



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

October 2005

President's Message

by Cathy Riley

I want to thank last years Board of Directors for working together as a team and for stepping up to meet the challenges that we had. Last year's President Janet Mata played a vital role in keeping the board focused. Her relentless dedication to this club played a role in my decision to run for President of VJO. The other board members and coaches whom I admire as well just confirmed that this is where I wanted to be. Their time and devotion to this club is something that I respect. Thanks for all that you've done and continue to do, Secretary Rebecca Terry, Treasurer Lourdes Viray, Meet Director Rebecca Kearney, Officials Jeff Hine, Ways & Means Debbie Tucker, Communications Miro Salazar and Membership Diane Powell.

We have so many other parents to thank who work Clerk of Course, Stroke & Turn, Officiating, Meet Marshall, Head Timer, Electronic Timing System, Computer Operators, Apparel, Equipment, Snack Bar, Hospitality and all the other behind the scene activities that make this club work.

Special thanks goes to Coach Tuffy Williams for being the stable foundation for the club as he took on more than his share of responsibilities to make this past year's challenges as transparent as possible.

As far as new business goes, we've been faced with the possibility of the pool closing during the winter months for the last several years. More so last year than ever before.

The Natalie Coughlin Fundraiser and additional donations to the City of Vallejo & GVRD kept the pool from closing last year. As a result of on-going funding cuts to GVRD by the city, VJO set aside the money raised through last year's swim-a-thon and public donations towards future pool closure. That time has come. Closure of the pool was imminent from November 2005 through February 2006. VJO has secured the pool using the \$20,000.00+ funds raised last year to remain open. Our continued effort to raise funds is more important than ever before. Our swim meets and swim-a-thon are some of our biggest revenue sources. Everyone's participation is important.

Alumni Letter:

TO ALL MEMBERS, YOUNG AND OLD, OF THE VALLEJO AQUATIC CLUB:

There's not much I can now add regarding the history of the Vallejo Aquatic Club to that found in the two articles on the Club in the Sunday, October 2, 2005 issue of the Vallejo Times Herald. I hope you all take time to read them.

As is always the case in articles based on lengthy personal interviews the columnist got a few things wrong in context and in the time line, but all were minor.

In this letter, on the eve of its 50th

As we enter into our 50th anniversary year, we will be honored each month to hear from select Vallejo Aquatic Club alumni. This month's letter is from **Barney Favaro**, one of our team's "founding fathers".

anniversary, I wish to tell you all how proud I am of the Club and its accomplishments. It exemplifies all that my wife Jeanne and I could have hoped for in Vallejo. You have one of the finest regional age-group programs in northern California, and that I do not believe to be an exaggeration. It has been achieved in spite of formidable obstacles.

You have a great team of coaches now, led by a head coach of undisputed qualification and supported by that bed-rock we know as Tuffy Williams. I suspect he will outlive us

all. But most of all, my years of experience in the field of "amateur" sports (the Olympic sports in particular) convinced me that the success of any sports program depends heavily upon parent participation. The everyday role of the parent in our sport is self-evident—from the endless transport to and from practices and swim meets, the long days of officiating and clerking and fund-raising, and yes, even cooking. Without parental support the swimmer cannot achieve to the best of his/her ability but so also the club cannot survive. That is why I

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C o a c h ' s c o r n e r



**“Good, better, best
Never rest
until your good is better
And your better is best!”**

It surely has been an exciting past month or so for the Vallejo Aquatic Club! We have had three meets in Davis, Vacaville and Petaluma. I was personally at the meets in Davis and Petaluma, and I have to say how impressed I am with the level of swimming that we have shown so far! By all accounts from Coach Tuffy and Coach Chris the meet in Vacaville was also a huge success! The next month or so will also be quite busy! We have another rising stars meet in Vacaville (Oct 22), the Reno meet at the end of the month (Oct 29-30), the Palo Alto Junior Plus meet with trials and finals for the senior athletes (Nov 4-6) and our own fall meet here in Vallejo (Nov 12-13). It is very important that you attend as many of these competitions as you can! Once we get into December and January, the number of meets available to us drops off considerably, so as the saying goes, makes hay while the sun is shining!

I would also like to tip the ol' coaching hat to those swimmers in the Senior and Age group programs. We have been doing some very difficult workouts lately, and all of you are coming up very big in practice. As some of you may have also noticed, we are now doing a slightly different type of strength training on the pool deck. It is called “Weight Based” training. What this means is that the athlete is asked to only lift and control their own body weight, and as the swimmers can attest...it is wicked stuff!

I would also like to publicly thank the outgoing board for all their hard work and efforts over the past year. In particular, I would like to thank our outgoing president, Janet Mata. Without her leadership, guidance and cool calm demeanor, I am sure the past year would have been even more difficult for all of you.

I would also like to welcome the new board. I look forward to working with you and taking our club to even bigger and better things!

Coach Rob Moreside



ON DECK Upcoming Events and Activities

- October 28, 29 & 30 — Reno Swim Meet
- November 2 — Hot Chocolate Nights begin (mmm, good)
- November 5 — The Medusa Mile at Marine World
- November 12 & 13 — VJO SWIM MEET**
- November 19 & 20 — Napa C/B/A meet
- November 24 — Happy Thanksgiving
- December 2, 3 & 4 — JO's at Pacifica
- December 10 & 11 — Zone 3 Qualifier Meet at SF Boys & Girls Club
- December 9 — VJO Christmas Party
- December 16, 17 & 18 — Senior Champs at Pacifica

Show your team spirit, and stay warm at upcoming meets, with VJO team attire. Sweat-shirts, jackets, parkas and more are available. For more information, sign the clipboard in front of the files on deck, or leave a note for Dana Fouad in the Fouad file.

Tuffy Says...

Baby It's Getting Cold Outside!

Once again the cold weather is almost on us. You should be getting out your warmer clothes to wear to practice. Wear a jacket (Parka), hat, and shoes with socks during the colder weather. When you attend meets be sure you have rain protection (raincoats, umbrella, etc.)

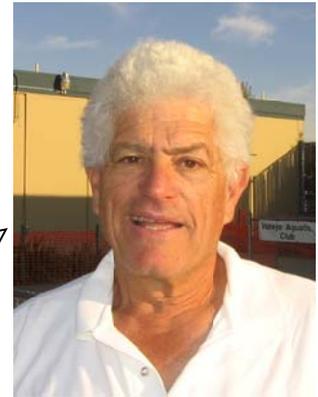
We have two outdoor meets. Vacaville Raising Stars meet on the 22nd of October in Vacaville (sign up during practice) and our meet on November 12 & 13.

Be sure to sign up for both of these meets!

In December there is an indoor meet at the Boys and Girls Club in San Francisco (go to the Pacific Web Site under meets)

http://www.pacswim.org/page/meet_schedule.html.

This is a qualifier meet for Zone III Championships in Santa Rosa in January (indoor pool). If you make the time standard... you get to go to Championships!!!!



Coach Tuffy Williams

REMINDER:

Your Pacific Swimming Registration will expire on December 31, 2005. To renew the no-hassle way, write a \$50 check to PACIFIC SWIMMING and place it in the POWELL MEMBERSHIP file on deck

Coming soon...

Hot Chocolate nights begin again NEXT WEDNESDAY

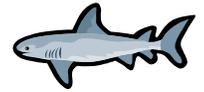
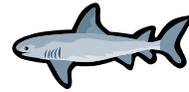
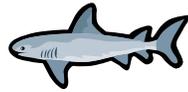
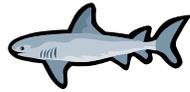
(Volunteers and donations will be gladly accepted)



Coach Chris Souza

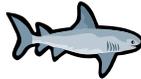
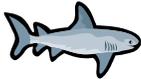
As we head into the winter season it is important that we remember the fundamentals of swimming. Every turn should be practiced (yes, that means flip turns, two handed touches), breathing every 3 or 5 strokes, not breathing off the start or out of a turn. It is easy to get forgetful or lax as we practice but if we remember to practice doing it right it will become natural during a meet meaning better swims and less yellow papers. Remember it isn't always about going fast...it is about doing it RIGHT.

Did you know?



As a VJO member, you can become a member of Swim Connection, the online swim meet registration service, **FOR FREE!!!** Just register for your next meet online at www.swimconnection.com, and once your VJO membership is confirmed you will have access to Swim Connection's member benefits, which include:

- Access to all Pacific Swimming Team Results
- The ability to track specific Pacific Swimming swimmers with a single click
- FAST processing of online meet entries
- Access to archived Pacific Swimming results
- Meet results of your favorite swimmers emailed directly to you
- Other services as they are developed by Swim Connection



WHY NOT SIGN UP TODAY ???



A special thanks to all the parents and swimmers who helped make our recent Halloween Party and V.I.P. nights so fun and successful

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am so impressed with what you parents are doing with VAC.

I'm sure that many of you were surprised to learn that it took so long for a viable program of organized swimming to develop in Vallejo. The high school had a limited program under the able coaching of Frank Wetmore (who was also one of our early coaches), but that was all. In contrast, Napa, Vacaville, Woodland, Davis, and Fairfield all had AAU swim clubs and community pools.

Do not think that Jeanne and I were alone in starting VAC (first known as the Solano Aquatic Club) on the road to where it is today. We, too, had the support of so many families who saw the potential of the program for their

children and the community. Some of their grandchildren are swimming with you today.

Families like the Minahens (Tim and Betty were always among our staunchest supporters, and all their children swam with the Club); Bud and Evelyn Smith (Marilyn was a great back-stroker); the Lum family from Benicia (Randy was a spark-plug for the team and became someone we all hate—a dentist); the Doyle family (the oldest boy landed a scholarship to USC); Geneva Brownridge and her three sons who were top-notch swimmers; the Friend family; the O'Neills; the Owens family (with good swimmers and pretty girls); the Shiemans; the Martinis (Sally was always an up-beat competitor); Ron Johnson's fam-

ily; the Farones (of the old Vallejo Music Store); the Garrisons; the Monsagrattis; the O'Tooles. There were many others whose names I just can't recall now, and I apologize for that.

None of it could have happened, of course, without the Greater Vallejo Recreation District. From the beginning it funded and directed a recreational program that led to the formation of the Napa-Solano-Yolo Recreation Swim League and eventually to what VAC is today. Ted Kidder, the GVRD administrator, comes to mind. (He nearly gave me a heart attack when just before the big 1965 meet he (jokingly) told me that his engineers had informed him that the 25-meter pool at Richardson was

illegal because it was one-quarter inch too long.)

A strong supporter of our early programs was Dave Beronio, the Sports Editor of the Vallejo Times Herald, and one of the very best sportswriters on the Pacific Coast. He had a national reputation as well.

My best wishes for a continued bright future.

BARNEY FAVARO

October 2005

