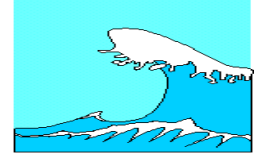




The Wavelength



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

MAY – 07

Happy May Birthdays

Ashley Woodbury	05/09/00
Akhil Mulpuru	05/12/97
Connor Shannon	05/18/94
James Gray	05/30/91

Message from the President

Your VSC board is busy and we welcome your input. Here's what we're talking about.

'08 Super Bowl: We have the rough draft set of the new "Meet Director's Handbook" and Scott Odiorne is already preparing for an awesome '08 event in the return to Marshall Center. The book will make managing the event more, well... manageable!! Preliminary event date is January 25th and 26th 2008.

Todd Duvall has spear headed the new VSC brochure which is absolutely awesome. Much more fun, lively, and informative, and sure to attract more of both casual swimmers looking for somewhere to belong, and the hard charging swimmer looking for a club to help them reach regional and national potential. Look for these brochures shortly and give a hand to help promote VSC in the community.

The VSC board and interested parent volunteers will attend USA Swimming's Strategic Planning and Leadership training Session here on May 12th. The goal is to build a vision and set well-defined goals to make VSC the best club possible. Although our volunteers are dedicated, they don't have unlimited hours to commit to the club, so we want to make sure the time we have yields great results. Have you heard of the lumberjack that didn't have time to stop and sharpen his ax? You may feel this way at home, juggling your job, school, parenting, being a spouse, taking care of all your responsibilities, and realizing you're not getting anywhere. If you are interested in "sharpening the ax" and becoming more efficient in managing your routine, give one of us a call. We'd love to have you join us.

We are working on polishing up those old trophies from storage for the new Marshall Center trophy case. Also, we're looking to build a "record board" to display VSC's historical best event times. Your name could be up in lights for decades for all to see.

Lastly fireworks and the treasurer's report - Let me tell you folks, running the finances of the club is challenging. Most months we spend more than we take in to run the club. It is only through fundraisers like fireworks that we are able to continue without raising your club dues. Lisa Duvall is running the Fireworks event this year and delegating work to a hand full of committee managers. Your involvement at one level or another is key to make this event work and keep the treasurer's report balanced. Give us your best effort for a day or two this July and make everyone's job easier.

Together, we can do great things.

Scott Conley-President

YOU ARE CORDIALLY INVITED!

What: The VSC Annual Awards Potluck

When: Wednesday, May 16th

Where: Hudson Bay High School (Commons Room)

Time: 5:30 p.m. to 8:30 p.m.

You may be saying, what IS this awards potluck? It is our annual awards program to recognize our swimmers accomplishments and our VSC parent volunteers. EVERY swimmer on the team (no matter how short of a time) WILL be recognized, receive a participation certificate and a participation gift from VSC. We also have some special awards and a chance to listen to our graduating swimmers and what their swimming experience at VSC has meant to them. This is a fun evening of great food and an opportunity to hear all about our great group of swimmers and their experiences during the 2006-2007 seasons.

Please plan on bringing your own beverage, plus a dish to share:

Swimmers with last names that begin with A-H bring a salad.

Swimmers with last names that begin with I-R bring a main dish.

Swimmers with last names that begin with S-Z bring a dessert.

Plates, napkins and plastic utensils will be provided by the club.

There will be no swim practice on this evening. Please plan to attend!

Coaches' Corner

I hope that you all had the chance for a little rest and relaxation over the spring break from swim meets. I know there were some RIOTOUS games of water polo going on at Hough pool a couple of those evenings! It was crazy! It was like a game of football in the swimming pool—only no pads. Fortunately, we came away injury free. The following week we had our age group and novice swimmers join us at Hough for a little instruction from our senior and senior prep swimmers. I know the younger swimmers really enjoy this. Thank you to all of you senior and senior prep swimmers that volunteered your time that week.

Our first long course meet of the season will be May 4-5-6 at Tualatin Hills. We have 51 swimmers entered. The meet will be run in 3 sessions, which keeps the time of the meet manageable for swimmers and families.

If this is your child's first experience in a long course pool don't be surprised if they are a little intimidated by the size of the pool, especially if they are young or new to the swimming world. It can look pretty scary. The reality is it is pretty close to being just 2 lengths of Hough Pool or the Blind School Pool. So, for a 50, it is one length.

Do not try to compare your short course times to your long course times. There are conversion charts galore and they are supposedly very scientific, but they never seem to come out exactly the same. Just look at this as a new season and keep track of your long course times and improvements just as you do during the short course season.

VSC has switched team suppliers (suits, equipment, etc.) from Northwest Swim Shop to J.D. Pence Aquatic Supply, which is a local Oregon company. You see J.D. Pence set up shop at most of the meets we attend locally. We have a contract with Speedo now, so ANY VSC family/swimmer that buys Speedo equipment from J.D. Pence receives a 10-20% discount (except sale items). Just mention that you are with VSC when purchasing items.

Which brings me to the subject of racing suits? During practice you WANT to wear baggy OLD suits. Polyester is great for practice suits because they last FOREVER—especially compared to Lycra. Lycra suits will last longer if a swimmer takes care of them—i.e. rinsing them with tap water after practice and hanging them to dry every night (the same for swim caps). Swimmers, this is YOUR job, NOT mom or dads. Swim suits should not go through the washing machine; it will ruin them much faster than just rinsing them in the sink. As far as those fancy “fast skin” or full body suits that cost between \$180.00 and \$300.00? The ONLY time to pull those out is at your biggest meet. We had several kids win state titles in their “everyday” Lycra suits—right next to swimmers in their fancy “fully body” suits. When these swimmers go to Age Group or Senior Sectionals or National meets, THEN it is time to pull out the fancy suits. The reality is that we can price ourselves right out of swimming by spending all our money buying fancy suits and equipment. Pardon my grammar, but, IT AIN'T THE SUIT!! It's the SWIMMER in the suit and the commitment to practice and excellence that makes racing successful.

At this point I have entered several of the long course meets for the summer. Meet schedules were due at the end of March, but I know there are several swimmers that have not handed one in. Please talk to your coach if you need a schedule and get it back ASAP! Swim meets and racing is the reason we do all the hard work every day. They are your reward!

Swim Smart, Swim Fast

Coach Vicki

ROUTINE EXCELLENCE

REPRINTED FROM THE AMERICAN SWIM COACHES ASSOCIATION
NEWSLETTER (UNFORTUNATELY THE AUTHOR IS UNKNOWN)

That word pair, routine excellence, may seem contradictory. Excellence is certainly not ordinary. It is special. It is also however, for the most part, not a chance or accidental occurrence. Excellence results from consistent preparation, positive beliefs and an attention to detail. Excellence occurs when we make it the standard for our daily routine. If we practice well, we can be pretty sure we will have results consistent with that level of preparation. If we practice carelessly or inconsistently we will probably have a result consistent with that (low) level of preparedness. The exciting message is that if we practice consistently well, we usually have successful results.

“Sloppiness is a disease. Nobody ever built a great organization just worrying about the big things. It’s the little things that give you the edge. The important thing is to find people who are committed to details and to standards of excellence.” (Coach Joe Paterno)

Let’s recognize by the way, that successful results are not just a best time. Best times are the goal. They are the result of incremental improvements. Bits of excellence such as executing fast turns and breakouts or splitting a race evenly lead to our ultimate goals. Consistently tend to details and excellence will become part of your routine. When we make excellence a part of our routine, we tend to have repeated successes. This is fun and powerful in two ways. First, repeated success means we are doing things well. Doing things consistently well lets a correct skill become second nature. When a skill becomes second nature, we do not expend time and effort thinking about it. Things simply flow. Another benefit of doing things consistently well is that we receive positive feedback. Success feels good. Success is fun, it raises our confidence and it motivates us to keep improving.

There is one catch. People sometimes make the mistake of confusing excellence with perfection. Excellence is simply doing something the very best that you know how to, and then looking for ways to improve upon that. Do not aim for perfection. We all make mistakes, and we all can improve. If perfection is our only acceptable standard we may not let our self enjoy the satisfaction of otherwise excellent efforts. Swimming can get frustrating and not be much fun if we demand perfection. We run the risk of beating our self up mentally if we expect (demand) perfection. Seek excellence, not perfection. In the process of learning and improving, we make mistakes. Mistakes are not the goal. We probably do not enjoy making mistakes. They are however part of almost any process aimed at being the best that you can be. This is true in all areas of life, not just swimming. Requiring perfection risks acting to avoid mistakes rather than seeking excellence because mistakes become unacceptable yet virtually unavoidable. Mistakes are part of the learning process. Perfection is an unrealistic and unfair standard.

VSC May 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
			<i>Ashley W.</i>			<i>Akhil M.</i>
13	14	15	16	17	18	19
 Mother's Day			VSC POTLUCK DINNER 5:30 – 8:30pm Hudson Bay H.S. Commons Room NO PRACTICE!		<i>Connor S.</i>	
20	21	22	23	24	25	26
27	28	29	30	31		
	 Memorial Day		<i>James G.</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	Abe Wright.....	(360)

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 .	Angie Shannon	(360) 571-7264
New Swimmers.....	Kelli McCulloch	(360) 694-2377

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.....		(360) 572-7821
Jeff Piette		(360) 574-8676
- - Vacant- -.....		

Swimmers' Representatives

Alyssa Manlow
Courtney Miller

There are a few extra **team suits** available for sale. Two girl's suits, sizes 28 and 30, at a cost of \$50.00 each, and one boy's Jammers, size 28, for \$30.00. Contact Angie Shannon for information and/or purchase. If anyone needs a suit for the long course, now is the time to get it!

NEXT BOARD MEETING

Just prior to the Award's Banquet from 4:45 – 5:30 p.m.

Hudson Bay High School (Commons Room)