

## Message from Coach

We've pretty much settled into a routine. School's been going on for a couple of months, and so has swimming. You pretty much think you have your rhythms of obligations and playtime all set.

Here come the distractions.

In the form of the holidays! First, Thanksgiving. Then, four weeks later comes the Christmas/New Year's excitement. And after that we can settle in for a bit.

But I ask that you please remember to be serious about your commitment to swimming. You are a part of a competitive swimming team. Swimming is a team sport most of all in practice. That's when you spend time with your teammates improving and sharpening your skills, in hopes of swimming faster in races at meets. You do this together. Sure, you (and you alone) are the one who takes each stroke, performs each drill and executes each turn; yet there usually are several others in your lane doing the same thing. Give your best effort, concentrate on performing each task perfectly and with great effort, and encourage your lane mates to do likewise. That's how swimming becomes even more a team sport.

With winter looming and colder temperatures coming soon, wouldn't you want as many of your friends and teammates with you in the pool each evening, swimming with greater ease and more speed each week? Remember, just because the weather's turning colder doesn't mean that you discontinue your aquatic activities. Swimming helps to build our resistance to the elements, and makes our immune system stronger. Just be sure to take proper precautions before and after each practice. If you're not sure about this stuff ask your coach or one of several parents who work as nurses.

See you on deck. And in the pool. No matter the weather.

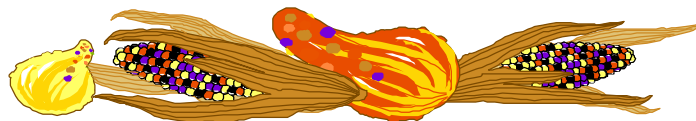
## Message from Janet Mata

It's that time of year when it's getting cold and it's very important to make sure swimmers are properly clothed. Keeping your feet and head covered and warm is one of the most important things to do whether it's at a meet or after practice. When you go to a meet, always take extra socks for your feet as well as extra clothes to change into between events and/or after the meet. Keeping warm will help you swim better and not expend the energy shivering. Watch some of the older swimmers at a meet. They will dry off and get dressed immediately after swimming an event, wrap up in parkas, blankets or anything to stay warm. Another thing they will do is to dip their feet in the water right before they climb up on the blocks. This helps to warm up the feet and get them used to the water.

Another thing that started with the colder weather is Hot Chocolate Night. Thanks to Remy Bueno and Sonia Balague for providing hot chocolate and cookies for the kids on Friday nights! If any parents can help out, whether to do the Hot Chocolate Night or just donate cookies and marshmallows, please talk to Remy or Sonia.

Thank you to Pert Sangalang for organizing a work party to clean out the storage container on deck and put in shelves. Thanks to all who helped..Jim Mata, Rudy Miguel, Arnold and Sonia Balague, Bing Sangalang, Mike Welton and Pablo Aguilar. Everything is neatly put away and organized.

The Halloween party was a big success! The costumes were great! Thank you to Mark Kearney and the party committee. You guys did a great job! Watch for the pictures on our website!



## Notes from the Board

Hot Chocolate Night - Every FRIDAY

VJO Tupperware Party

Nov. 2 & 3 at the meet 10am - 2pm

More Info. Contact: Remy Bueno 557-9079

Angeli Stanwick 557-9729,  
stanwick@pacbell.net

Our new Swim Attire Coordinator

Contact Info.: Mary Lou Miguel

Please See her on deck

## FAQ's

Q: I think I know someone that might want to join the team. What should I do? Should I give them an application?

A: Tell any prospective VJO swimmer that try-outs are at 5:15 at the pool. If they pass the try out, the coach will direct the parent/guardian of the swimmer to talk with the Membership Chairperson (Sue Patton). A New Member Packet is provided to new swimmers when they pass the swim test and the parents/guardians sign up for the team.

Q: If I want to be a Swim Meet Official, do I have to know how to swim?

A: No, you do not need to know how to swim.

Q: Can I enter a swim meet even if VJO (coaches) are not attending?

A: You may, but the coaches suggest you do not, it helps to have the support of the VJO coaches and your teammates around. Please talk to your coach if you have fur-

If you have any questions about swimming, meets, practice and/or Vallejo Aquatic Club, submit your questions in writing to the envelope marked "VJO FAQ's" in the "Viray" folder.

## UpComing Meets

Nov. 2-3, 2002: VJO C/B/A+ Short Course Meet

Nov. 16, 2002: Possible dual or tri meet with Walnut Creek

Nov. 23-24, 2002: Pacifica Sea Lions Zone 1N Short Course C/B/A+ Indoor Swim Meet

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



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



## VJO's Welcomes our Newest Members

Evan Aguilar, age 5

Conor Riley, age 9

Nicholas Bilotti, age 17

Taylor Riley, age 10

Stefan and Zoran Calic, age 13

Balben-Nicholas Donida, age 5

Daniel Knight, age 8

Leslie Terry, age 12

Justin Lynch, age 6

Stephanie White, age 12

Cristina Moguel, age 4

Edrick Oteyza, age 11

Welcome back Paulo Marques. It is good to have you back!

Articles, suggestions, comments or pictures (on disk) can be emailed to Lourdes Viray at [fviray@pacbell.net](mailto:fviray@pacbell.net) or place in the "Viray" folder.

## Shark Profile



**Eric Brietzke**      **Age: 13**

**Favorite Stroke:** Backstroke      **Favorite Event(s):** 200 IM, 50 Free

**What makes swimming fun?** I just like being in the water.

**Why do you swim?** I swim because it's fun.

**Hobbies:** Computer, swimming, piano

**Future Goals:** To get a "Q" time in the 1650 Free.      **Role Model:** Ryan Brietzke

**Favorite subject in school:** Science

**When I grow up I want to be:** A Roller Coaster Designer.



**Cardellen Parker**      **Age: 12**

**Favorite Stroke:** Butterfly      **Favorite Event(s):** 100 Fly, 100 Free

**What makes swimming fun?** Being around my friends.

**Why do you swim?** I swim because I get to meet new people and try to stay fit.

**Hobbies:** Playing piano, singing, swimming of course! and many more!

**Future Goals:** To make it into UCLA.      **Role Model:** My grandmother

**Favorite subject in school:** History

**When I grow up I want to be:** Engineer, Lawyer or Doctor.



**Megan Bicomong**      **Age: 7**

**Favorite Stroke:** Breaststroke      **Favorite Event(s):** 50 Breast

**What makes swimming fun?** Being with my friends during practice time.

**Why do you swim?** To better my health because I have asthma.

**Hobbies:** Reading books, playing tennis and playing with my younger sister.

**Future Goals:** To be a Tennis Star.      **Role Model:** Steffi Graf

**Favorite subject in school:** Math & Art

**When I grow up I want to be:** Like my Auntie Jen Jen because she is a dentist.

## Pacific Swimming 2001 - 2002 Top 10 Finishers

Congratulations to the following swimmers for making the Pacific Swimming Top 10 for the last swim year, September 2001 through August 2002. These swimmers were ranked in the top ten out of the thousands of swimmers in Pacific Swimming. This is the biggest number of swimmers from our team to qualify. Great job, swimmers! Keep up the good work!

Short Course				Long Course
Ashley Cayford	15-16	50 Free	9th	Ashley Cayford*15-16*50M Free*9th
Donny Mata	11-12	50 Free	1st	
Donny Mata	11-12	100 Free	1st	
Donny Mata	11-12	200 Free	1st	Donny Mata**11-12*100M Free*7th
Donny Mata	11-12	500 Free	1st	Donny Mata**11-12*200M Free*9th
Donny Mata	11-12	50 Back	3rd	Donny Mata**11-12*100M Back*9th
Donny Mata	11-12	100 Back	3rd	Donny Mata**11-12*50M Breast*5th
Donny Mata	11-12	200 Back	5th	Donny Mata**11-12*100M Breast*5th
Donny Mata	11-12	50 Brst	4th	Donny Mata**11-12*200M I.M.*6th
Donny Mata	11-12	100 Brst	5th	
Donny Mata	11-12	200 Brst	7th	Kathryn Jovino*13-14*1500M Free*8th
Donny Mata	11-12	50 Fly	5th	
Donny Mata	11-12	100 Fly	1st	
Donny Mata	11-12	100 I.M.	1st	Galen Coles**13-14*200M Back*8th
Donny Mata	11-12	200 I.M.	2nd	
Donny Mata	11-12	400 I.M.	4th	Mario deSenna*17-18*800M Free*5th
Galen Coles	13-14	100 Free	9th	Mario deSenna*17-18*1500M Free*4th*
Galen Coles	13-14	200 Back	7th	
Mario deSenna	17-18	1000 Fre	9th	Niko Felix**17-18*800M Free*10th
Niko Felix	15-16	100 Brst	10th	Niko Felix**17-18*1000M Breast*6th
Niko Felix	15-16	200 Brst	7th	Niko Felix**17-18*200M Breast*6th
Niko Felix	17-18	100 Brst	8th	
Niko Felix	17-18	200 Brst	10th	Tracy Hine**13-14*100M Free*10th*
Tracy Hine	13-14	50 Free	8th	Tracy Hine**13-14*100M Back*7th
Tracy Hine	13-14	100 Back	8th	Tracy Hine**13-14*100M Breast*5th
Tracy Hine	13-14	100 Brst	8th	
Tracy Hine	13-14	200 I.M.	7th	
Vincent Bicomong	11-12	200 Free	6th	
Vincent Bicomong	11-12	50 Back	9th	
Vincent Bicomong	11-12	100 Back	6th	
Vincent Bicomong	11-12	200 Back	3rd	
Vincent Bicomong	11-12	400 I.M.	9th	