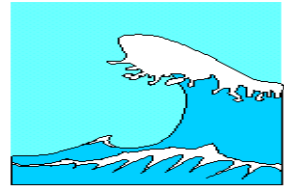


The Wavelength



<http://www.vancouverwimclub.com>

May 2008

360-944-1VSC

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May Birthdays

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Schedule Reminders

No practice at Hough Pool Tuesday, May 20th.

There is no practice on Memorial Day, May 26th.

Marshall Pool will be closed for maintenance from June 9th through June 20th. We will swim at Hough Pool only.

Seniors:	2:30-4:30
HS Sen. Prep:	3:00-4:30
HS Group:	3:30-4:30
MS Sen. Prep:	6:30-8:00
Age Group 2:	7:00-8:00
Age Group 1:	6:00-7:00
Novice 2:	6:00-7:00
Novice 1:	6:30-7:15

The normal schedule will resume at both pools on June 23rd.

Next Board Meeting

May 21st
5:30PM
Marshall Center
Small Conference Room

President's Message:

It was great to see all the VSC parents at the Swim-a-thon! This is such a supportive club; everyone is willing to get involved. We have some sad news about the Fireworks stand. We may not be able to have a site this year. There are some changes in Washington State sales tax and labor issues. We will keep everyone posted about the progress with the discussions. Hopefully we will be able to do something - this is our biggest fund raiser! If we are unable to do this, please be prepared for some alternative fund raisers. We try to raise money through these fund raisers instead of increasing our membership dues.

Hope to see everyone at the Awards Banquet. This is an awesome time for all the swimmers and their families. Every swimmer is recognized. It's also a time to say goodbye to our swimmers that will be leaving next year for college! Hope to see you all there!

Nancy

Coach's Corner:

As I type this newsletter spring vacation is a distant memory and long course season is looming large. We will kick off the season this next weekend with the Tualatin Hills Spring Open. For many of our swimmers this will be their first experience in a long course facility. Remember that meters are longer than yards. Therefore the times are quite a bit different in a long course pool. The first thing many swimmers do is to try to convert their long course time into short course time. This can give you a general idea of what the time is, but rarely is it 100% accurate.

Instead, realize that this is a different season. There is a whole different set of time standards used. Our local LSC time standards can be found on the OSI website.

Many of our highest level meets (US Open, Junior Nationals, Senior Nationals, Olympic Trials, Olympics) are conducted long course. Keep your log book up to date with your current times from this spring and summer. Set some new goals for the long course season (B times, A times, State Finalist, Sectional Qualifier).

If you are traveling to a meet this summer (say Corvallis, Albany, Eugene or Newport) NOW is the time to make reservations for lodging—things fill up quickly! Do it early so you don't find yourself scrambling at the last minute.

Several news items this month.....beginning with our annual VSC Awards Potluck being held on Friday, May 9th at the Luepke Center. Your swimmer should have received an invitation by now, and you should have received an email. This is one of our swimmers' favorite events and a great night to recognize our athletes' accomplishments and our club's successes over the past year. Please make every effort to attend.

Team pictures will be taken on Tuesday, May 6th at Marshall Center. Individual pictures will start at 4:00 and the team photo will take place at 5:00. We ask that all swimmers wear a blue or black swim suit, or their team suit. The pool (Marshall) will be available when we are not taking pictures, but there will not be an organized practice on this night. There will be no practice at Hough Pool on this night.

Order forms will be sent home this week. Pick what ever you would like to order and send your swimmer with the order form and the money needed for the order on the night of the pictures. These will go directly to the photographer. We would like to include as many of our swimmers as possible, so please make every effort to attend on Tuesday, May 6th!

Upcoming Events

May 2-4
Thunderbolt Spring
Open
May 6
Team Pictures 4:00
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
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

Who's the New Coach?

VSC is pleased to reintroduce Coach Nadine Simpson. Coach Nadine has graciously agreed to fill in at Marshall Pool during the absences of Coach Cassi and Coach Mary. She has lots of experience swimming (Hudson's Bay High School team), coaching (previously at VSC) and as a lifeguard and swim instructor for the city. Welcome back, Coach Nadine.

Useless Fact

It would take 92 days and nights to fill an Olympic sized pool by dumping an 8 ounce glass of water every second. Assuming you don't get thirsty, of course.

There will be no practice at Hough Pool on Tuesday, May 20th. All Hough swimmers are invited to attend practice at Marshall Pool on this night.

VSC swimmers are sharing some long course practice times with Hood River Swim Team and the Park Rose Swim Team on Saturdays at Mt. Hood Community College. These practices are available to all Age Group 2, Senior Prep and Senior swimmers. The time is 12:00 to 2:00 (Age Group would probably just swim for 1 hour). The dates that remain are Saturday, May 10, 24th and 31st. There will be a \$5.00 fee added to your billing statement for each date your swimmer attends these practices. This is a great opportunity to meet some new swimmers and coaches, and to get a little long course training in before competing in meets.

The City is closing Marshall Pool for 2 weeks beginning June 9th and lasting through June 20th. Apparently they need to repair some of the repairs that they did while the pool was closed last year. Hough Pool has generously stepped up to help us out in our time of need. The times are not ideal, but it is better than not getting to swim at all for two weeks during crucial training time. Senior group swimmers will swim from 2:30-4:30 p.m. High School Senior Prep Swimmers will swim from 3:00 to 4:30, and High School Group swimmers will swim from 3:30 to 4:30 p.m.

All other groups will swim between 6:00 and 8:00 p.m. Novice 1 will swim from 6:30 to 7:15 p.m. Novice 2 will swim from 6:00 to 7:00. Age group 1 will swim from 6:00 to 7:00. Age group 2 will swim from 7:00 to 8:00. Middle School Senior Prep swimmers will swim from 6:30-8:00 p.m.

We will be working with coach Polly to see if we can come up with a time for the Pre-Novice group. We are limited by the times and the # of lanes that are available to us. Plus, coach Polly teaches at Hough Pool during their Tuesday/Thursday lesson times. Information for these groups will be available in the middle of May. Your swimmers will receive a flyer or you will receive a call from Coach Polly.

I understand that these times are somewhat inconvenient for many of us. Fortunately, it will just be for two weeks (if all goes according to plan). Our only other option is to not swim at all, and that would affect our long course season in a very negative way.

Both the USA Olympic Trials and the Olympics will be coming to prime time television during the next several months. This is a great opportunity to watch the best swimmers do what they do best—swim incredibly FAST! Every 4 years swimming finally receives some publicity and this will be our time! Make sure you take the opportunity to tell your friends, neighbors, and family what a great experience swimming is! It's fun, it's healthy and it is an activity that you can continue throughout your lifetime!

Thanks to everyone for swimming, counting laps, pledging \$\$ and/or providing snacks in our annual Swim A Thon fundraiser! It was a really fun night and our swimmers amazed us with their stamina (not to mention how many snacks they could scarf down!). Total \$\$ raised will be announced at our Awards Potluck on May 9th! I look forward to seeing you all there!

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 Grier	(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	Robynn Woodbury	(360) 882-1419	rlw@r-c-s-inc.com
Membership Chair	Angie Shannon	(360) 571-7264	mandashann@msn.com
Website/Wavelength	Jack Burpee	(360) 694-7390	jacknmc@comcast.net

Members at Large

	Kelli McCulloch	(360) 694-2377	kellimcculloch@msn.com
	Scott Conley	(360) 546-5801	scottc2517@comcast.net
	Dave Kahler	(360) 574-3402	davedwkah@netscape.net
	Kim McLaughlin	(360) 571-3415	kim@mclaughlin.cc
	Jack Burpee	(360) 694-7390	jacknmc@comcast.net

Swimmers' Representatives

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

May 2008

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Thunderbolt Spring Open, Beaverton. No Practice at Hough Pool	3 Thunderbolt Spring Open, Beaverton.
4 Thunderbolt Spring Open, Beaverton.	5	6 Team Pictures 4:00 Marshall Pool	7	8	9 VSC Awards Banquet, Luepke Center. No Practice!	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 No Practice at Hough Pool	21 VSC Board Meeting 5:30	22	23 No Practice at Hough Pool	24
25	26 Memorial Day No Practice at any pool!	27	28	29	30 No Practice at Hough Pool	31

June

1	2	3	4	5	6	7
8	9 No Practice at Marshall Pool	10 No Practice at Marshall Pool	11 No Practice at Marshall Pool	12 No Practice at Marshall Pool	13 No Practice at Marshall Pool	14 MAC Invitational
15 MAC Invitational	16 No Practice at Marshall Pool	17 No Practice at Marshall Pool	18 No Practice at Marshall Pool	19 No Practice at Marshall Pool Mt Hood Open A/B Meet	20 No Practice at Marshall Pool Mt Hood Open A/B Meet	21 Mt Hood Open A/B/C Meet
22 Mt Hood Open A/B/C Meet	23	24	25	26	27	28
29	30	July 1	2	3	4 Independence Day	5