



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

March 2006

President's Message

By Cathy Riley

Our February meet was a huge success. With the weather on our side and BIG support from our parents what more could we ask for. Ok...good swims, a fun time, no major glitches and generating \$8000.00 in revenue. With approximately 490 swimmers we exceeded our goal and brought in roughly \$8666.00. Our November meet had approximately 588+ swimmers and we netted just around \$9000.00. Several things factored into why we did so well. Since we basically had ownership of the pool we didn't have to pay a per swimmer fee to GVRD

which typically runs over \$1000.00. Our "sponsor an event" also generated \$480.00 in extra revenue. The cost of running a meet can go as high as \$7000.00. And, that depends on the type and size of the meet. As of March, pool ownership is back in the hands of GVRD. During mid-November through February we applied lap swimmers fees and water polo revenue to help offset our higher rent cost. March has been a busy month. We had 10 VJO kids representing us at the Zone 3 All Star Meet in Concord on March 5. Donny Mata and Kathryn Jovino competed in Mission Viejo at Western

Sectionals the following weekend. That same weekend we were in San Ramon for Junior Olympics. We have our spaghetti feed March 18. Our swim meet takes place March 25th and 26th. Coach Tuffy's induction into the Hall of Fame on March 25th. Last but not least, Far Westerns in Morgan Hill starting March 30. WHEW! Hats go off to our swimmers!

Alumni Letter:

As we enter into our 50th anniversary year, we are honored each month to hear from select Vallejo Aquatic Club alumni. This month's letter is from former Vallejo Aquatics swimmer Kristi Green, Thank you, Kristi, for sharing your memories with us!!!

When I was asked to recall my memories of being a swimmer for VJO, one event definitely stood out in my mind; "We Swam the Straits". In 1984, approximately 50 VAC (not yet VJO) swimmers, ages 6-18, took the plunge into the murky waters known as the Carquinez Straits. We started on the Crockett side with the goal of finishing at the Maritime Academy, in one piece. The morning started with us donning our caps (the boys had shaved Mohawks on their heads for the event) and goggles and covering ourselves head to toe in Crisco. We were told not to get it on our hands as this would impair the sensation of our hands in the water. Do you think we could even feel our hands? No. I don't care how much adrenaline we produced, there was no disguising how frigid that water was! What about a wet suit you might ask? 22 years later I am still asking myself that same question. We were crazy! I think I am still

pretty traumatized from that event, but in a good way of course. I can remember swimming, and swimming, kicking and pulling, and swimming. It felt like I was going backwards. I never seemed to be gaining any ground no matter how hard I tried. Out of nowhere a boat with a bull horn approached me telling me that I better put my head down and swim faster because a "Huge Tanker" was coming and I needed get out of its way. Never mind the concern of sharks we could get run over by a tanker? I could definitely sense the uneasiness of the people on the boat, some of which were worried parents. Fortunately, all of the swimmers made it across safe and sound with only numbness and some bumps and bruises to show for it. I must mention that some of us also experienced sea sickness because of the waves the tanker produced as it passed by. It wasn't

pretty, but we can all proudly say, "We Swam the Straits". The after-party at the Zanoli's house was the most fun. One thing about competitive swimmers; you'd think that for as much time as we spent in the water, we would eventually need a break from it. Not us. We were right back in the pool challenging each other to various contests, races, jumping off the shed, etc. Once a swimmer, always a swimmer! I have met many wonderful people throughout my years of swimming. There is a special "bond" between swimmers and their families that only we know. I feel very fortunate to have been a part of the Vallejo Aquatic Club family and share in all of the memories. I can't wait to see everyone at the reunion!

Kristi Greene

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C o a c h ' s

C o r n e r



Coach Rob Moreside

While sitting and shivering this past weekend during Sectional Championships in Southern California, I had the opportunity to sit back and do a bit of reflecting on the time I have been here with Vallejo Aquatic Club. It has truly been a fun and fast paced ride so far. I arrived in the Bay Area on May 28th of last year and hit the deck running on June 1.

Over the next 2 and ½ months we had something like 7 meets. I got to attend my first Junior Olympics (at least since I swam in one back in the dark ages), my first Zone Championships, my first Sectionals (Clovis in the summer? HOT!), my first REAL Championship and my first Junior National Championship!

The short course season has been no less exciting for me. We have had many highs, and yes even a few lows, over the past 5 ½ months. But I can honestly say that this is still the most exciting and rewarding time in my whole coaching career. I had the chance this past weekend to run in to a very good friend of mine from Canada who is now coaching in Southern California. Coach Mark Temple was with the Mississauga Aquatic Club for over 12 years and produced many top Canadian and International swimmers.

We were discussing the differences between coaching in Canada and coaching down here in the United States. Both of us agreed that the main difference between the two is the relationship the club and board have with the coach. Many times (but not always) in Canada, the coach is treated as an employee who cannot be trusted and has to be kept under control. You cannot imagine how frustrating that can be! But down here, we both agreed, coaches are treated with respect, dignity and trust. The level of expectation is much higher, but at least we are given the opportunity to succeed or fail on our performances and not on political agendas.

So I am truly looking forward to the rest of the short course season, this summer's long course season...and many more short and long course season's right here with the Vallejo Aquatic Club!



ON DECK

Upcoming Events and Activities

March 30, 31 & April 1, 2 — Short Course Far Westerns

April 8 & 9 — Marin/SSS Long Course meet

April 14 — Good Friday: No Swimming

April 22 & 23 — TVA Long Course meet

April 29 — 10 & Under Championships

May 6 & 7 — Santa Rosa Invitational

May 27, 28 & 29 — Age Group Open in Stockton

June 3 & 4 — Junior + meet in San Jose

June 17 & 18 — CBA+ meet in Napa

June 24 — VJO 50th Anniversary Celebration!!!

Please RSVP online at www.vallejoaquatics.org

Contact Janet Mata at 707-553-9995 to volunteer for a committee!!!

I glide through the sea of glass as I twist and turn.



I am in control of my success with every stroke I try my best.

I try to perfect every flaw before I hit the very next wall.

Determination is a big part too because with the will your dreams can come true!

By an anonymous VJO swimmer

Tuffy Says...

Well Spring is Almost Here!

First off let me say thanks to all of you who helped with our February Meet. You folks really stepped up and it showed. I received several comments from coaches and parents about the cooperative spirit among our parents.

The weather has not been our friend lately. Attendance at practice has not been great for my groups. I hope with the coming of Spring (March 20th) just as my Tulips and Cymbidiums are breaking out in flowers, our swimmers will break of their houses and return to the pool.

I did attend the one day All Star Meet (March 5th) in Concord to watch our swimmers who made the team...12 in all (Izzy Fouad was sick or we would have had 13). Our swimmers represented our team well as well as Zone III.

This past week I attended the AA Meet in San Ramon. I thought our swimmers swam very well in spite of the poor weather conditions. It just goes to show you that you can swim well, any where, any time, in any pool, if you set your mind to it!

As the weather continues to be cold please dress warmly...otherwise the shoe, sock and parka police will get YOU!



Coach Tuffy Williams

Only
130 More Days
Until **REAL**
Championships
In Santa Rosa

We Had ALL STARS a Plenty!

VJO recently sent 12 (Izzy Fouad was our 13th but was ill) swimmers to the Zone III All Star meet. It was a great chance for our swimmers to spend the night (sorry it was only Concord, not Reno NV as originally planned), make new friends, and swim against 3 other all star teams from Zone 2, 1 North and 1 South. With the help of our swimmers, Zone III placed third. From my observation the Zone III All Star coaches did very well interacting with all of the swimmers and made the experience truly worthwhile.

VJO All Stars were:

- Alyssa Powell
- Olivia Soley
- Mirelle Augst
- Patricia Welton
- Danika Felix
- Taylor Riley
- Zoe Coles
- Jacob Woodley
- Tim Man
- Dylan Powell
- Ismael Fouad
- Brandon Miguel
- Gabriel Viray

My suggestion is that if you ever get a chance attend as a swimmer or if you get a chance to send your swimmer to an All Star meet, jump at the opportunity...you will never regret it.

By Coach Tuffy



Coach Chris Souza

VJO Aquatics,

I want to thank all of you for the opportunity to be a part of the Vallejo Aquatic Club. Some of you have heard that my company was sold to a larger corporation earlier this year. While this is a great opportunity for my former company it is also a great deal of work and I will be doing a fair amount of traveling in the upcoming months regarding merging my department together with the larger organization.

It has been a true pleasure getting to know each of you and while I won't be on deck each night, I will be checking in on all of you from time to time.

I wish all of you a great upcoming swimming season!

Being on the Zone III All Star Team

By Patricia Welton

During the weekend of March 4th and 5th I went to the Pacific Swimming All Star meet. The Pacific Swimming All Star meet is a swim meet, but instead of being on VJO you are picked in your age group (8 and under, 10 and under, 11-12, and 13-14) and have different coaches besides Tuffy and Rob. You swim against other zones such as Zone I North, Zone I South, Zone 2, and Zone 4. Sometimes you spend the night at hotels with chaperones. You get T-shirts and swim caps. You make so many new friends from different teams. We had to follow Pacific Swimming rules for when we stay at a hotel.

I have been to this meet 3 times now. When I went there this year I met 9 more friends from the other teams. We left on the bus on Saturday at 12:00. Then at 1:00 we had a team practice. Later that day we had dinner at a community center in Pleasant Hill. We had spaghetti. On Sunday we had the actual swim meet that day. Then we went home.

Excerpts From a Letter to Dad



By Alyssa Powell (as dictated to her Mom)

I got into the All Star meet! And I got to sleep with Mirelle and Olivia in the motel, with Mrs. Augst. She was our chaperone. It was a very fun night. When we got to the motel, after we got all our stuff together, there was a pool and a jacuzzi. We put our VJO swimsuits on and went down there. Other kids were down there too. When we went into the jacuzzi it was really really hot. When we went in the cold pool after the jacuzzi, it was freezing cold so I went back into the jacuzzi. It was fun. Mom and Dylan came up to our room later, and I said "What are you doing here?" and she said "We just came to visit." Mom and Dylan didn't have a room at the motel because Dylan was going to sleep at home, so they had nothing to do so they came up and came to our room. Then we all went down to the bus to drive to dinner. We saw the other girls and our coach at the dinner. (Tuffy wasn't there but he did go to the swim meet to watch us.) Our coach for the swim meet was Ashley. She was very nice. She was from Marin Pirates. When we got to the dinner there was like 10 other girls there before us. When we got our food, I didn't really get much but I got some pasta. It was yummy. Mirelle drenched hers with parmesan cheese. I got a bun. Some of the other girls on the team started throwing butter cups, but the other coach, not Ashley, saw what they were doing and said, "No, don't do that, its rude to behave like that." So everyone stopped.

Mirelle took her shoes off and there was a slippery floor. We saw Dylan doing like breakdance on the slippery floor and then Mirelle took her shoes off. Then I took my shoes off but I didn't take my socks off. Me and Mirelle were like ice skating on the slippery floor and I did fall but it didn't hurt very much. Then ALL the girls came over, then all the 8-under boys came over, then all the 9-10 boys came over and it was very fun. But then we had to go on the bus. It was a very very long time till we got to hotel again.

When we got to the hotel it was like 7:30, I think. We got up to our room, we had a dance party in the hallway with all the 8-under girls. It was fun. We were dancing and playing Red Light, Green Light, too. When we were going to sleep Olivia didn't want to sleep with us so Mrs. Augst took her to her dad's room, and her dad wasn't that far from us. I think his room was 208. When Mrs. Augst left, me and Mirelle were telling spooky stories. When Mrs. Augst came in I was still telling my spooky story but then I didn't want to tell mine anymore so I let Mirelle do it. But then I got a little tired but Mirelle was still telling her story so I said "Mirelle can we please go to sleep now?" and Mirelle said yes.

The next morning we got dressed and went to breakfast. There was bacon, potatoes, waffles. Mirelle got a HUGE waffle as big as her face, but she didn't eat it all. All I got was some bacon and some potatoes. I got some orange juice too, and Olivia got a doughnut and bacon and I think that's all she got. Oh, and Mirelle got cereal, too. She didn't get a bowl. We couldn't find one, but there was coffee cups and I said, "Why don't you just pour it into the cup?" So she said OK and got some milk and poured her cereal and milk into the cup. Then we got on the bus and drove to the pool and I saw mom and Dylan there. And then we had the meet.

Love, Alyssa

