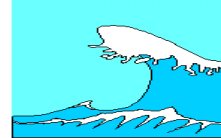


# The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668  
360-944-1VSC  
[www.vancouverwimclub.com](http://www.vancouverwimclub.com)

OCTOBER - 07

## Happy October Birthdays

Kate D.	10/1
Christian R.	10/4
Daniel K.	10/6
Kelsey H.	10/9
Monica B.	10/16
Emma S.	10/25

## President's Message

It's great to be back home at Marshall Center after a year and a half of being away. We had our first board meeting back at the Oak Room and there's plenty of room now. Thanks to Mark Fleischauer and the people at JH Kelly Company for hosting our board meetings this past year. It has been a great benefit to have a nice conference room in the neighborhood for us to conduct our business. The new facility looks great and I hope you've all had a chance to look around and maybe see ways that you can utilize the whole facility for your family.

The board covered a lot of topics at our last meeting that you may be interested in. We're making plans already for our Super Bowl meet this Winter and there will be plenty of challenges that the new Marshall Center brings, but also plenty of benefits. The challenges will be getting some more bleacher space for spectators and sharing the facility with the general public during that weekend. We expect now that the facility is too large to take over the whole thing without significant cost. So we'll put our thinking caps on for managing our half of the building so the event is as exciting as before. Scott Odiorne will be heading up the event and he will have more details for you as we approach year end. The exciting things the new Marshall Center brings are a sound system that we haven't yet figured out how to use. We hope we've seen the last of stringing wires throughout the place to get sound. And, maybe we won't have that blaring speaker in the viewing deck with pillows over it to deaden the sound.

We have our annual meeting coming up in just a couple weeks and we are happy with the support by some new parents to step forward and assist. We still need help though, so please plan some time to attend the meeting and give us your input. It is at this time that we review our budget from last year and plan the coming year's financial picture. We want to see more parents sign up to work on a committee or have a new face or two take on an "At Large" position on the board. We promise to make it fun and enlightening. Come share a cookie and some coffee and see what's going on behind the scenes in your child's swim club. Help make VSC the best swim club in the Northwest.

Lastly, it has been my pleasure over the past three years to serve as club president. Before that, I served as secretary and member at large, for a total of five years on the board. I made a commitment to myself and the club that I would see us through the construction project that has consumed a lot of time and been hard on all of

us. I will officially be stepping down from the formal position, but will continue to be involved in many ways with the club and promise to be involved in board meetings and committees to promote the club. I love VSC and the experience it affords young people to build physical fitness, mental strength, and many friendships that will last a lifetime. I want to thank Coach Vicki for her commitment to the kids and to the sport of swimming in general. It has been a pleasure to watch you bring out the best in our kids, to represent VSC in the community and in the many National events that you have attended. Thanks to all you parents and swimmers for your support and words of encouragement. I hope that VSC continues to grow in numbers and in reputation as an outstanding organization in every way.

**GO VSC!!!**

Scott Conley, President

### **Coaches' Corner**

October has arrived with a huge splash! If we're this wet already it looks like it could be a wild winter. As I write this newsletter we have been back in the water for one month. Girls' high school season is in high gear and our VSC swimmers are having a lot of success. I have been unable to attend any of the dual meets due to running VSC practices during the time the meets are held. It looks like the district meets will be very fast and that we will have several swimmers competing at high school state. All you high school swimmers make sure your teammates know about Vancouver Swim Club and bring a couple of them with you when you get back to club workouts.

September 26th through September 30<sup>th</sup> I attended the USA Swimming Convention in Anaheim, California as part of the Oregon Swimming delegation. I am serving as the age group chairman for Oregon Swimming until the fall of 2008. It was a very educational experience to witness first hand the governance of our sport at the national level. This is where rules, reforms, budgets and policies are decided. One fact I came away with is that our LSC (Oregon Swimming) is very well organized and run especially compared with other LSC's around the United States. We have a great group of volunteers who are very educated and informed of the issues involved in competitive swimming.

VSC is still in desperate need of officials. At this time we have one certified Electronic Timer, and two Stroke and Turn officials—and one of those is a transfer from Inland Empire (welcome to the Greens and thank goodness you are here!). At the convention there was once again talk of punitive measures against teams that do not field a certain percentage of officials based on team size. Eventually VSC may not be able to host meets, or may be invited to less meets because we offer no help to the host team. If you want to help your club this is an INVALUABLE way to help. The training takes some time, but you work on it at your own pace. As far as officiating, you work at the meets you choose. Please let me know if you would like to be involved.

The Hood River Harvest Festival will take place October 20 and 21. This is a great meet and a good check point to see how our training is going this early season. The events for the 13 and over swimmers are all long (200's and above) non-high school events with the exception of the 500 free. The events for 11-12 year olds are mostly 100's, so, not a lot of 50 sprints which we're really not training for at this time of the year.

For all of you new swimmers please do not compare your swims with other more experienced swimmers. Take your times from the meet and keep track so that during the next several months you can see how much you improve (and you WILL improve!). Don't worry about what place you come in and instead worry about good

technique and having fun competing. You can learn a lot by watching experienced swimmers compete. Do not hesitate to ask your teammates or coach questions.

Parents we need your help with timing. This can be intimidating when you first start, but we all started out as novices. Don't be afraid to sign up and work with one of our more experienced parents. We try to limit timing slots to a maximum of 2 hour sessions. We don't want anyone stuck doing the job ALL day. This is actually a fun way to be involved and get to know some of your fellow parents on the team. Look for the bright red VSC shirts and sit and cheer with your team!

Swimmers will sit together in a designated area and new swimmers will have "buddies" to help them get through their first meet experience. Parents, you can help out in the same way. Take a new parent under your wing and help them understand what is happening.

Hood River can be either VERY cold or VERY warm on deck. Be prepared either way! Swimmers, especially, dress warm! Remember, you are going to be wet. Bring several towels and something to sit on (blankets will get soaked and dirty so be prepared). Bring healthy snacks (fruit, cheese, bagels, crackers, sandwiches, etc.) so that you are not at the mercy of the concessions. Don't forget the water and/or Gatorade!

At this point it looks like the city may be willing to negotiate our practice times at Marshall Center. It doesn't look like they have received the huge influx of membership that they thought they would. I am still hoping to bring our whole team back to Marshall and will be working on a proposal and negotiating during the next couple of weeks—stay tuned!

*Swim Smart, Swim Fast*

**Coach Vicki**

## VSC'S BIGGEST LOSERS FOR THIS PAST SUMMER.....

### JUNE

1. Nathan Schurman	-57!!
2. Will Lawhead	-47!!
3. Christian Benson	-44!!
4. Heidi Stewart	-37!!
5. Katie Odiorne	-35!!
6. Seyer Amiri	-30!!
7. Shelby Allman	-27!!
Arisa Laochumannvanit	-27!!
8. Paddy Wu	-23!!
9. Monica Bottelberghe	-17!!
10. Courtney Miller	-15!!

### JULY

1. Christian Benson	-35!!
2. Arisa Laochumnanvanit	-21!!
3. Jocelyne Foresman	-16!!
4. Justin McCarthy	-14!!
Olivia Cox	-14!!
5. Bryan Stebbins	-12!!

### AUGUST

1. Christian Ray Jones	-70!!!
2. Jaquie Bruechert	-39!!
3. Daniel Kelly	-37!!
4. Seyer Amiri	-34!!
5. Anthony Lee	-30!!
6. Christian Benson	-28!!
Quin McLaughlin	-28!!
7. Olivia Cox	-23!!
8. Michael Ash	-20!!
9. Katie Odiorne	-18!!
10. Carly Cannon	-13!!

*Congratulations swimmers! Keep it going!!*

## VSC CALENDAR - OCTOBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Kate D.	2	3	4 Christian R.	5	6 Daniel K.
7	8	9 Kelsey H.	10	11	12	13
14	15	16 Monica B.	17	18	19	20 <b>Hood River Swim Meet</b>
21 <b>Hood River Swim Meet</b>	22	23 <b>VSC Annual Meeting!</b> Everyone Invited 6:00 p.m. Firstenburg Center	24	25 Emma S.	26 <i>All groups practice at Marshall Pool</i>	27
28	29	30	31 <b>Halloween</b>  <i>All groups practice at Marshall Pool</i>			

## WHO'S WHO IN VSC

### Coaches

Head Coach \_\_\_\_\_ Vicki Gordon \_\_\_\_\_ (360) 750-4550 \_\_\_\_\_ swimcoachv@yahoo.com  
Age Group Coach \_\_\_\_\_ Cassi Manlow \_\_\_\_\_ (360) 608-9079 \_\_\_\_\_ cmae106@comcast.net  
Novice Coach \_\_\_\_\_ Mary Cox \_\_\_\_\_ (360) 574-3402

### Club Officers

President \_\_\_\_\_ Scott Conley \_\_\_\_\_ (360) 546-5801 \_\_\_\_\_ scottc2517@comcast.net  
Vice President \_\_\_\_\_ George Stebbins \_\_\_\_\_ (360) 574-5218 \_\_\_\_\_ stebbinsgm@aol.com  
Secretary \_\_\_\_\_ Shawn Ash \_\_\_\_\_ (360) 737-2839 \_\_\_\_\_ sash960830@aol.com  
Treasurer \_\_\_\_\_ Cindy Manlow \_\_\_\_\_ (360) 944-1484 \_\_\_\_\_ actghouse@comcast.net

### Committee Chairs

Meet Entries \_\_\_\_\_ Coach Vicki \_\_\_\_\_ (360) 750-4550 \_\_\_\_\_ swimcoachv@yahoo.com  
Swim Apparel \_\_\_\_\_ Angie Shannon \_\_\_\_\_ (360) 571-7264 \_\_\_\_\_ mandashann@msn.com  
Membership Chair \_\_\_\_\_ Kelli McCulloch \_\_\_\_\_ (360) 694-2377 \_\_\_\_\_ kellimcculloch@msn.com

### WaveLength

Editor \_\_\_\_\_ ???????

### Members at Large

Mark Fleischauer \_\_\_\_\_ (360) 576-7125 \_\_\_\_\_ mkkmm@comcast.net  
Nancy Golden \_\_\_\_\_ (360) 695-6315 \_\_\_\_\_ nagolden53@hotmail.com  
Scott Odiorne \_\_\_\_\_ (360) 572-7821 \_\_\_\_\_ scott.odiorne@motion-ind.com  
Dave Kahler \_\_\_\_\_ (360) 574-3402 \_\_\_\_\_ davedwkah@netscape.net  
- - Vacant - -

### Swimmers' Representatives

Shelby Allman \_\_\_\_\_ (360)695-6315 \_\_\_\_\_  
Nikki Cannon \_\_\_\_\_ (360)750-4550 \_\_\_\_\_

### **Next Board Meeting**

**Tuesday, Oct. 23rd @ 5:00 PM, @ Firstenburg Center**

**General Membership Annual Meeting is October 23<sup>rd</sup> @ 6:00 PM, Firstenburg Cener  
All members are invited to attend.**