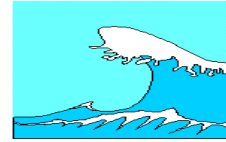


# The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668  
www.vancouverswimclub.com

**December - 06**

## Happy December Birthdays

Katherine Voakes	12/6/94
Kal Baker	12/12/94
Natalia Hoffman	12/15/95
Cami Kwan	12/18/92
Heidi Stewart	12/22/94
Michael Ash	12/29/92

## Message from the President

**The 2007 Super Bowl Swim Meet is ON!!!** All the pieces are in place for another exciting event. We will be hosting the meet January 26<sup>th</sup> and 27<sup>th</sup>, at the Park Rose Pool in Northwest Portland. The goal this year is to keep this annual event moving through the turmoil of the Marshall construction, to keep the high level of participation and enthusiasm from clubs around the area, and to keep our volunteer organization tuned up for when we return to Marshall in 2008. This year's event will be a little smaller than years past, but will require focus on all our parts to make sure there are few surprises and that everyone has a great time.

Details are coming out in the form of flyers in your swimmer's mailbox, newsletter information, and at the upcoming Christmas party. Please plan to sign up for concessions, setup or teardown, or a number of other opportunities to help make this event a success. Remember, this is in addition to your responsibilities for timing, and it is your obligation to commit to volunteer hours for these events. Non-participation fees will apply for those that can't find the time. Also, we will be reintroducing the \$10 per family fee for concessions rather than have families bring a concession food item for sale as we have done in years past.

You might not know that many of our swim parents start the volunteer effort months in advance. We can't do it without you, but together, we can make it easy, fun and rewarding. I look forward to seeing all of you at the Christmas party on December 12<sup>th</sup> and at our Park Rose meet.

**Go VSC!!!**

**Scott Conley**  
VSC President

***Mark your Calendars – December 12<sup>th</sup> for the Annual VSC Christmas Party!***

*Location:* Vancouver Church of Christ, 9019 NE 86<sup>th</sup> St., Vancouver, WA  
(corner of Padden Pkwy & 94<sup>th</sup> Ave., east of 205)

*Time:* 6:30-9:00 p.m.

Bring a wrapped \$5 gift for exchange and your own beverages.

Don't forget to turn in your pizza orders and money for coaches gifts by Dec. 5<sup>th</sup>.

**Board Meeting prior to party from 5:00-6:00 p.m. at same location.**

Coaches' Corner

**CONGRAGULATIONS TO OUR BIGGEST LOSERS FOR OCTOBER AND  
NOVEMBER:**

**OCTOBER**

1. Nathan Schurman	-48!!
2. Meaghan McCulloch	-47!!
3. James Gray	-41!!
4. Kate Duvall	-35!!
5. Edwin Yip	-33!!
6. Arisa Laochumnvanit	-32!!
7. Monica Bottelberghe Carly Cannon	-28!!
8. Nikki Cannon	-24!!
9. Katie Odiorne	-23!!
10. Kari Fleischauer	-22!!

**NOVEMBER**

1. Edwin Yip	-52!!
2. Ross Milne	-47!!
3. Arisa Laochumnvanit Katie Odiorne	-32!!
Jessica Bottelberghe	-32!!
4. Daniel Kelly	-31!!
5. Victor Claus-Marquay	-26!!
6. Connor Shannon	-18!!
7. Will Lawhead Anthony Lee	-16!!
Paddy Wu	-16!!
8. Nicole Conley Heidi Steward	-13!!
Kate Duvall	-13!!
9. Kelcy Charlson	-12!!
10. Monica Bottelberghe	-11!!

It's hard to believe it's already Thanksgiving weekend and Christmas is moving in fast! I hope you all enjoy the holidays with your family and friends. Be on the look out for information regarding the VSC Christmas party—always an excellent time!

The weather outside is nasty, but the swim season is just gearing up. Now is the time to bear down and stay on task if you want to see big pay offs at championships in February and March. Scott Conley shared a poem with me about following through that is appropriate for swimmers and just about everyone else:

You are the one who used to boast that you'd achieve the uttermost, some day.

You merely wished to show, to demonstrate how much you know and prove the distance you can go.

Another year we've just passed through. What new ideas came to you? How many big things did you do?

Time left twelve fresh months in your care. How many of them did you share with opportunity and dare? Again where you so often missed?

We do not find you on the list of makers good. Explain the fact!

Ah No, 'twas not the chance you lacked! As usual—you mailed to act!

Don't look back on missed opportunities—make the most of your time RIGHT NOW!!

In my many readings on swimming I frequently come across an article that strikes a nerve. The following article by Neil Romney the North Whidbey Island Aquatic Club Coach is one of these articles:

## **COACHING COMPETITIVE EXCELLENCE**

Swim teams are made up of athletes with a range of ambitions from the recreational to the excellence-seeking. To some extent, all swimmers, regardless of where they fall on this continuum, reap the sport's many benefits from the physical (e.g., skill acquisition and improved health and fitness), to the social (e.g., developing friendships and learning how to interact with others), to the sublime (e.g., honesty, accountability, self-discipline, and achievement driven self-confidence). However, most of these benefits will accrue more to those seeking competitive excellence, while some—particularly those in the sublime category—will remain almost the sole domain of those athletes relentlessly striving to excel.

On any team, the cadre of excellence-seeking athletes will be small compared to the masses of participants. On smaller teams that seek to fill a broad spectrum of needs, this is certainly true and is as it should be. Nevertheless, one of my goals as swim coach is to persuade swimmers to continuously advance their orientation from the recreational to the excellence-seeking. Because their doing so will require a steadily increasing sacrifice in time, money, and energy and yield a steadily decreasing payoff in smaller, less frequent, and less certain performance improvements, this is not an easy sell.

And the sale would not be possible at all were it not for the deep inner drive of some individuals to fully explore their potential, that is, to realize some of those aforementioned benefits of swimming, especially those in the sublime category. However, before the sublime can be realized, those in pursuit of it must become familiar with the mundane: they must learn how to dedicate themselves to their sport, to submit themselves to the difficult and demanding daily routine that leads to swimming excellence.

This routine starts with consistent practice attendance. Woody Allen's aphorism, "80% of success is just showing up," applies as much to swimming as it does to making quirky, high brow movies. What is the optimum number of practices? In most cases, it is the number offered for that swimmer's practice group. Were it fewer, we'd offer fewer.

While consistent practice attendance is a prerequisite for excellence, it must be accompanied by hard work in every practice, every set, every repeat, and every stroke. This diligence is as necessary in the cognitive realm as it is in the psychomotor. Swimmers fully engaged in the quest to uncover their potential listen well, follow instructions, ask questions, and make intellectual and kinesthetic connections. They monitor times, heart rates, numbers of repeats. They communicate with their coaches and encourage their teammates. They seek to achieve the purpose of every set in spirit as well as in form. This is reflected in their consistently earning "3's" for their daily effort scores. Einstein was right when he observed that "success is 95% perspiration."

In addition to practice attendance and effort, those seeking excellence also compete regularly and passionately. This means at least two meet days each month and more during championship season. Not only do they compete but they know what events they're in and their time goals long before the meet. They appear for warm-up prepared and punctual. They cool down immediately after their race and they report to the coach for debriefing. Between events, they remain focused on their competitive goals. They warm up again before their next race if it has been more than 30 minutes since their last swim. And when they race, they compete with the absolute determination to prevail.

Finally, excellence seekers manage the invisible aspects of training. They limit their commitments and discipline themselves to control stress and ensure optimal sleep. They plan their diets for proper nutrient intake. They set goals to sharpen their motivation. They seek out people who will help them reach these goals. They substitute positive self-talk for nagging doubt, and they maintain a forward-looking perspective despite inevitable setbacks.

The behaviors outlined above create a culture of excellence within which all meaningful competitive achievements are realized. Swimmers seeking excellence may never win a blue ribbon or a high-point plaque, may never notch a state qualifying time or a team record, but they will experience the beatitude that derives from the passionate pursuit of their own potential. This is a reward that never fades.

Swim Smart, Swim Fast  
**Coach Vicki**

## Age Group News

**Congratulations Will Lawhead ! for being part of Oregon Swimming TOP 5.** Will was 4Th out of 182 boys in the 9-10 boys 50M Free for the 2005-2006 swim seasons. Will has been working hard to average 3 practices a week, keep up on his homework and play soccer. He will be representing VSC at Age Group Sectionals in the 50 Free this spring. Keep up the hard work Will.

### **A Coaching Tidbit-** By Coach Buddy Baaracke

The single most important thing in swimming is the same as the single most important thing in torpedoes and rockets- the single most important thing is streamlining.


This is obvious on starts and push-offs from turns, but streamlining is also crucially important in performing each of the strokes.

Analysis of a swimmer's technique should begin with determining proficiency at streamlining all the way through a race.

So, the next time your swimmer heads off to a race and you feel must give them some parent coaching, how about have fun and streamline!

Novice to Nationals, One stroke at a time,  
**Coach Sheri**

# DECEMBER 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  <b>Husky Invite</b>	2  <b>Husky Invite</b>
3  <b>Husky Invite</b>	4	5	6	7	8	9  <b>TTSC Holiday Invite</b>  <i>Drew H.</i>
10  <b>TTSC Holiday Invite</b>	11	12  <b>VSC Christmas Party</b>	13	14	15  <b>Corvallis Sr. Open</b>  <i>Natalia H.</i>	16  <b>Corvallis Sr. Open</b>
17  <b>Corvallis Sr. Open</b>	18	19	20	21	22   <b>Winter Begins</b> <i>Heidi S.</i>	23
24  _____	<b>25</b>  <b>Christmas</b>	26  <b>Kwanzaa Begins</b>	27	28	29	30  <b>Canby Animal Jr. &amp; Animal Meet</b>
31  <b>New Year's Eve</b>					<i>Michael A.</i>	



## WHO'S WHO IN VSC

### Coaches

Head Coach	Vicki Gordon	(360) 750-4550
Age Group Coach.....	Sheri Bottelberghe .....	(360) 571-3475
Novice Group Coach .....	Mike Shannon.....	(360) 571-7264

### Club Officers

President .....	Scott Conley .....	(360) 546-5801
Vice President .....	George Stebbins.....	(360) 574-5218
Secretary .....	Shawn Ash .....	(360) 737-2839
Treasurer .....	Cindy Manlow .....	(360) 944-1484
	actghouse@comcast.net	

### Committee Chairs

Meet Entries .....	Coach Vicki.....	(360) 750-4550
Swim Apparel/Bag Lady .	Kelly McCulloch .....	(360) 694-2377
New Swimmers.....	Robynn Woodbury .....	(360) 882-1419

### WaveLength

Editor .....	Cliff Conway .....	(360) 254-4104
	<i>Cliffconway@pacifier.com</i>	

### Members at Large

Mark Fleischauer .....		(360) 576-7125
Nancy Golden.....		(360) 695-6315
Scott Odiorne.....		
Jeff Piette .....		(360) 574-8676
Bridget Raach.....		(360) 834-5708

### Swimmers' Representatives

Alyssa Manlow  
Courtney Miller

**"CONGRATULATIONS" to our VSC Top 5 qualifiers for 2005/2006  
Jessica Bottelberghe, Nikki Cannon, Kate Duvall, Will Lawhead and  
Alyssa Manlow!**

**Be sure to note the Club's NEW phone number!  
Dial 360-944-1VSC (944-1872)  
Press "1" for new memberships, Press "2" for Head Coach Vicki,  
Press "3" for the Board of Directors... and we'll call you right back!**

**Next VSC Board Meetings:  
December 12th, 2006 prior to Christmas Party  
January 9<sup>th</sup>, 2007**