

SHARK ATTACK



Vallejo Aquatics Club

March 2018

A Message from the Meet Director



What an amazing “Winter Fest” meet we had! This is the highest attending meet we’ve had for a winter meet with 507 swimmers in attendance. We had so many volunteers that our meet ran very smooth and efficient. With all the donations for the snack bar we made \$2885, our silent auction made \$1100, and VJO met our goal of earning \$10,204! Thank you everyone for all of your help. What a great way to start off the year. VJO truly has amazing swimmers with wonderful parents and a great community.

Go Sharks!



HYDRATION

The best way to avoid dehydration is to pay attention to these signs:

- Thirst
- Headache
- Weakness
- Fatigue
- Dizziness

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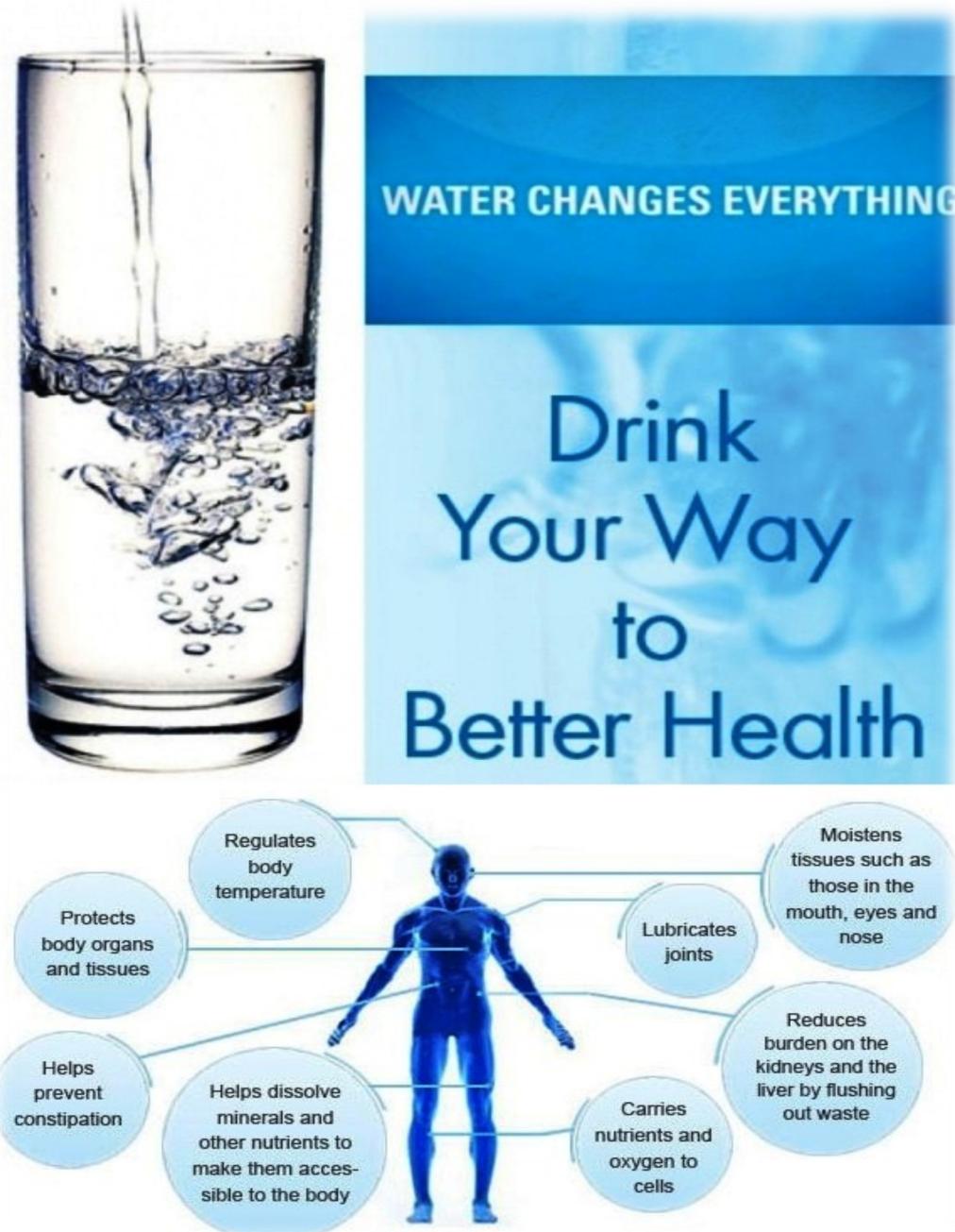
Hydration and the Swimmer

Why is it important for swimmers to remain hydrated?

Water is required by the body to function while exercising. Water is essential in the transportation of red blood cells throughout the body, as well as the formation of protein and glycogen. All these functions are needed for the growth and recovery of muscles. Hydration also helps regulate the body's temperature and helps lubricate joints, both of which are vital to success while swimming.

With a lack of hydration, swimmers can experience early onset fatigue during workouts, poorer response times, an increase in the risk of injuries, and sharp rise in the risk of cramping both inside and outside the pool. Dehydration of any degree can negatively affect a swimmer's performance in the water.

This information comes from the article "Hydration and the Swimmer" from <http://www.swimmingworldmagazine.com/news/hydration-for-swimmers/>



How much should I drink?

The exact recommendations are different for every body type, but in general, when you're well hydrated, you can exercise longer and stronger without hitting the wall and running the risk of dehydration. For regular workouts, the American College of Sports Medicine recommends 16 to 20 ounces at least four hours before exercise and three to eight ounces every 15 minutes during exercise. If you're working out at a high intensity, weigh yourself before and after exercise to get a more accurate idea of how much water you're losing. For every pound lost, it is recommended to drink 20 to 24 ounces for optimal performance and [health](#). Use the change in your body weight to know if you're at risk for dehydration and are getting enough fluids. Here's a quick guideline:



Hydrated -1 to +1%

Minimal Dehydration -1 to -3%

Significant Dehydration -3 to -5%

Serious Dehydration > -5%

This information comes from the article "Hydrate the Healthy Way: Hydration for Swimmers" from <https://swimswam.com/hydrate-the-healthy-way-hydration-for-swimmers/>

HYDRATION 101

Hydration is important for all athletes to focus on. This provides an overview of quick tips and a suggested hydration schedule!

General

All fluids count towards fluid goals including: juice, water, tea, seltzer, milk, sports drinks, and tea.

Make a goal to have most of your fluids every day come from plain WATER!

If you are sweat a lot, consider shaking a small amount of salt on your foods at meals to help with fluid retention.

Hydration Schedule

Before (about 1 hour): 8 - 16 ounces water

During: 4 - 6 ounces of water every 15 - 20 minutes*

After: within 6 hours replenish fluid lost with 24 ounces for each pound of weight lost

*During consistent exercise lasting one hour or more, a sports drink is recommended. Otherwise, water is the best choice.

Reminders:

- Arrive to games & practices hydrated.
- Bring water with you to school and while traveling.
- Sip fluids slowly to maximize absorption in the body.
- Monitor urine color - goal: pale lemonade color urine.

Quick Facts

By the time your brain signals thirst, you are already 1% under-hydrated.

By the time you are 2% under-hydrated, your performance can decrease by 7 - 10%.

Don't rely on thirst as an indicator of when or how much to drink, follow hydration recommendations.

Fatigue and dizziness are two symptoms of dehydration.

TO DO: Throughout the season, check weight before and after practices and games to monitor amount of weight lost from sweat.

GOAL: Minimize weight loss with goal of one-pound of weight loss or less.

Fun on the Ice

Our VJO swimmers having fun at our Ice Skating social.



Hanging out and getting ice cream together after a long day of ice skating



Swimmers of the Month

Hammerheads 1 & 2 Groups:

Vivienne McQuilling:

Age: 8

School: Homeschooled

Grade: 2nd

Favorite Stroke: Breast Stroke

Favorite Movie: Coco

When I Grow Up I Want To Be: A writer



Leopard & Mako Groups:

Nia Ramos - Leopard

Age: 9

School: Beverly Hills Elementary

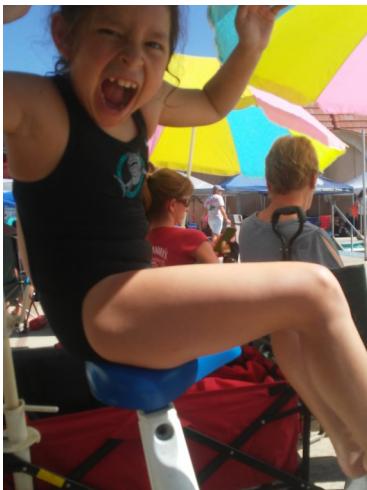
Grade: 3rd

Favorite Stroke: Breast Stroke

Favorite Movie: Astro Boy

When I Grow Up I Want To Be: In Law Enforcement

If I had One Superpower: It would be that I can FLY.



Junior / Junior 2 / Senior:

Zakary Raymond: Juniors 1

Age: 13

School: Vallejo Charter School

Grade: 8th

Favorite Stroke: Backstroke

Favorite Movie: Ferris Bueller's Day Off

When I Grow Up I Want To Be: An Engineer

If I had One Superpower: Pause Time to Sleep Longer



Meets Recapped

10 & UNDER CHAMPS MEET RECAP

This year VJO sent 4 swimmers to the 2018 10 & Under Championships Meet in Sunnyvale, CA. The weather was warm and our swimmers were on fire. Our 4 VJO swimmers were unstoppable; between the 4 of them they achieved 11 personal best times times, 2 new "A" times and one new team record. Great job **Ysabelle Carranza** (8), **Amanda Luna** (9), **Raffy Cueva** (9) and **Angel Putong** (10)! Keep up the great work!



VJO HOME MEET RECAP

We had over 70 VJO swimmers attend our VJO Winter Fest Meet on Jan 26-28th. The weather was some of the best we have ever had at one of our winter home meets. It was sunny and warm, which made for a fast weekend of swimming. Our swimmers achieved 22 new "B" times, 17 new "BB" times, 15 new "A" times, 6 new Junior Olympic times, 3 new Far Western times and 2 new team records. Great job to all of our VJO swimmers!

1st Time at a Meet – We would like to give a special congratulations to our 8 swimmers that swim in their 1st ever swim meet. We know how intimidating your first swim meet can be and you guys were ROCK STARS! **Kareesha Singh** (4yrs), **Mia Warner** (7yrs), **Mariska Jedzinak-Webb** (10yrs), **Monique Lagrone King** (9yrs), **Malayshia Northcutt** (10yrs), **Katherine Torres-Garfield** (9yrs), **Nathan Cheng** (10yrs), **Ethan Garcia Martinez** (10yrs).

New Junior Olympic times: Abby Sapida - 50 free JO (28.77), Trinity Rivera – 100 Free JO (1:00.19) & 200 Free JO (2:11.27), Mikaela deVera-Gomez - 400 IM JO (4:58.31), Mackenzie Kawashiri - 500 Free JO (5:50.20) and Nathan Jellison - 200 Fly JO (2:06.99)



New Far Western Times:

Trinity Rivera – 100 Fly JO



Meets Recapped Continued

LOST DUTCHMAN MEET RECAP

On February 15-19th we traveled 20 of our Junior, Junior 2 and Senior Groupers to the Lost Dutchman Invitational in Chandler, AZ. The meet was fast, but our swimmers rose to the challenge and over a third of our swimmers finaled and placed in the top 16. With a trials and finals meet, the top 16 swimmers come back and swim again in the evening for points. Some of our VJO swimmers competed in upwards of 19 events in the course of 3.5 days... WOW we have some dedicated and tough swimmers! We had 4 new "B" times achieved, 8 new "BB"



times achieved, 11 new "A" times achieved, 6 new JO times achieved, 4 new FW times achieved and 3 new team records set. But most importantly our swimmers had fun, made new friends, learned new skills and had an experience they will remember for a lifetime.

New Junior Olympic Times: **Abby Sapida** - 50 back JO (32.56), **Trinity Rivera** – 200 IM JO (2:25.65), **Juan Madrigal** – 100 fly JO (57.86) and **Nathan Jellison** - 100 Back JO (56.53), 200 Back JO (2:03.65) and 200 Fly JO (2:06.99)

New Far Western Times: **Gabe Cueva** – 200 Breast FW (2:33.42) and 50 Fly FW (29.43), **Nathan Jellison** – 50 Free FW (23.03) and 100 Fly FW (54.32)



6 New Team Records



Raffy Cueva - Congratulations to 9 year old Raffy Cueva for setting a new 9-10 boys team record at 10 & Under Champs in the 50 free with a 27.77. This was an 18 year old record originally set by Donny Mata back in 2000.



Alyssa Sapida - Congratulations to Alyssa Sapida for setting a new team record in the 13-14 Girls 100 Back with a 1:03.97. She set this record at the Lost Dutchman Invite.



Gabe Cueva - Congratulations to Gabriel Cueva for setting four new team records over the past month.
11-12 Boys 200 Breast with a 2:33.42 (Lost Dutchman Invite)
11-12 Boys 200 Fly with a 2:30.27 (Lost Dutchman Invite)
11-12 Boys 1,000 Free with a 11:09.37 (VJO Winter Fest)
11-12 Boys 1,650 Free with a 18:48.20 (VJO Winter Fest)

Upcoming Events



VALLEJO AQUATIC CLUB - MARCH 2018

Sun	Mon	Tues	Wed	Thur	Fri	Sat	UPCOMING EVENTS
				1	2	3	ZONE ALL STAR MEET (Qualifying, Carson City)
4 ZONE ALL STAR MEET (Qualifying, Carson City)	5	6	7	8	9	10	SPAGHETTI FEED 5 - 8 PM SPSV CAFETERIA
11	12	13	14	15	16	17	JUNIOR OLYMPIC CHAMPS (Qualifying meet, Pleasanton) JUNIOR OLYMPIC CHAMPS (Qualifying meet, Pleasanton)
18 JUNIOR OLYMPIC CHAMPS (Qualifying meet, Pleasanton)	19	20	21	22	23	24	HILLS HURRICANE C/B/BB+ MEET Moraga 3/4 Raphael Cueva 3/4 Amanda Luna 3/10 Daniel Melaneph 3/10 Abigail Melaneph 3/19 Gabriel Cueva 3/23 Maya Hunter 3/26 Ethan Rosario 3/27 Nixie Gulino 3/30 Erin Grimaldo
25 HILLS HURRICANE C/B/BB+ MEET Moraga	26	27	28	29 SHARK PRIDE DAY (ALL GROUPS 5-6:30) LAST HOT CHOCOLATE NIGHT	30	31	

Happy Birthday!