

SHARK



ATTACK

Vallejo Aquatics Club

January/February 2018

President's Message

Happy New Year VJO Swim Families! I am looking forward to a successful 2018 swim season!

Special thanks to Beth Raymond and Joe & Gigi Sapida for putting together the VJO Holiday party! We had a full house and everyone had a great time and really enjoyed themselves. Our swimmers showed their creative side and made awesome gingerbread houses. We also had our annual White Elephant Auction and raised \$287! Over the Zone 3 Championships last weekend some of our swimmers were able to present a card made by our swimmers and a check to the Santa Rosa Neptunes. Their coach was moved to tears. They had 20 swim families lose homes and this donation was very much appreciated by all of them. Thank you to all who participated in this fundraiser!

Now that the new year is upon us, let's talk about goals. If you have a sincere desire to get better at something, you would typically work at it more or even harder so that you can progress to where you want to be. Sometimes that progress seems slow. Often we feel the results don't come fast enough because we want the rewards of efforts NOW. I feel that anything worth pursuing, which will be different for everyone, is worth waiting or striving for. Swimming is no different. You work hard for a purpose or goal just to see small increments of improvement. And you may even wonder if it is all worth it. Depends on your goal!

We all need to set goals in all areas of our life, spiritually, financially, physically, our relationships and I can keep going. Without those goals we may feel that we just exist with no real purpose or direction. Goals are important and it doesn't mean that we will always hit our goals but reaching for them only brings us closer than had you not set them at all.

Please help the Board and I reach our goals for 2018: Membership growth, increase parent participation and increase team bonding. These goals are essential for a healthy and thriving club. We have plenty of opportunities in the upcoming year to make these goals come to realization!

Our first social event for 2018 is Ice Skating and Fenton's next Saturday, 1/20. The January Winter Fest meet is the following week and we need "All hands on deck" so we can put on another great meet. So far we have 501 swimmers in attendance and our goal is to net \$10,000. With your generous donations and efforts in volunteering, I'm confident we will be able to reach that goal!

Go Sharks!

Jennifer Matteo, VJO Board President

SET GOALS

Get
S.
M.
A.
R.
T.

In This Issue

- ◆ VJO 2018 Team Goals
- ◆ Reflections from the Deck
- ◆ Welcome Coach Sophie
- ◆ Recent Meet Highlights
- ◆ Upcoming Events

Deck Reflections

35 Ways to Rule the Pool this Year

It's a New Year and time for some new goals. Have you set your New Year's Swim Goals yet? What are you going to get better at this year? Here are 35 Ways you could rule the pool this year.



- 1. Streamline.** When you push off and you are diving into the water, this is the fastest you are ever going. Squeeze your arms and elbows in and keep that speed going for as long as possible.
- 2. Pop out of your breakouts.** Explode out of your streamline into your first couple strokes. Good training habits matter.
- 3. Do one thing better today.** Excellence doesn't happen overnight; do one thing better today than you did yesterday. Repeat.
- 4. Forget best times.** Develop a routine and a schedule that leaves no choice, but success.

- 5. Sleep more.** Yes, it'll require managing your time. But it's worth the recovery and rest. Among the things you can do to recover and swim faster, sleeping more is the easiest.
- 6. Surround yourself with like-minded athletes.** Fast swimmers create a big wake. You can either surf it and go along for the ride or let the wave swallow you.
- 7. Stay ahead of injuries.** Getting hurt will happen. Stay ahead of them by implementing good technique every practice.
- 8. Don't complain.** It serves nothing. It's not fair for others too.
- 9. Count your strokes.** Swimming fast requires swimming with efficiency. Step one is knowing how many strokes you are taking per lap.
- 10. Count your fly kicks too.** How many underwater dolphin kicks are you doing off each wall? Two? Three? Set a minimum threshold and stick to it.
- 11. Maximize your time in the pool.** You don't necessarily need more workouts, you need to be more focused with what you already have.
- 12. Don't worry about what other swimmers are doing.** At the end of the day, it's *You vs. You*. No one else.
- 13. Hammer your weaknesses.** There are areas of your training you avoid because you "suck" at them. Punish them with consistent attention.
- 14. Challenge yourself.** Break out of your comfort zone. Try that breathing pattern. Do an off-stroke for the main set. Reach a little further.
- 15. Be grateful.** We *get* to swim. Remember that especially when times are tough.
- 16. Master the fundamentals.** Whenever you are struggling, go back to basics. Technique, consistency, attitude.
- 17. Be the swimmer you want to be daily.** Being that awesome swimmer doesn't happen at the end of the season. It happens today with your attitude, preparation and habits.



35 Ways to Rule the Pool this Year (continued)



18. You won't always feel like it. Do what has to be done even when you don't "feel like" doing it.

19. Train around injuries. One of the benefits of swimming? If your legs are out of commish, get some pull in. Shoulder down for the count? Strap on some fins and do some kicking.

20. Have a plan. When you have a plan for your swimming you are more likely to walk on deck with purpose and focus.

21. Be the influence you want to be. What's your idea of a perfect teammate? There's no reason you can't embody those characteristics yourself. A rising tide raises all ships (and especially yours).

22. Learn from your mistakes. It's human nature to trip up in recurring ways. When you break the pattern and crack the chains of your habitual missteps you create an environment for massive momentum.

23. Work hard. You can't control talent. Or genetics. But you know what you have control over? Effort.

24. Tackle big things one small step at a time. Olympians aren't built overnight. Aim for progression and improvement, not overnight results.

25. Track the things that are mission-critical. If it matters to your swimming, you should be logging and tracking it. Period.

26. Keep things as simple as possible. Instead of drawing up a laundry list of 100 things you want to improve start with one thing. Nail it. And then move on to the next thing. When we complicate things we get overwhelmed.

27. Perfection vs. Excellence. Greatness comes with blemishes, setbacks and disappointments. It's okay for things not to go perfectly.

28. Ignore the naysayers. Challenging goals are hard enough, never mind in the face of unqualified criticism. Block 'em out.

29. Go the extra mile. If you do the same as everyone else, you will get the same results as everyone else too. Don't be afraid to push things a little further.

30. Train like you wanna race. Don't wait until race day to swim with the tempo, technique and speed you want. These are things that are developed during practice.

31. Refuse to wait. Your goals will not wait for you. Tomorrow is already a day too late.

32. Do what you say you will do. Keep your commitments with your team, your coach, and yourself. When you keep your word it builds integrity, which powers the belief that you can achieve big things.

33. Be coachable. We don't know it all. Be humble enough to know when you are coming up short. Listen to constructive criticism with an open mind.

34. Be the example. Actions will always have more impact than all the talk in the world.

35. Be deserving of success. Yes, you deserve it just as much as the next swimmer. So why not you?

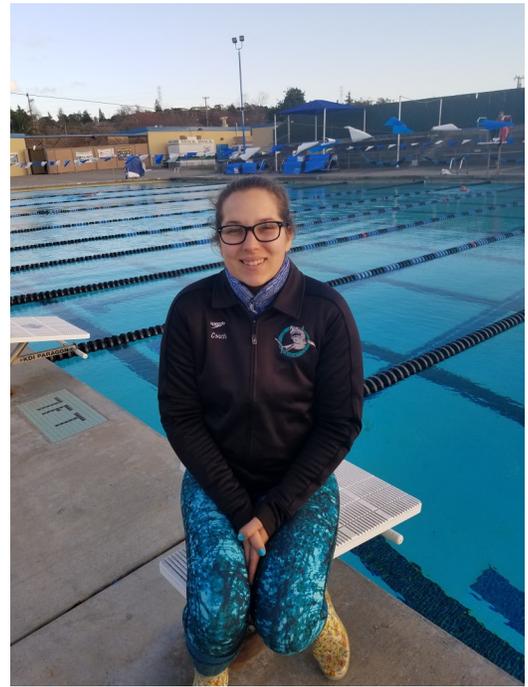
This article was originally published by YourSwimBook.com



Welcome Coach Sophie!

Welcoming Coach Sophie to the Team

We would like to give Coach Sophie a warm welcome to our team. She is taking over and coaching the Leopard Sharks and Junior Group. Coach Sophie DiBiase was born & raised in Napa. She moved to Vallejo in 2016. Sophie is currently studying education & sports psychology. She graduated from Vintage high school in 2008. As an athlete, Sophie was involved in high school, recreational & travel softball & Water polo, as well as swimming for her high school team. She has coached, Vintage high JV softball, Napa parks & rec 12u softball, Vallejo hurricane 18u & 16u softball, Benicia high boys water polo, Napa valley seals water polo, Napa valley seals swim team & assisted with Vintage high school water polo & swim teams. As an athlete a knee injury ended all sports her senior year of high school. Injury prevention is huge to Sophie as a coach. In her spare time she loves hiking, going to the beach & spending as much time as possible with her Godson, James. When she's not at the pool, you can usually find her with her dog Buddy at the local dog park or watching the Giants, Sharks or Warriors games. She is very



Goal Setting

By Coach Sophie

When setting goals Coach Sophie likes to use the **SMART** system:

S specific (simple, sensible & significant)

M measurable (meaningful & motivating)

A achievable (agreed & attainable)

R relevant (reasonable, realistic, resourced & result-based)

T time bound (time sensitive, time limited & time-based)

Example: Coach Sophie wants to work on her dolphin kicks off the wall in her butterfly. She sets the following goal:

"I want to achieve 4 dolphin kicks off of every wall by the end of the week. First I will focus on getting two kicks off of every wall. Once I'm able to do that I will achieve three kicks. Then I will move on to four kicks."

I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.

Venus Williams

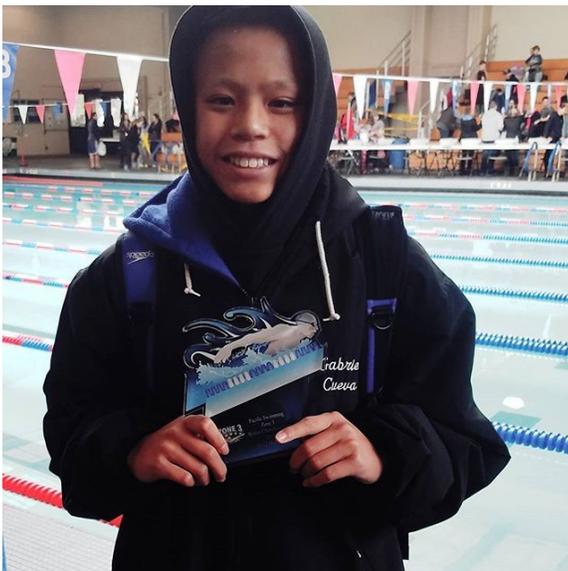
Zone 3

GREAT SHOWING AT ZONE 3 CHAMPIONSHIPS

Last month 31 VJO swimmers represented our team at the 2018 Winter Zone 3 Championships. The meet was held at the indoor SRJC pool on January 13-14. Vallejo Aquatic Club finished 4th overall. This year there were 24 teams total competing at this meet. We had some amazing swims this year. Our 13-14 girls (**Alyssa Sapida, Anna Reyes, Mikaela deVera-Gomez and Maya Hunter**) set a new team record in the 200 Medley Relay with a 2:01.36. Great swim ladies! **Gabriel Cueva** was awarded the 11-12 Boys High Point Award. Great job Gabe! The coaches would like to give a special shout-out to **Zak Raymond (12)**, who had an amazing breakthrough at this meet. He went best times in all 6 of his events. Great job Zak, you are one of our hardest workers and you keep a great attitude!

Congratulations to the following swimmers for competing in their 1st ever Zone 3 Winter Championships this year. We are proud of you all!

- Ysabelle Carranza (8)**
- Isabella Marsden (8)**
- Bradley Hunter (8)**
- Desmond Panlilio (8)**
- Angel Putong (10)**
- Zak Raymond (12)**
- Juan Madrigal (16)**
- Chris Toledo (18)**



Upcoming Events



VALLEJO AQUATIC CLUB - FEBRUARY 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat	UPCOMING EVENTS
				1	2	3	March 3/4 - Zone All Star Meet (Qualifying, Carson City) Mar 10 - VJO Spaghetti Feed (5-8pm, SPSV Cafeteria) Mar 16-18 - Junior Olympic Champs (Qualifying, Pleasanton)
4	5	6	7	8	9	10	Mar 24-26 - Hills Hurricane C/B/BB+ Meet (Moraga CA) Mar 29 - Shark Pride Day (All Groups 5-6:30pm) Mar 29 - Last Hot Chocolate Night
11	12	13	14	15	16	17	
		Mod Pizza Fundraiser ALL DAY 163 Plaza Dr Vallejo	Happy Valentines Day! 	Arizona "Lost Dutchman Meet" (Chandler, AZ)	Arizona "Lost Dutchman Meet" (Chandler, AZ)	Arizona "Lost Dutchman Meet" (Chandler, AZ)	
18	19	20	21	22	23	24	
Arizona "Lost Dutchman Meet" (Chandler, AZ)	NO PRACTICE Happy President's Day			Shark Pride Day All Groups 5-6:30 PM		Napa C/B/A Meet (Napa Valley College)	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Happy Birthday! </div> Zakary Raymond 2/3 Coach Jennifer 2/10 Kareesha Singh 2/16 Brandon Belaidi 2/20 Katherine Torres Garfield 2/27
25	26	27	28				
Napa C/B/A Meet (Napa Valley College)							



VJO SPAGHETTI DINNER FUNDRAISER

SATURDAY, MARCH 10
DINNER, BINGO GAME AND DESSERT CONTEST

INVITE YOUR FRIENDS AND FAMILY.
ALL ARE WELCOME!

DETAILS:

WHEN: SATURDAY, MARCH 10
 WHERE: SPSV HIGH SCHOOL CAFETERIA
 TIME: 5:00 - 8:00 PM
 COST: \$10 (ages 10 & up)
 \$5.00 (ages 9 and under)
 RSVP to Raymond folder by March 1
 Email Beth_Christensen@aol.com with questions

PLEASE RSVP & INCLUDE PAYMENT

Family Name: _____
 How many will attend: _____
 We need volunteers for set up, serving and clean up. Can you help?
 Yes, call me at: _____



JOIN MOD IN SUPPORTING

Vallejo Aquatic Club

Tuesday, February 13th • All Day
 Bring in this flyer and MOD will donate 20% of your bill to support their great work!

MOD PIZZA • Vallejo
 163 Plaza Dr, Vallejo
 Vallejo, CA 94591
 707-350-9340

Offer valid only on the date(s) and at the MOD location identified on this flyer. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer valid for dine in, take out or phone orders. Not valid for online orders. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraisers/>