

## Message from Coach

As you may know one of my passions is golf. You might see me on deck mimicking a golf swing. If

I had discovered the game of golf earlier in life, say..

when I was a teenager... I might not be involved in swimming. Please note, though, that I love to coach swimming.

What I really enjoy about golf has parallels to swimming. When you watch golf on television the players all possess very sound fundamentals. Many people think golf is boring, and I believe that's because the golfers on TV mostly look like they swing the same way. Probably so. They're all so good, and they do the basics better than once-or-twice-a-week hackers like me. They remain so good because they practice great fundamentals (with drills) and they work on their weaknesses.

How can swimmers improve? By practicing great fundamentals (with drills) repeatedly and applying those basics when they train for fitness and conditioning. Fast swimming ought to be a beautiful thing to behold. It should feel smooth and propulsive, with rhythm and momentum. And it should be a sight worth seeing for anyone who witnesses it.

Here's something worth watching. Take a look at our senior swimmers sometime. Most swim very efficiently, with very good stroke technique, appearing to glide through the water. They work at it, every day, being reminded how swimming faster requires sound fundamentals, especially under the pressure of making seemingly improbable intervals. Aspire to that level. If you haven't already, put it on your list of things to do; for today, tomorrow, and as long as you continue to swimming.

## Message from Janet Mata

As the new President of the VJO Board of Directors, the first thing I'd like to do is to thank Dannette Domecus and all the members of the Board from last year for the great job that was done to keep our Club growing in the right direction.

This Club has grown steadily over the last several years, not just in size but also in accomplishments. We had the largest number of swimmers over to participate in the Far Western Championships, a meet in which there are teams from various different states and from other countries. Our membership is the largest it has ever been, with many of our new swimmers staying through the winter months. Our Club would not be where we are without the combined effort and commitment from our swimmers, Coaches and parents. So, next time you're on deck or at the meets, thank our coaches, tell a swimmer what a great job they are doing and pat yourselves on the back because this Club's success is because of all of you.

We have a reputation and receive compliments on how well our meets run. Vallejo Aquatic Club is one of the few

Clubs that do not require parents to put in a specified number of work hours for Club functions. Many parents from other swim teams are amazed at the number of parents that participate without having this requirement in place. It is this commitment and participation of our parents that distinguishes our Club from others. In November, we will be hosting a meet at our pool. Hosting meets are the Club's biggest fundraisers; therefore we want all parents to help out. If you are a new parent and are not sure what you can do to help, ask one of the Board Members or a Coach. If you are limited in how you can help out, ask anyway. There are so many jobs involved in running a meet, that there is bound to be something you can do to help. So come on out and support your child in one of the best sports available to young people today!

## Zone 3 TRAINING CLINICS For Parents, Officials and Coaches

We are in great need of more officials so that VJO will continue to qualify for team points at the Zone 3 Championships.

There is **no fee** for the official's clinics.

You must have a current USA Swim (non-athlete) membership card.

These clinics are for beginning (new) stroke and turn officials (Session I), both USA swimming and high school rules will be discussed. The clinic is in conjunction with a US swim meet so there will be on deck training available.

**VJO Officials Head is Jeff Hine**

**707-745-2440 or Jeffphine@msn.com**

**Please call or email with any questions on being an official.**

Also VJO parents that have current USA swim Cards can also walk the deck at VJO's November Meet without having attended a clinic in order to get a feel for how it works. Come see Jeff Hine on the Saturday of the Meet at the 8:30 AM Officials Meetings.

### VJO Frequently Asked Questions (FAQ)

**Q:** We are attending our very first meet. What should I bring?

**A:** The following is a list of things you should take:

- \*Minimum (2) towels
- \*Chairs to sit on
- \*Water or other drink (preferably, not soda)
- \*Weather appropriate clothing (i.e. head/feet covering)
- \*Food and snacks
- \*Something to keep quietly occupied (i.e. book)
- \*Change of clothes for after the meet
- \*Sun Screen

**Q:** How do I know what events I (my swimmer) should swim?

**A:** Your best bet is to ask your coach. He knows what you are capable of swimming and what he wants you to swim as part of your training.

If you have any questions about swimming, meets, practice and/or Vallejo Aquatic Club, submit your questions in writing to the envelope marked "VJO FAQ's" in the

### Clinics

**Oct. 12-13, 2002** Sat. and Sun.

Location: Sonoma State University Pool  
Rohnert Park, CA

Time: Sat. 9am-1pm (May stay until end of meet for on deck training)

Type: Sat. Beg. Stroke and Turn for USA Swimming and high school officials (Session 1)

Time: Sun. 8:30am until end of meet

Type: Sun. On deck training

More Clinic Info: Contact Lynn Graham \*

**Oct. 26-27, 2002** Sat. and Sun.

Location: Ives Pool  
Sebastopol, CA

Time: Sat. 9am-1pm (May stay until end of meet for on deck training)

Type: Sat. Beg. Stroke and Turn for USA Swimming and high school officials (Session 1)

Time: Sun. 8:30am until end of meet

Type: Sun. On deck training

More Clinic Contact Info:

**\* Lynn Graham 707-528-8710**  
**kgraham386@worldnet.att.net**

### Upcoming Meets:

Vacaville Swim Club B/A+ Short Course Meet

Oct 11, 12 & 13, 2002

Vallejo Aquatic Club (VJO) C/B/A+ Short Course Meet

November 2-3, 2002

Editors Note:

Thank You for contributing articles:

Jeff Hine, Janet Mata, Chris Oshiro,

Sue Patton & Angeli Stanwick

Thank You for contributing graphics:

"Shark Attack" letterhead created by Roland Felix

Photographs by Tuffy Williams

# Notes from the Board

## VJO Board of Directors for 2002-2003

President	Janet Mata
Vice President	Suzie Minahen
Secretary	Kristen Jovino
Treasurer	Angeli Stanwick
Awards	Rebecca Kearney
Ways & Means	Vacant
Membership	Sue Patton
Officials	Jeff Hine
Publicity	Joe Lynch
Communications	Lourdes Viray
Meet Director	Mike Reay
Head Coach	Chris Oshiro
Zone 3	Rep.Bob Blashill

\* Attention all parents, we need volunteers!!

There is a vacancy on the VJO Board for Ways & Means. This person will coordinate and report to the Board on Club fund-raising.

Position available on Pacific Swimming Board

Pacific Swimming sent all teams in Zone 3 a letter asking for volunteers to fill the empty positions on the Zone 3 Board. There is currently a vacancy for Secretary. Zone 3 Board meetings are every third Monday of the month in Rohnert Park.

Call Janet Mata at 553-9995 if you are interested in any of these positions.

We would like to say goodbye to Samantha Tabor and her parents, Dave and Alyssa. Samantha and her parents are moving back to Colorado at the end of this month. They joined our team in October, 2000 and have been an active member ever since. Alyssa Tabor has been our "Team Attire" person and has done a fantastic job in keeping our membership looking great in VJO attire. We will miss you and we wish you the very best in Colorado! Keep in touch!

## LAP SWIMMING FOR VJO PARENTS

We have been receiving several inquiries from VJO parents asking about lap swimming during the time our kids are in the pool for practice. VJO is a tenant at Cunningham Pool and we must comply with all GVRD rules and policies including Lap Swim times. According to what we were told by GVRD, if we allow our parents to swim during our practice times, GVRD will have to open the pool to Public Lap Swimming. This could result in up to three or four lanes being taken away from the team for practice. There are often not enough lanes for practice for our own swimmers. The senior group practices at an earlier time so they can have adequate room for practice. The space is made even more limited when GVRD and high school swim activities require pool space.

Millennium Sports Club  
124 Lincoln Road East  
Vallejo 707-644-7788

Please call Bobby at the club for an appointment. The Initial start up fee of \$125.00 is waived for corporate account members. Sign up now and get one month free.

Rate: one swimmer \$49.00 per mo.  
addtl. swimmer \$30.00 per mo.

There are two choices of monthly payment: electronic funds transfer on the second of every month or by arrangement with the Millennium Sports Club office. There is no annual contract. You can cancel at anytime with a 30 days advance notice. Please find out more details with Bobby.

The rate offer above also entitles you to the gym facilities.

For those that are unable to swim at Cunningham during the Public Lap Swimming times, we suggest, as an alternative, that you check out swimming at the Millennium Sports Club. There is a corporate account set up for Cunningham pool swimmers (18 years old and up) and the rate is \$49 per month. For more information, the phone number for the Millennium Sports Club is 707-644-7788. Look in the deck card for a flyer that contains rate information and Lap Swim Schedules.

### Halloween Party

Saturday, Oct. 26, 2002

7-9 pm

Glen Cove Elementary School



# Annual Awards Banquet

Jesse Bethel High School

September 29, 2002

Congratulations Swimmers!!

2002 - Larry Bohn's Award

Donny Mata

2002 - Coaches' Award

Age Group	Most Outstanding	Most Improved
Girls		
8 & U	Patricia Welton	Cahil Carlos
9 & 10	Zoe Coles	Danika Felix Camille Miguel
11 & 12	Megan Jovino	Kimberly Minahen
13 & 14	Kathryn Jovino	Makenzie Spillner
15 & 16	Ashley Cayford	Nicole Oettinger
17 & 18	Morgan Zachery	Kristina Sangalang
Boys		
8 & U	Dylan Powell	Braden Lee
9 & 10		Leland Gustavo Tyler Lee
11 & 12	Vincent Bicomong	Justin Balague
13 & 14	Tracy Hine Galen Coles	Caesar Sangalang
15 & 16	Michael Stanwick	Robert Reay
17 & 18	Niko Felix	Mario deSenna