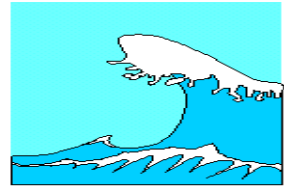


# The Wavelength



<http://www.vancouverswimclub.com>

June 2008

360-944-1VSC

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## June Birthdays

7 <sup>th</sup>	Carrly
9 <sup>th</sup>	John Paul
10 <sup>th</sup>	Jacob
13 <sup>th</sup>	Katherine
18 <sup>th</sup>	Coach Vicki
22 <sup>nd</sup>	Sandra
22 <sup>nd</sup>	Olivia
26 <sup>th</sup>	Heather

## Biggest Losers

#1	Carly Cannon	-108!!!
#2	Anthony Jenkins	-107!!!
#3	Connor Shannon	-106!!!
#4	Eliko Hagen	-75!!
#5	Olivia Cox	-71!!
#6	Michael Ash	-53!!
#7	Arisa Laochumnanvanit	-47!!
#8	Christian Benson	-46!!
#9	Katherine Shannon	-41!!
#10	Quin McLaughlin	-38!!

## Congratulations!!!

## Next Board Meeting

June 12th  
5:30PM  
Marshall Center  
Small Conference Room

## **President's Message:**

It was great to see so many families at the VSC Awards Banquet! It's so important to acknowledge the accomplishments of the swimmers and the parents that help make this one of the best swim clubs in the Northwest!

We have been able to renegotiate our fireworks fundraiser! The Fourth of July fireworks has been VSC's largest fundraiser and in order to be successful we need you! The fireworks stand will be along Hwy. 99 this year. We are going to function as subcontractors to the stand (that means we don't have to set up or tear down!). But we need lots of volunteers! I know that we ask every family to donate 10 hours of their time to the fireworks stand. If any of you can do more, please, please do! The event is listed on the website and signing up is easy to do (just like the SuperBowl). We try to keep the membership costs down for families, and raising money through fundraisers, Swim-a-thons, and SuperBowls are a big part of that. We know we can count on the VSC families.

Some exciting things are being worked on by the board. Jack Burpee and Kelli McCulloch are working on VSC logo items to offer to the membership. Several folks have mentioned that they would like to have shirts, caps, etc. available. With the rising costs of gasoline, we are trying to work on a carpool function with the website. Any input you folks might have would be appreciated. Jack and Cheryl Walker are using their creative skills to update the website. Scott Odiorne is working on putting together an exciting seminar for parents and swimmers on College Planning. Believe me, this is a timely subject and one that parents need to start early preparing for!

A few "housekeeping" items: there were some serving pieces (spoons, tongs, etc) that were left at the Awards Banquet. If you are missing something, please contact me, and I'll get the item back home to you!

Nancy

## **Coach's Corner:**

Long Course Season is officially underway! Two meets are now in the books. We got off to a strong start with the Tualatin Hills Spring Open the first weekend in May. Swimmers were dropping TONS of time! We also added several new "A" times. These swimmers are now eligible to swim these events at the state championship meet(s) in July.

Long course swimming is definitely a new experience for many of our swimmers who have never seen a pool this long in their lives (except maybe on television!). I can tell you from experience that it can be very tough those first few meet experiences. Jacob Rice, Alyssa Rice, Brook Brown, Ben Grubb, Rachel Hargett, Rebekah Peterman, Sam Walker, and Heather Stewart all got their first taste of long course. Some were a little more nervous than others, but they all came through with flying colors! Plus, only two DQ's (disqualifications) for the whole meet!

Congratulations to Christian Benson on achieving his first A times in the 50 and 100 backstrokes! Now let's add a few more events! Carly Cannon, Eliko Hagen and Arisa Laochumnanvanit added several more A times to their line ups for state.

Anthony Jenkins had an outstanding meet (see biggest losers). The smallest time drop he had was 10 seconds in the 50 backstroke. The other events were all huge drops (-24 in the 100 free, -15 in the 50 free, -12 in the 50 fly).

## Schedule Reminders

Marshall Pool will be closed for maintenance from June 9th through June 20<sup>th</sup>. 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  
Pre-Novice: 3:00-3:45  
or 3:45-4:30  
Mon-Thurs

The normal schedule will resume on June 23<sup>rd</sup>.

## Upcoming Events

June 14-14  
MAC Invitational  
June 19-22  
MT Hood Open A/B  
June 21-22  
Mt Hood C Meet  
June 28-July 5  
Fourth of July Booth  
Fundraiser  
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

Olivia Cox continued her streak of A times, achieving best times as well in all 5 of her events. Michael Ash dropped 11 seconds in both his 100 free and his 100 back! Jocelyne Foresman dropped 10 seconds in her 50 breast! Emma Strieby had all best times and dropped 35 seconds for the meet! Quin McLaughlin dropped 38 seconds for the meet and had 4 best times!

All in all it was a super meet to get us started! Now we have to make sure that we continue working hard and making it to all the practices that we can! There is a reason that you are seeing (or not seeing) that improvement—it is spending the TIME that it takes to become an accomplished swimmer!

Two weeks after Tualatin Hills we had a group of 14 swimmers compete in the CAT Open in Corvallis. This was an A/B level meet, meaning that you have to have A or B time standard in order to participate.

Olivia Cox continued slashing her times, going 5 out of 6 for best times, highlighted by a 22 second drop in her 200 IM! Carly Cannon added 2 more A times—she also dropped 22 seconds in her 200 IM! Kate Duvall dropped 14 seconds in her 200 IM and 9 in her 400 IM. After dealing with mono last summer she is definitely on track for a good season! James Gray dropped 12 seconds in his 200 breaststroke! Eliko Hagen dropped 13 seconds in her 200 IM and 15 seconds in her 200 freestyle! Arisa Laochumnvanit dropped 8 seconds in her 100 breaststroke.

Next up is the MAC B/C Invitational June 14 and 15, followed the very next weekend by the Mt. Hood A/B Open and C Open.

I know that summer is a busy time. If you really do have goals (and not just a “wish”) to make B times, A times, Sectional times, National times, etc. you cannot allow yourself to become distracted. If you really want to swim at the highest level you must put the time in. There is no easy way. Fancy \$500 dollar swim suits cannot make the difference between a C swimmer and a National level one! Your attitude plays a huge role as well. So, don't be afraid. Set a goal and GET AFTER IT!

Swim Smart, Swim Fast,  
Coach Vicki

### **Pool Closure:**

Marshall Pool will be closed from June 9th through June 20th for repairs. The whole team will be practicing at Hough Pool during these two weeks using this schedule. It may be inconvenient for some, but we are doing our best to accommodate all swimmers and families. Thankfully, this is only supposed to last 2 weeks.

Senior Group 2:30 to 4:30  
High School Senior Prep 3:00 to 4:30  
High School Group 3:30 to 4:30  
We will have 6 lanes available during these times.

Middle School Senior Prep Group 6:30 to 8:00  
Age Group 2 7:00 to 8:00  
Novice 2 and Age Group 1 6:00 to 7:00  
Novice 1 6:30 to 7:15  
We will have 3-4 lanes available during these times.

We will only have the Pre-Novice Group Monday through Thursday during these times:  
3:00 to 3:45 OR 3:45 to 4:30.

Please check with Coach Polly for availability at these times.

### Web Site Update:

During June the VSC web site will be undergoing some cosmetic changes and reorganization. The end goal is to make your website more useful to you, and to maximize its recruiting potential by making new swimmer information easier to find. Some changes will be subtle, but others will be more readily apparent. No information presently on the web site will be removed, although it may not be in the same place.

There will be a VSC Member page with links to such new additions as Team Notices, Lost & Found, and a Carpool Bulletin Board. It is necessary to log in to the website to visit the team member area.

Look for the team store to come online on this summer. You'll eventually be able to order team logo items and training gear on our web site!

### 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

Wavelength Website	Jack Burpee Cheryl Walker/Jack Burpee	(360) 694-7390	jacknmc@comcast.net vscwebmasters@gmail.com
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#### 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

June 2008

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS
01	02	03	04	05	06	07
08	09 <a href="#">Marshall Pool Closed</a>	10 <a href="#">Marshall Pool Closed</a>	11 <a href="#">Marshall Pool Closed</a>	12 <a href="#">Marshall Pool Closed VSC Board Meeting</a>	13 <a href="#">Marshall Pool Closed</a>	14 <a href="#">MAC Invitational, Portland</a>
15 <a href="#">MAC Invitational, Portland</a>	16 <a href="#">Marshall Pool Closed</a>	17 <a href="#">Marshall Pool Closed</a>	18 <a href="#">Marshall Pool Closed</a>	19 <a href="#">Mt Hood Open A/B, Gresham Marshall Pool Closed</a>	20 <a href="#">Mt Hood Open A/B, Gresham Marshall Pool Closed</a>	21 <a href="#">Mt Hood Open A/B/C, Gresham</a>
22 <a href="#">Mt Hood Open A/B/C, Gresham</a>	23	24	25	26	27	28 <a href="#">Fireworks Booth</a>
29 <a href="#">Fireworks Booth</a>	30 <a href="#">Fireworks Booth</a>					

June

July 2008

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS	*FOCUS
		01 <a href="#">Fireworks Booth</a>	02 <a href="#">Fireworks Booth</a>	03 <a href="#">Fireworks Booth</a>	04 <a href="#">Sun Country Invitational, Bend / Fireworks Booth / No Practice</a>	05 <a href="#">Sun Country Invitational / Fireworks Booth</a>
06 <a href="#">Sun Country Invitational, Bend</a>	07	08	09	10	11	12 <a href="#">OSI 10 &amp; Under "A" Champs, Albany / Thunderbolt BC Classic, Beaverton</a>
13 <a href="#">OSI 10 &amp; Under "A" Champs, Albany / Thunderbolt BC Classic, Beaverton</a>	14	15 <a href="#">OSI Senior Sectionals, Gresham</a>	16 <a href="#">OSI Senior Sectionals, Gresham</a>	17 <a href="#">OSI Senior Sectionals, Gresham</a>	18 <a href="#">OSI Senior Sectionals, Gresham</a>	19 <a href="#">OSI Senior Sectionals, Gresham</a>
20	21	22	23	24 <a href="#">OSI 11 &amp; Over Champs, Eugene</a>	25 <a href="#">OSI 11 &amp; Over Champs, Eugene</a>	26 <a href="#">OSI 11 &amp; Over Champs, Eugene</a>
27 <a href="#">OSI 11 &amp; Over Champs, Eugene</a>	28	29	30	31		