



Shark Attack

November 2003

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

www.vallejoaquatics.org

Message from Coach

VJO swimmers have had many success stories over the past few years. A lot of kids have improved their strokes and their times dramatically. Some of that is due to growth. Youngsters physically get bigger; as they do they become stronger and are capable of some amazing things in the water, and it's up to the coaches to not screw that up.

But what happens when physical growth slows down? It happens with many people: they perform in meet events in which they are accustomed to dropping time consistently. But a meet will pass, then two... then three. A few months will go by and... not a whiff of improvement. Ooops. Hit a wall.

If you stay with swimming it

happens to you, and you'll wonder what you're doing wrong. Well, you might not be doing anything wrong. But there are a couple of things to keep in mind, and this applies to persons of all ages.

From a purely physical swimming standpoint, maintain— or develop—a healthy curiosity toward stroke technique. There isn't a perfect swimmer anywhere. Each person can stand to improve his fundamental skills in each stroke, turn and start. How do you think the best swimmers in the world keep getting faster? They work on their craft. They try things. Experimentation can keep things fresh. Your goal isn't perfection but more efficiency and ease so you can utilize your energy systems more wisely.

Another point I'd like

to make is about attitude. Do you take what you are, what you do, what you have, what you want, for granted? Do you think all that will forever be yours?

It's only my opinion, but thinking about the many people who've decided not to continue swimming has led to the conclusion that a great number of them got lost in the realm of success rather than in the joy of the journey. It's not the prize... it's the contest. It's not what you're feeling... it's what you're doing. And how you're doing it.

What happens to the twelve year old boy who grows from five foot four inches to five foot nine in six months, drops from 1:06.50 to under a minute in the 100 yard Freestyle, but really doesn't know about head

position, rotation and stroke length and, worse, doesn't work on it? He joins the Senior group at age 14, he might grow another inch when he's fifteen, but his times start flat lining less than a year after he's in the with the fastest swimmers. He just knew he was fast. He figured he'd be fast for a long time because he's with the fastest swimmers on the team. He didn't have to work on his technique; he never wondered how he got so fast or even thought about why drills work. Heck, drills are just something you do to fill the time between major sets and kicking! And then, sure enough, he's tired of swimming.

This may seem like stereotyping; it's like a cliché. But clichés contain truth.

Message from Susie Minahen

Our team has been very busy these past few weeks, along with attending our daily swim practices. In this month's message I would like to share with you some of those activities, as well as mention a few topics for the month of November.

We held our fourth annual Halloween Party on October 24th. We had a great crowd and a lot of fun. Thank you to everyone who brought the wonderful snacks. Both swimmers and parents were dressed up in very creative costumes and enjoyed the many games and activities. A very special thank you to Mark Kearney for organizing

this event for the fourth year in a row. It keeps getting better and better Mark!

Approximately 30 team members participated, either by volunteering to help manage the event or by walking/running, in the Mare Island to Medusa 10K & 5K Walk/Run. By supporting this event our team will have an opportunity to obtain a grant that we can use to buy equipment for the pool or training. Last year we were able to buy an underwater "Coach Camera"! Thank You to Cathy Riley for organizing our ticket sales. We sold over \$600.

On November 11th, the

coaches decided to acknowledge Veterans Day by going bowling. My sources tell me that it was a lot of fun and a great way to interact with swimmers that they don't always get a chance to talk to during practice.

On November 12th we started our Hot Chocolate nights. This year we will have Hot Chocolate and snacks following our Wednesday night practices. Thank you to Sylvia Guinon for volunteering to organize this winter activity for us! If you can help out please let Sylvia know as soon as possible.

In closing, I just want to share with each of you how important your safety is to us. As you know, it is getting darker a lot earlier now. Please be sure all swimmers wait inside the lobby for their ride at the end of practice, where it is warm and light, or outside in the front if an adult is present. Maintaining a supportive and safe environment is the foundation of our club's success.

I hope you all have
a very Happy
Thanksgiving!

Notes from the Board

On January 17 & 18, 2004, Zone 3 will be hosting the annual Zone 3 Championship meet at USF in San Francisco. Effective this meet, in an effort to keep the number of entries down to a manageable size, the Zone 3 Board of Directors voted to pass the "Zone 3 Time Standards" as the new qualifying times that need to be met in order to enter the meet. Some of the time standards are faster and others are slower based on the number of entries for those events in the past. Please take note of the new Time Standards to see which events you qualify for or are aiming to achieve. These Time Standards are only for the Short Course Zone 3 Championship Meet.

Hot Chocolate Night is back!

Every Wednesday we will be having Hot Chocolate and cookies night. We are asking for donations of hot chocolate (in the round canisters) and cookies. If you would like to help out, see Sylvia Guinon.

Also, please remember to throw away your garbage in the green trash containers and keep the pool area and changing rooms free of trash.

Thank You.



We are seeking a volunteer(s) to chair the **Silent Auction** during our meet on **Feb. 7-8, 2004**. The Silent Auction is one of our fundraising events. Please call Janet Mata @707.553.9995 ASAP if you can help out with this event. We hope that every family will donate an item(s) for the auction or you can ask a local business to make a donation.



Coach Lori started swimming for the city of Los Angeles at the age of seven. She joined the Crescenta/Canada YMCA team when she was thirteen. In 1998, Lori earned an All-American title in the 200M backstroke, placing 11th at Nationals.

Attaining a full swim scholarship, she attended California State University at Northridge from 1998 to 2003, earning a Bachelors of Science in Kinesiology.

For the past five summers, Lori has been a lifeguard and pool manager for Los Angeles where she taught swim lessons, coached a swim team, and directed junior lifeguards.

After getting married in June of 2003, she moved to Vallejo with her husband who is a first-year medical student at Touro University.

Her other interests include massage therapy, ice cream, Oprah, and eventually pursuing a master's degree in physical therapy.

Team Captain Corner

Hello all! This is Galen Here, your new team captain.

I was requested to write an article for our monthly newsletter and told it could be about anything. I had a hard time thinking about what to write but after a lot of thought I decided I would like to speak on my thoughts of the progress of our team. From what I have already seen I can tell you, with much certainty, that this year is going to be one of if not the best year this team has ever had! I see it in the way our team is becoming an even stronger family, in the way our swimmers are pushing themselves, and in the results of their efforts at meets. I often hear parents, coaches, and even other swimmers, talking about how they see this the same as I. I hope to be of help to bringing this team closer than it's ever been before, because that's the only way we can all improve; supporting each other.

With winter upon us and the short course season not yet fully begun many may think that this is the time when they can slack a bit and not have to worry about it! This is an ideal I hope none will see fit to uphold for long. I see it every once in a while when it's an especially cold day or the group seems to be lacking energy. Although these may seem reason enough to take it a little easy, I can tell you from experience that that way of thinking will only dissuade you from attaining your goals later on. There may, on occasion, be times when we feel like we can't get up for the workout that day, and that's fine from time to time, but on the days when you just don't want to work hard, you need to work your hardest! When you feel like you can't or don't want to work and you work as hard as you can anyway, you actually accomplish more than on the days when you feel great. Aside from all of that the overall point I'm trying to make is, no matter what may be happening outside the pool, at home, or at school you should always come to work your hardest so that you can attain future goals, or else what's the point in coming?

Well as I have already given you my two cents I see no reason to bore you any longer, so I'll see you at practice... .. BYE!!

Upcoming Meets

Date	Meets (short course)
Dec 5-7	14-Un AG Championship AA+, Pacifica
Dec 6-7	Zone 3 C/B Championship, San Francisco
Jan 17-18,	Zone 3 A+ Champs, San Francisco

VJO Welcomes our Newest Members:

- Alviann Bolla
- Samantha Johnson
- Alex Rowan
- Connor Rowan

2003/2004 Team Captains



Nadine Bueno

Age: 17

Birthday: March 16, 1986

Favorite Events: 100 Fly, 100 Back, 200 Back

What college are you thinking of going to?

Right now I am filling out college applications, but my top three colleges are San Francisco State University, University of San Francisco, and University of the Pacific.

What is your intended major for college?

My intended major is Nursing, although I find Pre-Dentistry to be interesting also.

What are some goals for your best events?

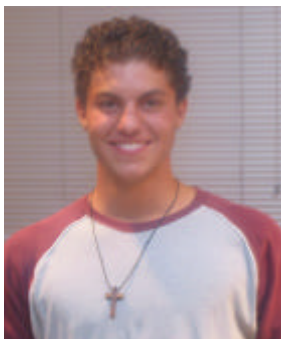
Some of my goals include getting a "Q" time in the 100 Fly and improving my times in the 100 and 200 Back.

Favorite Snack Bar Food:

I like everything at the VJO snack bar, but my favorite food would have to be baked potatoes with everything on it!

Swim Meet Superstitions

I make sure that I wear nail polish on my toes. For some reason, it makes me seem like I am faster in the water!



Galen Coles

Age: 16

Birthday: October 7, 1987

What do YOU enjoy most about swimming?

The atmosphere of our team is so warm that even on a day when I don't want to swim I can come and have fun anyway.

What college do you plan to attend?

I am for sure going to St. Martin's Center of Art & Design = London, England!

What are your plans for the future?

My big plan is to graduate college and go to work for a respected clothing line as a fashion designer.

Who are some of your role models?

?? My Dad, who is content with life despite all its obstacles.

?? Ms. Payne (9th grade religion teacher) who is the most tolerant person I know.

Any successful person who got to where they are honestly.

Where do you see yourself in 10 years?

Happy.

November '03 Senior Shark Profile



Rob Reay

Age: 18

What college are you planning to attend?

I am planning on attending Solano Junior College

What are some goal times for your best events?

500 Free (sc) 4:56.00, 200 Free (sc) 1:48.00, 100 Free (sc) 49 or 48, 50 Free (sc) 22 or 21, 100 Back (sc) 59 or 58

What do you enjoy most about swimming?

I enjoy competing most about swimming.

What are your plans for the future?

In the future I want to go to college. I then want to become a contractor.

What are your hobbies?

Golfing, watching Giants and 49er games, swimming, building things out of wood.



Kaylie Pezzuto

Age: 17

What interests, outside swimming, do you have?

First and foremost, water-polo! Also, surfing, kayaking, and guitar.

What is your favorite snack bar food?

THE Baked Potato!

What do you like most about your coach?

How encouraging Coach Chris is, no matter what your swim goals are. He inspires you to do your best.

What are your plans for the future?

Graduation in June, then off to college where I plan to play collegiate water-polo.

What major do you plan to take in college?

That IS the question!! Right now I'm thinking of Business and Recreation, but I'm really not sure.



Noelle Bueno

Age: 15

What college are you planning to attend?

University of the Pacific (UOP)

Who are some of your role models?

My mom and dad

What do you enjoy most about swimming?

It keeps me in shape and helps my asthma.

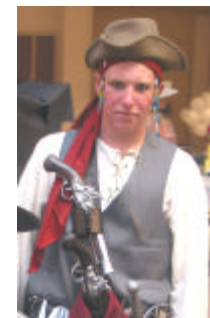
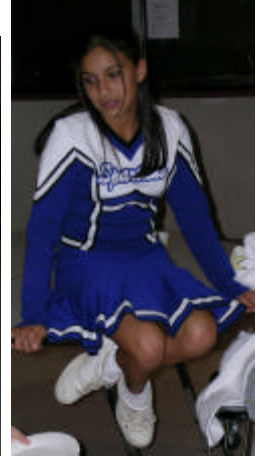
What do you like most about your coach?

He gives great advice to help me become a better swimmer.

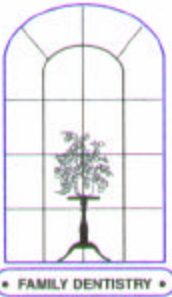
Where do you see yourself in 10 years?

Starting my own practice in Dentistry and maybe starting a family.

Halloween Pictures



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