



Shark Attack

The official Newsletter of the Vallejo Aquatic Club

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Message from Coach Chris

I thought about starting off this message by asking, "do you ever talk to yourself?" But what I really want to know is, "how often do you talk to yourself?"

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I don't bring up this subject to make anybody feel uncomfortable. It's okay if you talk to yourself. In fact, I endorse it! C'mon... admit it, you sing to yourself all the time! What's the difference between singing to yourself and talking to yourself? Well, some people might think you're strange if they witness you saying things aloud to no one in particular.

That's their problem.

I bring up this topic not in the hopes that you'll start to say things out loud when nobody's there to hear you. I believe in self-talk. Sometimes you have to convince yourself that you're capable of completing a task successfully. You may not possess confidence in your ability to pull off what a parent, coach or friend asks you to do. If you've successfully demonstrated a skill you can repeat it.

During a race you may have to do something that seems very difficult and fear crops up in your mind. You've demonstrated that you can swim [say] the backstroke pretty easily, but not for one hundred yards. Well, you're going to have to convince yourself that you can swim the 100 backstroke, can do so without a disqualification or, more dramatically, being saved by Coach Tuffy. How? Have your coach devise a plan for you to believe in and follow, giving you one thought to keep in mind and, maybe, tell yourself during the race. Something like "easy kick" for the first fifty yards and "kick fast" for the last half of the swim. You'll be amazed how talking yourself through difficult tasks can help you achieve good things.

I remember swimming in a masters swim meet in Santa Clara a

few years ago. I sat behind the blocks for a few minutes before the 200 backstroke. I yawned a lot— that's how I know I'm nervous— and had those thoughts that creep into the minds of many swimmers. "Why am I doing this?" No, just kidding. But I made sure that I talked myself into making the race less difficult. I kept saying while I swam the first 125 yards, "easy kick, easy kick." Then I told myself during the last seventy-five yards, "okay, pick up your kick, kick faster." My self-talk was very specific... and notice that I didn't mention how I felt. (Even though I felt like... well, you know.)

Self-talk should always be specific and about action, not feelings or your condition. Tell yourself what to do, one thing only. And if you utilize self-talk while swimming a race, no one will question what you said. Or think that you're weird. Even if you are.

Message from Janet Mata

I would like to thank everyone who helped out with our meet as well as the Zone 3 Championship meet that was held at our pool. Our meet ran very well and we had a very good turnout. Many of our kids swam well and everyone enjoyed themselves.

During the Zone 3 meet, although many of the responsibilities of running the meet were split up with the other teams, our parents pitched in wherever someone was needed to help. I happened to be the Meet Director for the meet and I can't tell

you how much I appreciated everyone who helped... whether it was Brendan Kearney who helped tighten up the lane lines or Pert Sangalang who fixed the blocks. We had many of our parents timing minimum of two lanes throughout the meet, Kris Lam headed up the Clerk of Course, Felix Viray, Reiko Brewer, and Pert Sangalang helped out with shifts on the Colorado, Merian Fernandez who helped out in Hospitality and we can't forget our Stroke and Turn Officials who worked the deck all three days whether as Stroke and Turn Officials or as Marshals. And most important, everyone who

helped with the set up and take down of all the equipment and tents. I know that sometimes it can be frustrating to see others not helping but please realize that

because of who we are and what we do, we can hold our heads up and know that we contribute greatly to our Zone and we support our kids by helping.

Many of you may have seen the article in the Times Herald where the Mayor was quoted as saying the City may have found funds to keep the pool open. This is not a done deal! It will not be for sure until the end of the first fiscal quarter which is September 30. I am asking all our families to write letters to our Mayor, City Council Members, the GVRD Board Members and to the Editor of the Times Herald,

"Please start a letter writing campaign and continue it until the City decides to fund the pool and keep it open!"

(see Janet Mata, page 4)

Notes from the Board

VJO 2003 Events:

- Team Pictures** **Friday, July 25**
- Make posters for R.E.A.L , Thurs., August 7**
\$ due from Swim-A-Thon,
Pie Throw & Potluck
- Awards Banquet** **September 27**
- Mare Island to Medusa** **November 8**

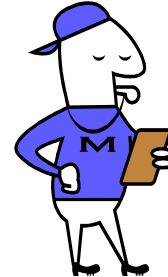
**VJO SUMMER
BREAK**
(No Practice)
August 25, 2003
Sept. 8, 2003

*Have a great vacation
everyone!*

Practice resumes on
Tuesday 9/8/03

Help needed at Koret Swim Meet

Lynn Holden from SF Parks and Recreation has contacted Lee Rosichan regarding their Inter City Youth Games Swim meet at



Koret Sunday, July 27th starting at 9:00 am. They are looking for officials and volunteers to help run this

meet. This may be a good opportunity for level ones to get some deck experience. If anyone is interested in helping with this meet or wants more information, please call **Lynn Holden** at **415-386-1217** at home and **415-652-9332** on her cell.

Thanks!
Janet Franklin-Johnson
Zone 3 Secretary

VJO Welcomes our Newest Members:

Tuffy's Group:

Erica Galeon **Katherine Lee**
Michelle Haro **Azaria and Nadia Lewis**

Returning Members:

Bob's Group: Tuffy's Group:

Andrew Allison **Stacey Cummings**
Jess Ford **Breanna and Corey McBride**

Blaze, Gage, Keene and Tag Williams

R.E.A.L CHAMPIONSHIPS

August 9 & 10,
Ukiah, CA

The meet is coming soon. Make your reservations NOW, Call the Discovery Inn (707) 462-8873 and tell them you are with the Vallejo Aquatic Club

Please Welcome **Makida Zachery**, our interim 4th Coach. She will be with us until she returns to college in August and will coach a group of swimmers from Tuffy's group since his group is getting large. We are still in the process of finding a 4th permanent coach.



Niko Felix
Lyra Pierotti
Aimee Lum
are the Winners of the Favaro Scholarship

Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
July 17-20	Pacific Swimming AG Champs AA+ T&F	lc	Concord	Qualifiers
July 30-Aug 3	Far Westerns	lc	San Jose	Qualifiers
Aug 5 - 9	National Swimming Champs	lc		Qualifiers
Aug 5 - 9	Western Zone Champs	lc		Qualifiers
Aug 9 - 10	R.E.A.L. Championships	sc	Ukiah	All
Oct 18 - 19	VJO Meet C/B/A+	sc	Vallejo	All