



# Shark Attack

August 2003

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

[www.vallejoaquatics.org](http://www.vallejoaquatics.org)

## Message from Coach

We're pretty lucky being involved in swimming. This sport attracts good families with wholesome qualities and sound judgement and morals. Swimming brings together people with disparate backgrounds to engage in an activity which requires concentration on basics and fundamentals, without which one cannot hope to make continued progress.

Pretty soon school starts up again (Yikes!!). One positive way to look at going back to school is that by staying in swimming through the summer you made sure that you didn't get lazy or complacent. Occasionally (or for many of

you, more often) you had to engage your brain to get the most out of many segments of your practices. That helps keep you sharp. I'd bet that school won't be as difficult to adjust to as it will be for many of your school friends.

Please give your best to your schoolwork. The discipline it takes to do well in class applies to sport and vice versa. It should be no surprise that athletes who are in swimming are among the best college students, on average. That's because the lessons learned in swimming apply to the regiments you face in school.

A couple of other things.

Please think about what you want to accomplish in the coming year. Set goal times in events at which you excel and a few for your weaknesses. Write them down and place them where you can see them. And then commit yourself to do the little things it takes to attain anything of importance. Remember what your coach asked you to change during the past year, which you may have been reluctant to do because it made you feel uncomfortable. Change almost always is uncomfortable! September— the beginning of the swimming

season— is the best time to alter your stroke, and change a few habits, too. Be open to that.

It's never too early to discuss next year's R.E.A.L. Championships; the meet is in Petaluma either the second or third weekend of August. Please mark down that meet on your 2004 calendar. On a club of 140 swimmers we should be able to take over 100 swimmers to that meet. I hope you'll be part of it.

## Message from Janet Mata

REAL's was fun! We had a great turnout and the team spirit was great! That's what I love about this particular meet. Everyone gets to swim and we have relays and the team spirit is high. Thanks to our team captains, Brendan Kearney and Nadine Bueno, who did a wonderful job with getting everyone to rally around our Disney theme for the meet and helped boost the team spirit with team cheers! Everyone had a wonderful time at the hotel and the weather wasn't intolerably hot. We swam well and the coaches were happy! All in all, except for the long drive, REAL's was a

big success! Next year, the meet should be hosted by Twin Valley Aquatics (TVA), probably up in Petaluma. We had 76 swimmers for Ukiah, maybe we could shoot for 100 swimmers in Petaluma. Everyone should mark their calendars for the 2<sup>nd</sup> weekend in August for the REAL Meet!

Please check your calendars for information as to our once a year break. Although Bob and Chris will be taking vacations during August, they will be practicing for their groups. Then during the last week of August and the first week of September the whole

**VJO SUMMER BREAK**  
**(No Practice)**  
**August 25, 2003 - September 5, 2003**  
*Have a great vacation everyone!*  
Practice resumes on  
**Monday, September 8, 2003**

team will take the annual two week break.

Don't forget to keep up the letter writing campaign to the City Officials. We need everyone to help let the City know about VJO and how important it is to keep the pool open! Thank you to Sue Patton for organizing the

swimmers and their parents to go to the GVRD Board Meetings and speaking about our club.

Enjoy the break, get adjusted to Back to School and we'll see everyone in September!

## Notes from the Board

VJO 2003 Events:

**Awards Banquet September 27**

**Mare Island to Medusa November 8**

**Mark your calendars for:**

**October 18 & 19, 2003**

(Set-up on Friday evening)

VJO C/B/A+ Short Course Meet

Attention Parents regarding transportation:

*It is the responsibility of the parent to contact and make arrangements with another parent if you cannot provide transportation to and from a swim meet or practice for your swimmer.*

Healthy Vallejo Community Day

In conjunction with Mare Island to Medusa :

Sat., November 8, 2003 - 10am - 6pm

Six Flags Marine World

*The swimmer who sells the most tickets receives a \$25 gift certificate to NorCal Swim Shop (write your name on the order form to receive credit)*

VJO will receive 1/2 of the ticket sales.

Tickets prices are \$15 Adults/ \$5 ages 4-10.

Return your ticket order forms to the "Riley" folder and make checks payable to Vallejo Aquatic Club.

Portraits Fundraiser

Miro Salazar will create a computer drawing from photos.

The cost is \$50 and the entire amount will go to VJO. Thank you for your time, effort and generosity, Miro!

Please contact him if you are interested in purchasing a portrait.

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## VJO Welcomes Newest Members

Tuffy's Group:

Mikki Amos

Kateri Grey

Justine Arvisu

Nathan Haro

Nicolo Bolla

Briane Lewis

Kayla & Christopher Craft Alyssa Powell

Kevin Deluna

Leticia & Teresa Sandoval

William Goodin

Megan Terry

Returning Members:

Jacqueline and T.J. Decker

Team Captains

**We Thank Nadine Bueno and Brendan Kearney**

our Team Captains for the 2003 swim season.

We appreciate your team spirit and leadership!

If you are interested in becoming a Team Captain for the upcoming season, let your coach know.

Current Team Captains can reapply.

## Thank You

**Jean Augst , Eva Augilar** and Eva's mom for getting ad sponsors and donations for our Swim-a-thon and all our swimmers who participated

We made **\$11,000** and counting

**Please Support our Business Donors:**

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Zoey June - 1426 Tennessee

# August 2003 Shark Profile



Kathryn Jovino

Age: 15

**Favorite Strokes:** Freestyle and Butterfly

**Favorite Events:** 500, 800, 1500 Free

**Role Model:** Parents, friends, Janet Evans

**Hobbies:** Swimming, reading, going to the beach

**Future Goals:** To make it to Western Zones! And to win Far Westerns in the 1500 free!

**Favorite Subject in School:** English

**Favorite Book:** Too many

**Favorite Movie:** Miss Congeniality, Pirates of the Caribbean, Lord of the Rings.

**If I could change one thing what would it be?** Stop pollution



Caesar Sangalang Age: 15

**Favorite Stroke:** Butterfly

**Favorite Event:** 100 Fly

**Hobbies:** Collecting Cards

**Future Goals:** To be in a rock band

**When I grow up I want to be:** A Lawyer

**Favorite Song:** Any heavy metal & techno

**If I could change one thing what would it be?** Destroy Terrorists



Alyssa Powell

Age: 4

**Favorite Strokes:** Freestyle and Backstroke

**Favorite Event:** 25 Free

**Role Model:** Emma Spillner

**Hobbies:** Playing with my tea sets and having tea parties

**Future Goals:** To win ribbons and pins and trophies

**When I grow up I want to be:** A Mermaid (but I don't know how to grow fins)

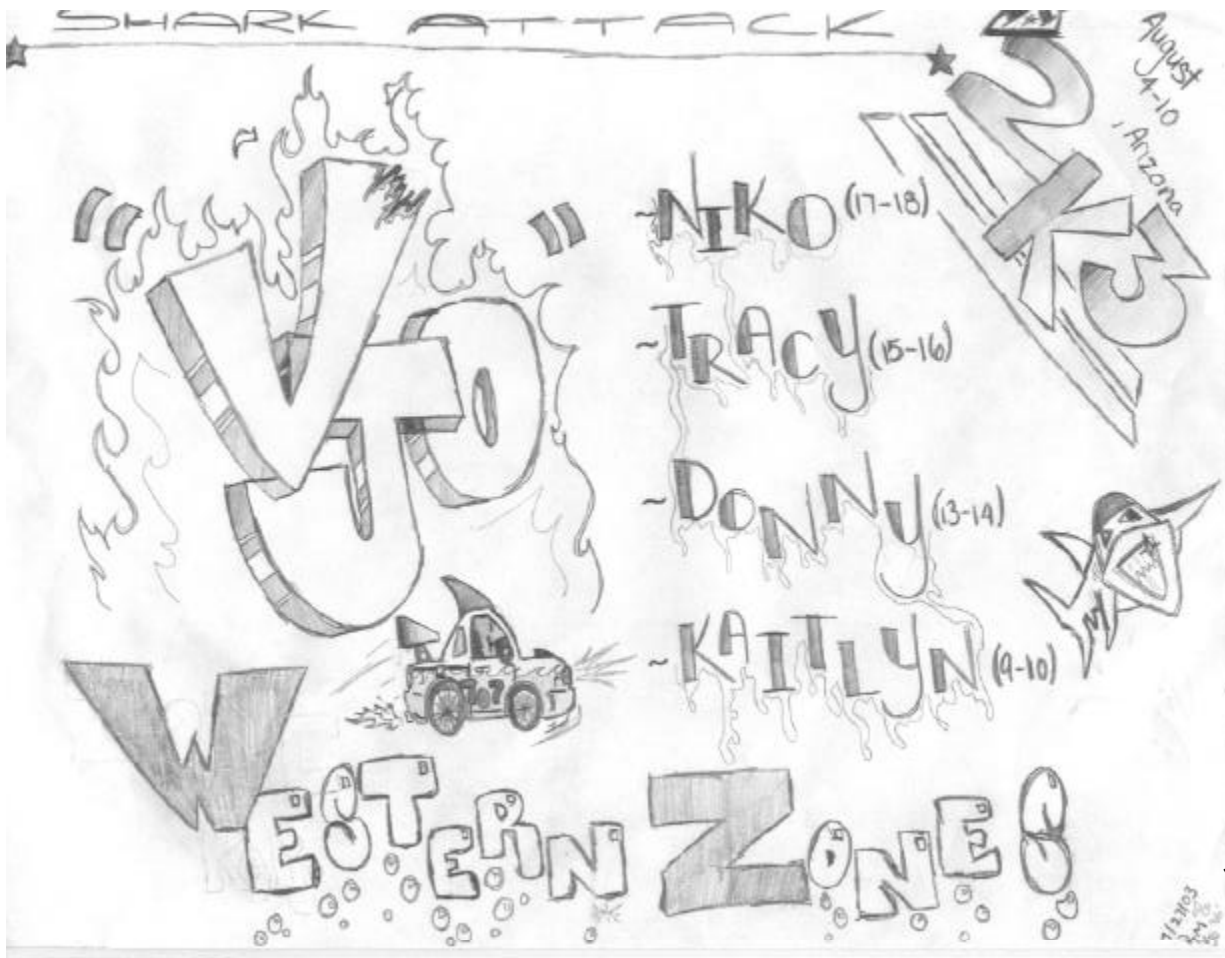
**Favorite Subject in School:** Art and drawing

**Favorite Book:** Ruby the Copycat

**Favorite Movie:** Cinderella II

**Favorite Song:** The Mermaid Song

**If I could change one thing what would it be?** The little children in China could all have lots of food and healthy



United States Swimming  
Local Swimming Committees & Zones

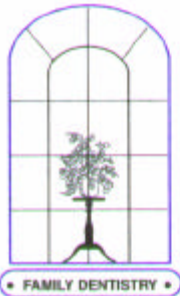
### What is Western Zones?

VIO is one of about 30 teams in Zone 3. Zone 3 is one of five zones, each having anywhere from ten to thirty teams, in Pacific Swimming. Pacific Swimming is one of 59 LSC's (Local Swimming Committees) in the United States. All the 59 LSC's are divided into four zones: Eastern, Southern, Central and Western. Pacific is in the Western Zone along with 16 other LSC's (Montana, Wyoming, Colorado, New Mexico, and the states to the west of those four, including Alaska and Hawaii) Each year, Pacific Swimming picks an all-star team of swimmers from all of Pacific Swimming to represent and compete at the



Western Zone Championship meet. Each year the meet is held at a different location. This year, the meet was in Tempe, Arizona. This year, we have four swimmers who qualified from our team. This is the most VIO has ever had qualify for this meet.

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Readers' Opinions, e-mail @timesheraldonline.com  
Letters to the Times-Herald must carry the writer's name, signature, home address and daytime phone number. Anonymous letters will not be published. (The writer's address and phone number will not be published.)  
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