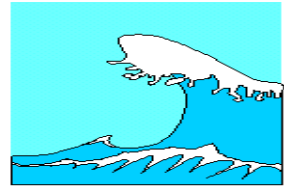


# The Wavelength



<http://www.vancouverclub.com>

April 2008

360-944-1VSC

## Contents

President's Message	p1
VP's Message	p1
Coach's Corner	p2
Who's Who	p4
Calendar	p5

## Birthdays

### February:

- 1 McKinley T.
- 17 Danica D.
- 22 Adam L.
- 25 Quinlan M.

### March:

- 1 Cami L.
- 2 Anthony J.
- 4 Shaylin B.
- 5 Nike P.
- 5 Sophia S.
- 10 Daniel C.
- 11 Makaela K.
- 12 Rachel M.
- 17 Niamh M.
- 22 Dominique B.
- 22 Molly P.
- 24 Christiana N.
- 28 Jean P.
- 28 Bryan S.

### April:

- 4 Katherine S.
- 5 Chakree L.
- 11 Edward V.
- 16 Meaghan M.
- 22 Nathan S.
- 25 Ivan F.
- 28 Elizabeth C.

Check out the VSC web site for all the latest schedule changes and important notices. While you are there, visit the new Wavelength tab, browse the Vbay page, and take a nice long look around. There have been a lot of changes and they are on-going. It's your web site, so give some feedback and share your ideas with the webmasters.

## Message from the President:

A big thank you to all the VSC parents who volunteered their time to make the Super Bowl an awesome event! Without volunteers like you, the Super Bowl would not have got off as smoothly as it did. The old saying, "It takes a village to raise a child" is so true when looking at putting a swim meet together. Several big thank you's and kudos go out to Scott Odiorne, Mr. Super Bowl. Scott was in charge of every aspect of the swim meet from setting up the website volunteer corner to being there 24/7 throughout the meet. Way to go Scott! Also a big thank you to Arunee Laochumanvanit and Shoko Hagen for the wonderful Hospitality room for the officials and coaches along with Judy Benson who single-handedly took on the Concession stand. What an outstanding job these folks did. This was our first meet back at the Marshall Center, and I think we learned quite a bit. And Scott is already planning for next year.

This brings us to our two biggest fund raisers of the year. The Swim-a-Thon is underway, so be sure to get out there with your pledges. The Swim-a-thon will wind down on April 17th. Just around the corner is the Awards Banquet. This is always a nice venue to get together with the entire VSC family. Please be watching the VSC website in May and June for the volunteer information for the VSC Fireworks stand. This is a very big fund raiser for the club and requires the effort of everyone to help make this a profitable event.

Again, thank you for all your time and effort in support of the Vancouver Swim Club!  
Nancy Golden

## Vice President's Message:

The short course season is officially behind us. Congratulations to all the swimmers for competing so well! Our first Long Course meet is a bit on the distant horizon, but we do have a couple of fun events planned in the meantime.

The swim-a-thon is always a great time! This is one of those seemingly rare occasions when the entire team is together at the same time. This is also an opportunity to use one of the classic oxymorons in the English language – Mandatory Volunteer. Your assistance is necessary for us to hold this event. It's not a big commitment and it usually goes very smoothly. But, please be prepared to be in attendance during this evolution and make sure we check you off the list!

If you have any questions regarding the minimum amount of dollars your swimmer must raise or what the expectations are for parents, the answers to these and other questions can be easily found on our website. Click on the 'membership info' tab and the 'team form' link on the page.

Speaking of the website, I hope everyone has had a chance to explore all the changes that have been made recently. A lot of hard work has been put into the site and we have come a long way. But, we are not done yet. Keep checking the site as we intend to unveil a new function which has been in high demand for years!

I will leave you with this... when was the last time you ever heard anyone say 'I've been swimming too much lately'. I challenge anyone to tell me one negative thing associated with swimming. Are your muscles getting too toned? Is your stamina getting too great? Are you building too much character into your life? I will not accept 'you could drown' as an answer, because our coaches are too good, strike that – GREAT! to ever let that happen!

Keep swimming,  
Scott O.

## **Biggest Losers**

### **January:**

#1 James Gray	-60!!
#2 Collin Glantz	-53
#3 Daniel Kelly	-52
#4 Nathan Schurman	-47
#5 Domi Burpee	-39
#6 Spencer Glantz	-36
#7 Kelcy Charlson	-30
#8 Katherine Shannon	-27
#9 Connor Shannon & Christian Benson	-20
#10 Michael Ash & Kevin Thov	-19
#11 Nicole Woodbury & Quin McLoughlin	-18
#12 Jocelyn Foresman	-17
#13 Tala Karmy-Jones	-16

### **February/March:**

#1 Connor Shannon	-55!!
#2 Carly Cannon	-25
#3 Livi Cox	-13
#4 Michael Ash	-11
#5 Rebekah Peterman & Emma Strieby	-10

Congratulations swimmers—we are really happy to see your hard work pay off! Keep training hard! Coaches Vicki, Cassi, Mary, and Christian

## **Next Board Meeting**

Wednesday April 16<sup>th</sup>  
5:30PM  
Marshall Canter  
Small Conference Room

## **Upcoming Events**

April 11-14  
Senior Training Trip  
April 17  
VSC Swim-A-Thon  
May 2-4  
Thunderbolt Spring Open  
May 9  
VSC Awards Banquet  
May 16-18  
CAT LC Invitational  
June 14-14  
MAC Invitational  
June 19-22  
MT Hood Open A/B  
June 21-22  
Mt Hood C Meet

## **Coach's Corner:**

Spring vacation is right around the corner—next week! The weather, however, is not looking very “springy” at the moment. Hopefully we’ll see some improvement. No matter what, it will be nice to have a break.

February and March are filled with championship swim meets. For a coach it is some of our busiest time. You are barely able to come home from one swim meet, do laundry, and head off to the next swim meet.

Olivia Cox was VSC's only competitor at the OSI 10 & under Championship meet, February 9<sup>th</sup> and 10<sup>th</sup> in Springfield, Oregon at the Willamalane Pool. Livi competed in 6 events and brought home medals for every one of her events! She dropped 10 ½ seconds in her 200 freestyle and finished in 4<sup>th</sup> place. She also finished 4<sup>th</sup> in her 50 backstroke. Livi finished 5<sup>th</sup> in the 100 backstroke, 7<sup>th</sup> in the 200 IM, 7<sup>th</sup> in the 100 free, and 8<sup>th</sup> in the 50 breaststroke. Great job Liv!

VSC had 6 swimmers compete at the 11-14 OSI State Championship meet in Corvallis, the weekend of February 22-24. We are very grateful that Nicole Jones and Maddie Green came down to participate on relays. Carly Cannon, Arisa Laochumnvanit, Eliko Hagen, and Maddie Green were 9<sup>th</sup> in the 400 Medley Relay, and 10<sup>th</sup> in the 200 Free Relay. Eliko, Carly, Arisa and Nicole Woodbury were 12<sup>th</sup> in the 400 Free Relay, and 11<sup>th</sup> in the 200 Medley Relay.

Maddie Green achieved her first A time in a time trial for the 50 backstroke! We're hoping she will add a few more events for this summer's championship meet. Arisa Laochumnvanit also achieved an A time in a time trial—the 50 butterfly! Eliko Hagen got her A time in the 50 free when she lead off the 200 Free Relay! These girls worked very hard this season to attain these times, but they didn't quite have them by the deadline for the swim meet. I am really proud of them for continuing to practice hard and fight for their times.

Carly Cannon made finals in the 50 and 100 backstroke events. She achieved personal best times and achieved Age Group Sectional times in both events. She finished 6<sup>th</sup> in the 50 and 8<sup>th</sup> in the 100. Katie Odiorne finaled in both the 100 and 200 butterfly events with personal best times in both events. Her 100 fly in finals was awesome. Katie went in tied for 7<sup>th</sup> place, and moved all the way up to 4<sup>th</sup>! She dropped nearly 2 seconds from her morning swim!

The next weekend VSC had 14 swimmers participate in the Senior Championship meet at Mt. Hood. Collin Glantz lead the cheering section all weekend. Top ten relay finishes were....Shelby Allman, Katie Odiorne, Kate Duvall, and Nikki Cannon, 4<sup>th</sup> in the 800 Free Relay; and, Kate Duvall, Kelcy Charlson, Katie Odiorne, and Nikki Cannon, 6<sup>th</sup> in the 400 Medley Relay. VSC finalists were Nikki Cannon—5<sup>th</sup> in the 1000 free, and 2<sup>nd</sup> in the 100 backstroke and 11<sup>th</sup> in the 50 free, Kate Duvall, 6<sup>th</sup> in the 1000 free, 4<sup>th</sup> in the 100 back and 2<sup>nd</sup> in the 200 back (with a new LTBT), James Gray, 11<sup>th</sup> in the 100 breaststroke (and a couple of REALLY nice times in his 50 and 100 freestyles, despite being sick!), Katie Odiorne, 12<sup>th</sup> in the 100 fly, Nathan Schurman, 7<sup>th</sup> in the 1000 free and 15<sup>th</sup> in the 500 free, AND, Bryan Stebbins, 4<sup>th</sup> in the 1000 free and 15<sup>th</sup> in the 500 free.

It was a great group and they really did a good job of cheering for each other despite being tired and sickly. We were a pretty pooped bunch by Sunday evening.

The week of March 6<sup>th</sup> through 9<sup>th</sup>, Kate Duvall and Nikki Cannon competed at the Senior Sectional Championship meet in Federal Way. The pool was set up long course which added a whole other dimension. The change to long course meters is not an easy one, and it is especially difficult at one of your biggest meets when you have not been swimming long course. The girls did an outstanding job. Nikki made the C final in the 200 backstroke. Both girls got best times over what they did last summer, and we are hoping that this will set us up for a great long course season.

The following weekend (March 14-16) Katie Odiorne and Carly Cannon participated in the Age Group Sectional Championship meet in Federal Way. Katie, after participating in the 11-14 meet and the senior championship meet was pretty tired. She did not achieve best times, but she did get the added meet experience at an extremely competitive meet. Carly improved her

July 4-6  
Sun Country Invitation.  
July 12-13  
OSI 10 & Under Champ  
July 12-13  
Thunderbolt B/C Open  
July 15-19  
OSI Senior Sectionals  
July 24-27  
OSI 11 & Over Champs  
August 1-3  
Seahorse Invitational  
August 4-9  
USA Junior Nationals  
August 5-9  
Western Zone Champs

---

### **Be A Buddy**

If you notice that a team mate has left behind a suit, or goggles or some piece of equipment, please pick it up for them. The next time you see your team mate, give it back to them. Trust and watching out for each other are important elements of belonging to a team.

---

### **Spring Break Schedule Reminder**

March 31<sup>st</sup> – April 4<sup>th</sup>  
All practices will be at Hough Pool between 4pm and 6pm. You may choose one hour, either 4pm-5pm or 5pm-6pm.

Pre-novices will not swim March 31<sup>st</sup>, and will swim at regular time April 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.

Beginning April 7<sup>th</sup>, practices at Hough pool will return to the old times, now that middle school swimming is over.

There will continue to be no practice at Hough pool on Fridays, through May.

---

Coach's Corner continued...

times in both of her events and achieved her first ever zone qualifying time (never too soon to start thinking of what comes next!).

WHEW! It's been a crazy, rewarding couple of months. Congratulations to all of you swimmers who set and met your goals for this season. It is almost April, and time for a little rest and relaxation. Some of you have seen our practices the last couple of week and can probably tell we have already started down this road.

Right after spring break we will get back to the training mode, gradually increasing our intensity until we start to taper and do the whole thing over again. Please check the website frequently, because we have several schedule changes coming up during the next couple of months.

It will be time to regroup, set new goals and standards for yourself. This spring we will have the opportunity to train at the Mt. Hood 50 meter pool for a few Saturdays. Watch for notices coming home with your swimmers. Meet schedules have been distributed and should have been returned by the 25<sup>th</sup> of March. If you have not received one please check with your coach ASAP to avoid missing out.

Swim A Thon is fast approaching. All swimmers will participate at Marshall this year. Remember, this is a required fundraiser—95% of the money raised goes directly to VSC—the rest goes to USA Swimming. We are hoping to buy a record board, some training fins, some paddles, and some medicine balls and weights with \$\$ earned this year. I know of several swimmers that have already earned a lot of money...so get out there and give it your best shot!

Our team awards banquet will be held on Friday, May 9<sup>th</sup> at Luepke Center (right behind Marshall). Mark your calendar—it is always a lot of fun!

Have a great Spring Break!

Swim Smart, Swim Fast,  
Coach Vicki

Due to an unexpected illness, there was no February or March Wavelength. Here is a Coach's Corner that you missed.

Coach's Corner:

I want to start off by thanking you all for your time and assistance in hosting our annual Super Bowl Swim Meet. This was truly a TEAM effort! That effort started with Scott Odiorne. He had the vision and the belief that we could pull off a 2 ½ day meet format. This was Scott's first effort at being a Meet Director and he did a wonderful job. Of course it takes a team effort to put on a meet.

Many of our "old timers" stepped up to the plate in their usual spots (which they are hoping to make a little more "unusual" in the future). I really want to thank Cindy Manlow and Dwight and Lynn Gray for going above and beyond the call of duty (as always) for our team. Cindy mentioned several times over the weekend that she had a couple of first timers helping in the computer room that made her job much easier.

Thanks to Arunee Laochumnanvanit and Shoko Hagen for the fabulous food in the hospitality room. The coaches and officials were very happy with your cooking! Thanks to Judy Benson for stepping up to the plate (so to speak) in the concessions area.

Thank you all very much for stepping up and helping with timing, officiating, being "swim buddies", marshalling, working hospitality, awards, and announcing (you guys were great!). The music was fun and the sound system (donated by Kelli and Steve McCulloch) was exceptional. For many of our swimmers this was their first meet experience. For some it was their first experience swimming on a relay—and the football relay was a REAL experience for us all!

After a review meeting at the Red Lion the next Friday, it looks like we will run a 2 ½ day format again next year. We came up with areas that we thought were great and several areas that can change to make our meet even better. Thanks again to everyone for really stepping up and helping out!

Coach's Corner continued...

The championship meets kick off next weekend in Eugene with the 10 & Under Championship. The next weekend is the 11-14 championship meet in Corvallis. The weekend after that is the senior championship meet at Mt. Hood Community College. Senior Sectionals is the second week in March and Age Group Sectionals is the third weekend.

The following swimmers have qualified to swim in the championship meets for VSC: Olivia Cox, Eliko Hagen, Carly Cannon, Arisa Laochumnvanit, Katie Odiorne, Daniel Kelly, Christian Ray-Jones, Paddy Wu, Spencer Glantz, James Gray, Nathan Schurman, Bryan Stebbins, Collin Glantz, Ian Williams, Kate Duvall, Shelby Allman, Nicole Conley, Kelcy Charlson, Jacob Benjamin, and Nikki Cannon.

Good Luck with your season ending meets!

Congratulations to our VSC boys swimming in high school state meets this next weekend. James Gray qualified in the 100 breaststroke and Daniel Kelly qualified in the 100 backstroke for individual events. Collin Glantz, Justin McCarthy and Ian Williams will be participating on relays. Good luck guys!

Spring/Summer meet schedules will be out by the end of February. On line meet entry is coming our way—hopefully it will make things easier (for all of us)!

Swim Smart, Swim Fast,  
Coach Vicki

### 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	davedwkah@netscape.net
Dry Land Coach	Christian Miller		swimcmiller@hotmail.com
Pre-Novice Coach	Polly Hill		

#### Club Officers

President	Nancy Golden	(360) 695-6315	nagolden53@hotmail.com
Vice President	Scott Odiorne	(503) 572-7821	scott.odiorne@motion-ind.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	Jack Burpee	(360) 694-7390	jacknmc@comcast.net
--------	-------------	----------------	---------------------

#### Members at Large

Mark Fleischauer	(360) 576-7125	mkkmm@comcast.net
Scott Conley	(360) 546-5801	scottc2517@comcast.net
Dave Kahler	(360) 574-3402	davedwkah@netscape.net
Kim McLaughlin	(360) 571-3415	kim@mclaughlin.cc
Michelle Ray-Jones	(360) 695-5029	r.ray-jones@att.net

#### Swimmers' Representatives

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

**April 2008**

visit the vsc website for the most up-to-date information

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Spring Break No practice at Marshall. Practice at Hough 4-5pm or 5-6pm. No pre-novice.	1 Spring Break No practice at Marshall. Practice at Hough 4-5pm or 5-6pm. Pre-novice regular time.	2 Spring Break No practice at Marshall. Practice at Hough 4-5pm or 5-6pm. Pre-novice regular time.	3 Spring Break No practice at Marshall. Practice at Hough 4-5pm or 5-6pm. Pre-novice regular time.	4 Spring Break No practice at Marshall. Practice at Hough 4-5pm or 5-6pm.	5
6	7 Hough Pool regular schedule resumes – start at 6pm.	8	9	10	11 Senior Training Trip  No Practice at Hough Pool	12 Senior Training Trip
13 Senior Training Trip	14	15	16 VSC Board Meeting 5:30pm Marshall Center	17 Swim-a-thon Marshall pool	18 No Practice at Hough Pool	19
20	21	22	23	24	25 No Practice at Hough Pool	26
27	28	29	30			

**May 2008**

				1	2 Thunderbolt Spring Open, Beaverton. No Practice at Hough Pool	3 Thunderbolt Spring Open, Beaverton.
4 Thunderbolt Spring Open, Beaverton.	5	6	7	8	9 VSC Awards Banquet, Leupke Center. No Practice at Hough Pool	10
11	12	13	14	15	16 CAT Open, Corvallis. No Practice at Hough Pool	17 CAT Open, Corvallis.
18 CAT Open, Corvallis.	19	20	21	22	23 No Practice at Hough Pool	24
25	26 No Practice at any pool!	27	28	29	30 No Practice at Hough Pool	31