swim 400 Free (proved that fuel does a body good OR that NO fuel makes a body BONK!)
Tess Best Relay Anchor in Town!
Morgan BT 50 Free, 100 Free & Consols Swim 50 Free (not bad following 1 week of camp and having jet lag!)
Cameron BT 50 Back, 100 Back, 100 Fly & New JO Cut 100 Fly!
Kelsey BTs 50 Back, 50 Breast, 100 Free & Tough Relay Swimmer!

I am extremely proud of all of you! You wore your Buena B with pride and made it shine! Next stop . . . **Junior Olympics!**

I'll see you at the pool!
Vicki
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vickihedrick@aol.com

Jill's Jammers

As we venture further and further into the summer months, the days become more and more beautiful and the times just keep on dropping. As we start our long course workouts, we're discovering a new found excitement with swimming "the long way". It's fun to see the look in their eyes when they realize how far they are able to swim in one given workout. They are growing stronger and more confident everyday and soon will be too fast to stay in our little group, so I'm determined to make the most of our time together.

Here is a sampling of the meet they put together at the CLASS Last Chance AA Qualifier that took place at Oxnard High School on June 11-12.

Sam Chittenden 4 out of 4 best times
2 "B" times
Emma Huebner 8 out of 8 best times
3 "B" times
Makaila Hunt-Costin 4 out of 7 best times
2 "B" times
Lindsay Norris 4 out of 4 best times
7 second drop in 50 Breast

Jeffrey Yoshida 6 out of 6 best times
2 "B" times

We had a few swimmers out sick for this meet, but should be back in full force for our July Meet. We'll take that 90% best times ratio!! Nice job swimmers!

I'd like to welcome our new Jammer's Summer Session swimmers who are doing a great job "melting" into the longer workouts at the college. I'm very proud of you.

Sarah Shaffer
Kelsey Stratton
Connor Whitman
Maddy Whitman

Keep up the hard work swimmers! Every day is an opportunity to challenge yourself. Take advantage.

Coach Jill
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659-1892 (h)
207-0151 (c)

From Coach Lori

The month of June has certainly been an eventful one, full of things worth celebrating, remembering, and unfortunately, some tough goodbyes.

In June, our Head Coach expressed his intention to step down from his position. **Coach Ken** has been the Head Coach of Buena Ventura Swim Club for the past six years. Coach Ken's accomplishments in his time here have been many, and he will be missed by one and all! I wish him well in his future endeavors! **We'll Miss You Ken!!**

This month has also marked the leave taking of the **Craig** family which relocated to the Sacramento area, and the **Munkres** family, relocating to Oklahoma. **CJ**, I am really going to miss all those hugs! These respective communities are so fortunate to have such fantastic families in their midst! You will all be sorely missed!!

Further, this month we will be saying our goodbyes to **London Graf**. London and her family will be moving to Holland at the end of the month of July.

New beginnings are so exciting, and I am thrilled for all of you, and what is in store for you and your families, but it certainly doesn't make the process of leave-taking any easier!

The month of June has also brought a number of new faces to *Buena Ventura Swim Club*, with our **Summer Registrations!** I want to welcome the following newcomers to our ranks:

Beginner

Makkena Fowler
Dillon Fuentes
Joanne Garong
Faith Komar
Aracely Lopez
Brandon Lum
Eddie Marin
Bailey Morris
Claire Nicholson
Juliana Oriz
Ariana Terazas
Jake Turville
Meg Workman
Erika Yoon
Jason Yoon

Intermediate I

Matthew Duggan
Ashley Elliott
Joseph Escudero
Roy Fishell
Steven Guevara
Salomon Orozco
Kristin Shaffer

Welcome to the Buenaventura Swim Club family!!

The month of June also offered some competitive opportunities for our Beginner and Intermediate I levels, at the **CLASS ABC Meet** on June 11-12th at Oxnard High School.

The following Beginner Swimmers took part in the CLASS ABC Meet:

Alexandra Costin –Swam two new best times in the 50 Free and 50 Back, with 13 and 8 second drops respectively!!!

Jacob Gasperi – Dropping 20 seconds in the 50 Freestyle

Julien Martinez – Swimming a total of 4 events, in his 1st ever long course swim meet!!!

Cassandra McCambridge – Swimming the 100 Free for the 1st time, and dropping over 7 seconds in the 50 Backstroke.

Noah Miller – Competing in his 1st long course swim meet, in both the 50 Back, and the 100 Free

Phoebe Sajor – Dropping over 8 seconds in the 50 Free, and swimming an outstanding 50 Breastroke!!

Our Intermediate I Group was represented by the following swimmers:

Sarah Shaffer – With outstanding races and time drops in the 50 Backstroke (dropped 4 seconds), and the 50 Breaststroke (dropped 3 seconds). **S-m,7-o-k-i-n....!!!**

Haley Slade – Swimming her 1st ever long course swim meet, racing the 50 Butterfly, 100 Back, and 50 Free for the 1st time! Way to race!!

I am hoping, that with school out, we will see a much higher rate of participation from both the Beginner Group, and the Intermediate I Group in practice and at meets. Competition, and the refinement of these skills is an integral part of your competitive development! Don't short your experience by missing out on the fun!!!

Coach Lori

Lloyd805@adelphia.net

Team Library

Ordering Information: Mariza Collins will be running the team library. She will be at the Oxnard pool on Thursdays between 5 – 6 pm. You can see her on the pool deck or make advance reservations by sending an email to her at mariza@dock.net.

Videos

- ***Swim Fast: Breaststroke** featuring Ed Moses & Coach Pete Morgan (DVD)
- ***Swim Fast: Butterfly** featuring Michael Phelps & Coach Bob Bowman (DVD)
- ***Swim Fast: Freestyle** featuring Lindsay Benko & Coach Mark Schubert (DVD)
- ***Sports Mental Training** psychological skills to enhance athletic performance (VHS)
- ***Core Body Strength Training** exercises for core strength (CD—plays on computer)
- ***Open Water Swimming** skills, techniques, & racing tips (DVD)
- ***Total Immersion: Freestyle Made Easy** (DVD)
- ***Total Immersion: "Four Strokes Made Easy"** (DVD)

Books

- ***It's Not About the Bike: My Journey Back to Life** by Lance Armstrong. Biography of Lance Armstrong who overcame cancer to win the Tour de France
- ***The Lance Armstrong Performance Program: Seven Weeks to the Perfect Bike Ride** by Lance Armstrong. A training, strengthening, & eating plan for long distance bike riders.
- ***Open Water Swimming** by Peggy Dean. A complete guide for ocean swimmers & triathletes.
- ***Breakthrough Swimming** by Cecil Colwin. A very technical book on how modern swimmers apply new training methods & stroke technique to set records.

***The Ultimate Guide to Weight Training for Swimming** by Robert Price. Weight training program to increase speed, eliminate fatigue, & prevent injuries.

***Swimming to Antarctica: Tales of a Long-Distance Swimmer** by Lynne Cox. The world's most extraordinary long distance swimmer describes her swims and the mystical act of swimming itself.

***Below the Surface: Building a Competitive Swim Club** by Brent Rutmiller. How to survive & succeed in building a competitive swim club.

Pamphlets

***Shoulder Injury Prevention** by USA Swimming. A series of exercises for the uninjured swimmer.

***The Quantum Leap Strategy** by Price Pritchett. How to bring out hidden potential & make quantum leaps in overall performance. Not a swimming book but its ideas can be applied to swimming.

***Teamwork** by Price Pritchett. How to build a championship team & win the support of your teammates. Not a swimming book but its ideas can be applied to swimming.

Tapes

***Possibility Thinking** by Dr. Robert Schuller. What great thing would you attempt if you knew you could not fail? (8 cassette tapes).

We would like to purchase additional books & videos. If any family would like to make a donation please contact John Derr (john.derr.b8r8@statefarm.com). Individual videos cost approximately \$40 each, series such as the Auburn Swimming Faster Video Series cost around \$400, and books are generally in the \$20 range.

You can also donate used books and videos to our library. They can be swim related, motivational, or inspirational.