

Message from Coach Chris

Kids start to arrive at the pool for practice sometime after five o'clock—doesn't matter what day—and, inevitably, someone asks me "are we doing anything fun tonight?" I usually answer the question with "it depends on what you think is fun."

Each person defines "fun" differently. Typically, having fun means playing games or doing something other than doing drills, repeats of I.M.s and fast kicking. And, if you don't mind stereotypes, the question about fun often comes from people with not the best work habits.

As swimmers advance from group to group on our club, the "fun" quotient—in the terms usually meant by kids—decreases. Remember, VJO is a competitive swim team; we prepare our swimmers for competition, to excel at the level highest for each individual. Our goal is to help each swimmer be the best he can be; to develop habits that apply both in and out of the pool. To improve requires hard work, faithful adherence to good technique and, most of all, enthusiasm (a great attitude). If you possess a great attitude toward all things you do each thing you do will have a good chance to be fun. Take pride in learning and learning becomes fun and easier. Take pride in doing drills with precision and those drills become fun and easy. Apply the drills to your swimming and improvement should follow. You'll become a more efficient swimmer, with the strokes becoming more fluid, graceful and fast. And that should sound like fun.

I think it all comes down to what you want out of the time you spend doing anything. You come to the pool every day—well, for some of you, almost every day. Whether you made the decision or the decision was made for you, you still have to spend an hour or longer swimming. If you spend the time with us focused on each task your coach gives you, genuinely trying to improve your skills, the time will go by much faster and you should have a sense that you accomplished something, you got better, you learned. If you take pride in that sort of stuff the "fun" quotient doesn't have to diminish as you advance from group to group.

Swimming fast should be fun. Getting faster should include having some fun. But anything worth having takes a high level of effort over considerable period of time to obtain. Becoming a faster swimmer should be worth the time and effort that you're spending with us.

And we'll do our best to make sure that you have some fun.

Message from Janet Mata

Thank you to everyone who helped with our meet last month. The meet was the biggest one we have ever hosted and although we had a few minor glitches, we managed to put on a very successful and profitable meet. We received many compliments on how well the meet ran, how the hospitality service was great and how VJO's snack bar is the best in all of Pacific Swimming! Once again, we have upheld our reputation for putting on great meets! We had 70% of our swimmers participate in the meet, many of who did very well. We will be hosting another one on February 8th and 9th and we will need everyone to come out and help again. Our February meet is the one that we do our annual Silent Auction during the meet. We need everyone to help out by donating at least one new item for the auction. An easy way is to go to a business or restaurant that you frequent and ask for a donation of either an item or a gift certificate. Or a cash donation will go towards buying items that will be put together into a basket for the auction. We need everyone's help to make these meets a success!

With the winter months upon us, the chance of thunderstorms increases. Practice goes on during rain but will be cancelled if there's lightening and thunder. Parents, please make sure that your child has a way of contacting you in the case of practice being cancelled early. Ideally, it would be great if all the parents stayed and watched practice but we realize that in our busy daily schedules, sometimes, during practice is the only time to start dinner or run an errand. So whether you're at the store or at home, if you see lightening, plan on coming to the pool early because practice has probably been cancelled and your child is waiting to be picked up.

Another reason to make sure that your child can reach you is when your child's practice has been cancelled. If a coach knows in advance that he will be absent on a particular day, it will be on the calendar or it will be announced at previous practices. But sometimes, whether its illness or an emergency, and the coach cannot be at practice, it will be cancelled. Please let your swimmer know that he/she does have the option to swim with the other coaches. The swimmer will not be expected to swim at the level of the other group and will receive coaching at the level he/she is at.

Have a safe and happy holiday season and don't forget our Holiday Party on Friday, December 27th. Hope to see you all there

Notes from the Board

Let Tuffy know now so he can **book rooms** for the R.E.A.L. Championships in Ukiah, CA.

SILENT AUCTION at the Feb. 8 & 9th Swim Meet
Angeli is accepting donations. You can bring the items Friday at the Hot Chocolate table or arrange for a pickup time and date. Call **Angeli Stanwick** for more information at **557-9729**

Hot Chocolate Night - FRIDAY's

USA Swimming Tips of the Month

Things to do and remember when you go to a swim meet

Tuffy

1. A proper warm-up is necessary so that each swimmer is mentally and physically loosened-up and ready to compete. The Coach has an organized warm-up for you according to your age and experience. The warm-up should be done in Freestyle at the beginning. After several laps of Freestyle you then be ready to swim the strokes you are enter in that day. You should do 2-4 turns of each stroke you are swimming unless you are only swimming 25's (8 & under). After warming up you should go to the diving lane and have your coach start you on at least 2 dives and 2 back starts if you are swimming backstroke. Then put on your warm clothes and wait for your event.
2. At all meets, when we sit together as a team and encourage our teammates, we are bound to perform well. When we sit together, your coach can make sure you are at the right place at the right time. He shouldn't have to look for you.
3. Don't drink milk before a meet. Otherwise, have a normal meal, and avoid eating candy, pop etc. If you have questions about what to eat, ask your coach what he or she suggests.
4. A swimmer cannot perform well if they are horse playing and running around at a meet. Moreover, your safety is in danger. Your parents have made a sacrifice for you in bringing you to these meets, so show them the courtesy of good conduct.
5. After you swim your event, go directly to your coach. You can learn from your swims, so discuss your race with your coach while it is fresh in your mind.
6. Stay positive before, during, and after your race. Each swim presents a chance to gain knowledge. The more you learn the faster you can swim!

LET'S GO FAST!

Upcoming Meets

- Dec. 6-8, 2002: Age Group Champions AA+ Pacifica
Dec. 7-8, 2002: YMCA Boys and Girls Club in S.F. C/B Short Course Meet
Dec. 14-16, 2002: Pacific Sr. Winter Champs at Carson City, NV, Qualifiers
Jan 18-19 2003: Zone III Champs @San Francisco Qualifiers
- Feb. 8-9, 2003: VJO Swim Meet**
June 13.14. & 15, 2003: VJO Short Course Meet

Mark your calendars for next year's **R.E.A.L.**
August 9-10, 2003 in Ukiah

HOLIDAY PARTY

at the

Benicia Clock Tower

Friday ,December 27, 2002

6:30 - 9 pm

VJO Welcomes our Newest Members

Tess Hurlburt Hannah Reeves Austin Weaver

Shark Profile



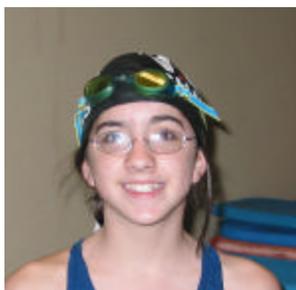
Makenzie Spillner **Age: 14**

Favorite Stroke: Freestyle **Favorite Event(s):** 100 & 200 Free
Role Model : My Parents, sibling, relative & friends
Hobbies: Swimming, Playing violin, beading & listening to music
Favorite subject in school: French
Future Goals: 0.54 in the 100 free, under a min. in the 200 free & swimming scholarship to somewhere in CA.

Why do you swim? For exercise, fun and competitions

What makes swimming fun? Being with my friends

When I grow up I want to be: a Lawyer



Leslie Terry **Age: 12**

Favorite Stroke: Backstroke **Favorite Event(s):** 50 Free
Role Model : Mom and Dad
Hobbies: Volleyball, basketball, reading
Favorite subject in school: Science
Future Goals: To go to college

Why do you swim? Because it's fun and it's a good physical workout

What makes swimming fun? Just being in the water

When I grow up I want to be: A Teacher



Nicole Bueno **Age: 11**

Favorite Stroke: Butterfly **Favorite Event(s):** 100 Fly
Role Model : My Parents
Hobbies: Swimming, Playing piano, Reading
Favorite subject in school: Social Studies
Future Goals: To break a record in some of my events

Why do you swim? It keeps me in good shape and it helps my asthma

What makes swimming fun? I get to meet new friends

When I grow up I want to be: a Doctor



Austin Weaver **Age: 10**

Favorite Stroke: Breaststroke **Favorite Event(s):** 50 Free-style
Role Model : Jason- Conselor/Lifeguard@camp
Hobbies: Riding bike, motorcycle & building things
Favorite subject in school: Drawing
Future Goals: Go to college & to be a good person

Why do you swim? To get exercise and love the water

What makes swimming fun? Tuffy

When I grow up I want to be: a Policeman

Swim Attire

Swim suits can be purchased at **Norcal Swim Shop** 2449 Second Street, Napa, CA 94559 1-800-752-7946 or 707-252-7244 e-mail: norcal@swimship.com. Checks, Visa, Mastercard, Discover, American Express are accepted.

For Information on **prices** or additional swim attire info. Contact **Marylou Miguel on deck or at 707-554-6619.**

SWIM SUIT SIZING INFORMATION

Use these measurements when determining the size suit you need to order. If you are between sizes, we recommend ordering the next larger size.

A Torso. Place beginning of tape measure on your shoulder at your neck. Run tape measure over the fullest portion of our bust down between your legs and up your back to the starting point on your shoulder.

B Bust. Measure beginning under your arm, over the fullest part of your bust and around your back to the starting point under your arm.

C Waist. Bend to one side to find the crease of your natural waist. Stand straight. For female suits, measure around your natural waist making sure to allow one finger between your body and the tape. For male suits, measure 1" below natural waist or just above the hipbone.

Youth Female

Suit Size	Bust (inches)	Torso (inches)	Suit Size	Waist (inches)
24	24"	54" - 55"	24	24"
26	26"	55 1/2" - 56 1/2"	26	26"
28	28"	57" - 58"	28	28"
30	30"	58 1/2"		

Youth Male

Adult Female

Suit Size	Bust (inches)	Torso (inches)	Suit Size	Waist (inches)
32	32"	60"	30	30"
34	34"	61 1/2"	32	32"
36	36"	64"	34	34"
38	38"	66 1/2"	36	36"
40	40"	69"	38	38"

Adult Male

VJO Sweats also available

Great gifts for your swimmer, family, friends, or even yourself!
Hooded and Crew Neck style Sweatshirts, Long-Sleeved T-Shirt and Sweatpants.

VJO RECIPES

APRICOT CHEESECAKE BARS

Angeli Stanwick

Shortbread:

- | | |
|----------------------|--|
| 1 1/2 stick (3/4 c.) | Unsalted butter, cut into 1/2 in. pieces |
| 2 cups | Flour |
| 1/2 cup | Packed light brown sugar |
| 1/2 tsp. | Salt |

Topping:

- | | |
|---------|---|
| 16 oz. | Cream cheese, softened |
| 2 lg. | Eggs |
| 3/4 cup | Sugar |
| 1 tsp. | Vanilla |
| 3/4 cup | Apricot or blueberry or other fruit preserves |
| 2 oz. | Bittersweet or semi sweet chocolate, melted |

Preheat oven to 350 F.

Yield: 9 x 13 sheet

In food processor process all ingredients until mixture begins to form small lumps, about 1 minute. Press the mixture into a pan evenly. Bake for 20 minutes or until golden. Whisk cream cheese until smooth, whisk in eggs, sugar, and vanilla. Spread preserve over hot shortbread, top with cream cheese mixture. Bake for 30 minutes. Cool completely and cut into bars. Decorate with chocolate.

SPINACH SALAD

Rudy Miguel

- 4 Bags Spinach
- 2 cups Water chestnuts
- 4 Hard Boiled Eggs
- 1 Cup Bean Sprouts
- Bacon

- - - - -
- 1 cup Salad Oil
 - 1/2 cup Cider Vinegar
 - 1 Med. Chopped onion
 - 1 tsp. Worcestershire Sauce
 - 2 tsp. Salt
 - 1/3 cup ketchup
 - 1/4 cup sugar

Looking for recipes! We would like to create a VJO Cookbook if we get enough of your recipes. You can e-mail your recipes to fviray@pacbell.net or place in the Viray folder.