



Shark Attack

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

www.vallejoaquatics.org

October 2003

Message from Coach Chris

We're all wired differently. I just saw a movie, doesn't matter which one. What got me wasn't necessarily how I reacted to the various things that went on during the movie. I take it for granted that there will be a plot that manipulates and tugs at my emotions, brains or wherever laughter comes from. I don't try to figure out who did what or what the ending will be. I let myself get lost in the movie. It just so happens that the movie I saw had a happy ending,

but there was a lot of killing, a fair measure of justice along with a little bit of revenge, loyalty, romance, and a good dose of right and wrong sprinkled in to make the film whole.

What made me take this tact here is that, for me, watching a movie is a process. I want to get lost in it, let any moment surprise me or horrify me or, even, make me cry. I surrender to the

experience. For me, anything else would be less than whole, not as satisfying. I want to trust movies.

Trust serves athletes in a specific way. For the athlete to have the best chance to succeed he must trust different sources: himself and all of his abilities (physical, mental, emotional, intellectual, spiritual); his parents and those he regards as his sup-

port system; his coach. I believe trust requires the individual to give himself away to the source of his trust. The athlete must have faith that those around him believe what he endures on a daily— or even more minute, a moment-to-moment— basis is the best thing for him and his development.

(see **Coach Chris** pg.2)

Board of Directors (2003/2004)

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Communications	Felix Viray
Meet Director	Janet Mata
Ways & Means	Joanne Soo-T ho
Officials	Jeff Hines
Awards	Lia Lynch

Team Captains(2003/2004)

Galen Coles & Nadine Bueno

Message from Susie Minahen (2003– 2004 President)

It was great to see everyone at the Awards Banquet! Congratulations to ALL of our swimmers for your accomplishments throughout the 2002-2003 swim season.

Thank you to everyone who worked so hard to make the event a success, especially to the Kearney's for the Awards and obtaining the location, Jean Augst and Eva Aguilar for the Swim-a-thon Awards, Bing

Sangalang for organizing the Potluck, Lourdes Viray for the decorations and to Miro Salazar for the wonderful presentation.

I would also like to thank last year's Board and all of our wonderful parent volunteers for their consistent commitment, time and efforts. The Vallejo Aquatic Club is recognized by many other swim teams as a

unified and well organized club, as a result of the combined efforts of all parents, coaches and swimmers!

Every winter the team's greatest challenge has been dealing with the possibility of Cunningham Pool closing for several months and having to find another place to swim. (see **Susie Minahen** pg.2)

Message from Janet Mata (2002 - 2003 President)

My term as President of VJO came to a close as of last month. I'd like to take the opportunity to thank everyone who helped and supported me during this past year. The people on the Board of Directors who worked hard to make this past year a successful one have my deepest appreciation. I could not have done everything we accomplished this past year without them. They are the ones who stepped up to the plate and were willing to serve

on the Board this past year and work together to bring VJO to a higher level of excellence.

I thank the Coaches for their support. When there was something happening that I needed to have the practices either cancelled or cut short, they never questioned or complained. I felt their support throughout the year and I really appreciated it.

Last but not least, I want to

thank all the people who helped behind the scenes, whether it was to put on a potluck, help out during the meets, collect relay money, do flyers or just participate in the various activities we had. Everyone who helped make this past year what it was, thank you!

(see **Janet Mata** pg.2)

Notes from the Board

Special thanks from the Club to those that presented comments to the GVRD Board at their meetings on July 17 and 31: Mrs. Diane Powell, Mrs. Debbie Lee, Mrs. Suzanne Spillner, Nadine Bueno, Jazherine Jamias, Kirsten Kearney, Kaleb Lee, Tyler Lee, Emma Spillner and Coaches Chris and Tuffy.

Each of you gave a personal testimony of the benefits of keeping the Cunningham pool open through the winter. -----

from Membership Chair (2002/2003), Suzanne Patton

The **Pacific Swimming registration fee** for 2004 has been increased from \$35 to **\$50**.

Registrations will be renewed this November 2003.

Upcoming Meets (Tentative)

Date	Meet
Oct 18 - 19	VJO Meet C/B/A+
Nov 1 - 2	Napa C/B/A+
Nov 8 - 10	Jr + T&F
Nov 15	Possible Dual Meet
Dec 5 - 7	14-Un Age Group Champs AA+
Jan 17 - 18, 2004	Zone 3 Champs A+

Coach Chris (from front pg.)

I see it at every practice. Resistance. Doubt. Athletes not trusting either what their coach asks them to do or not believing in their ability to make the adjustments. Either way the process suffers, both for the athlete and the coach. I'll tell you this, the coaches believe in our methods. It is up to us to help you with the trust.

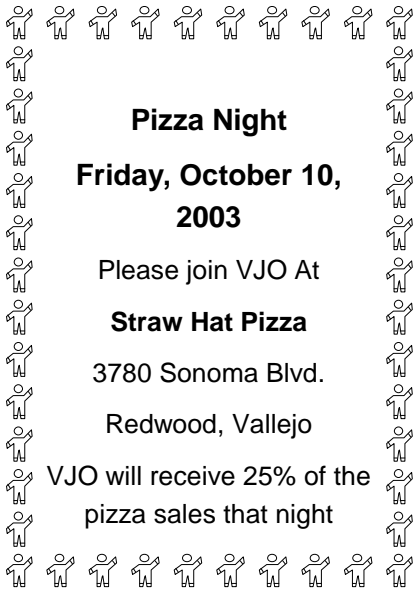
I'll say this as well: one doesn't experience anything totally if he doesn't give in completely to the process. You have to lose yourself in what you're doing. What makes it more difficult in swimming is the effort required to make adjustments, the time it takes to experience the muscle memory to have

those adjustments come naturally, and then the physical and mental fatigue you have to endure on a fairly constant basis just to become more fit. But if you don't give in to the process will you ever know the meaning of commitment? Can you ever trust that what the coaches tell you will help you enjoy the journey of swimming and make the fulfillment of reaching goals worthwhile?

It took going to a movie and getting lost in it to help clarify this theme. May you give in to a more fulfilling swimming experience.

Janet Mata (from front pg.)

That's why this team is so great! Not everyone feels comfortable stepping up to a position of leadership but they're willing to help out behind the scenes. It's all the swimmers and their families that make this team such a great organization. I realize that this sport in particular, requires a lot of commitment, and it's great that everyone pitches in, even with their busy schedules. So everyone deserves a pat on the back! Thank you!



Pizza Night Friday, October 10, 2003

Please join VJO At

Straw Hat Pizza

3780 Sonoma Blvd.

Redwood, Vallejo

VJO will receive 25% of the pizza sales that night

Goggles for Sales

Prices are: \$4, \$6, \$7 and \$10 See MaryLou Miguel on deck

Susie Minahen (from front pg.)

This year, due to the tremendous support and efforts of Jon Riley, other team parents and the Vallejo City Council, Cunningham Pool will be staying open for the winter!! Through the City Managers' Corporate Challenge initiative we received \$8,500 from Triad Communities, \$2,500 from TEAM Chevrolet and \$1,000 from the Barney Favaro Family to give to G.V.R.D. We are very appreciative of the overwhelming support we have received from Triad, Team Chevrolet and the Favaro Family. A very big THANK YOU to all of the swimmers and parents who attended the City Council meetings to show our appreciation!!

I am very excited about the vision we have for our swimmers and team as we head into the 2003-

2004 swim season. Our focus this year will be on developing and implementing various activities to truly put our team's mission statement into action. Through various joint practices and full team activities, swimmers of all ages will get to know each other, be involved in strengthening our overall team unity and participate in enhancing each others' swimming skills. We believe these activities will help us to achieve our goal in promoting high self esteem, self motivation, a strong work ethic, positive peer interaction and goal setting as stated in our Mission Statement.

Please don't hesitate to give me a call, drop a note in my file or talk to me at the pool if you have any ideas, comments or questions about the team.

Thank You

VJO Welcomes our Newest Member:

John Bayotas	Clyde & Evangeline Ciupek
Heather Clyma	Hannah & Zachary Smith

Returning Member:

Kathy Rippberger

October 2003 Shark Profile



Ronald Joseph G. Miranda Age: 12

- Favorite Stroke:** I used to like the Breaststroke (whether it's 50 or 100yds) Now I like the Backstroke
- Favorite Events:** 200 IM, 100 IM, 200 Free
- Role Model:** Parents, grandparents, sister
- Hobbies:** Swimming, playing basketball
- Future Goals:** To be in the Asian Olympics representing the Philippines
- When I grow up I want to be:** A Veterinarian
- Favorite Subject in School:** Math
- Favorite Book:** Slam!
- If I could change one thing what would it be?** Peace on Earth



Laurie Tucker Age: 11

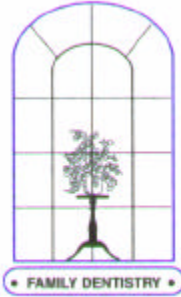
- Favorite Strokes:** Butterfly, Breaststroke
- Favorite Event:** 100 IM
- Role Model:** Mom
- Hobbies:** Basketball, Swimming
- Future Goals:** To go to UC Davis, get the President's Academic Award
- When I grow up I want to be:** A doctor
- Favorite Subject in School:** P.E. Computer
- Favorite Book:** Happy Hollister and the Sea Turtle Mystery
- Favorite Movie:** Harry Potter and the Sorcerers Stone
- If I could change one thing what would it be?** Find a cure for cancer



Brandon J. Miguel Age: 7

- Favorite Stroke:** Breaststroke / Butterfly
- Favorite Events:** 100 IM, Butterfly, & Breaststroke
- Role Model:** My Parents, teachers (Mrs. Del Rosario, Mrs. Samson & Mrs. Lawvey), brother & sister
- Hobbies:** Building things with LEGOs, playing the Violin, Reading, Swimming & Soccer
- Future Goals:** Go to College; Aeronautical Engineer
- When I grow up I want to be:** Navy Pilot, with all the bazooka and all the firearms I can load on my plane
- Favorite Subject in School:** Science & Math
- Favorite Song:** Salsa from Hawaii
- Favorite Movie:** Lilo & Stitch
- If I could change one thing what would it be?** Fix the satellite in space to make the TV work better

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Halloween Party

Friday
October 24, 2003
7-9pm
(Location Pending)

Games and Prizes
Costume Competition

Mark Kearney
643-7387 for info.

Sportsmen Barber Shop

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AMERICAN CANYON, CALIFORNIA 94503
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www.midcitynursery.com

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.

Last day to purchase tickets is Oct. 31, 2003.