



Shark Attack

December 2003

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

www.vallejoaquatics.org

Message from Coach

As I sat in front of my computer playing solitaire I thought about how I should articulate what my job is.

What do I do?

When asked a similar question one coach said, "I get kids to swim fast." For me, that only partially answers the question of "what do I do?"

Sure, I get some kids to swim fast. And almost all the people who've swum in my group over the years ended up faster than when I first coached them.

I like to think I teach fundamental skills that help each person become more efficient so he can glide through the water, almost like a fish. Some pick up these skills more easily than others. I also ask for effort, often times more than one thinks he can give that night.

And with the nature of our sport and the limitations of space our club teaches kids how to get along; without this skill the time spent during practice would be difficult to handle.

But at the very center of what I do is about keeping swimmers coming back. Day

after day. Week after week. Over the long haul.

Teach skills. Test those skills. In practice and in meets. Show each person what can be achieved. Let each person know that his effort, attitude and contribution to the team are valued.

I've thought a lot these past few months about what's important about the people whom you trust to make your experience with our swim team a valuable part of your lives. When it comes to the coaches, you must trust us. Trust our knowledge, our judgement, our values, our personality. If you don't you won't stay. Or, you'll talk behind our back, creating a divisive

environment that won't help us grow and thrive. Either way, it's bad.

Thank goodness we don't have this kind of situation on our club.

I'm committed to preserving the trust that swimmers and their parents have in our coaching staff. It takes open lines of communication on the part of the coaches and the coached (both swimmers and parents).

Let us know how you think we're doing.

Message from Susie Minahen

The year 2003 will soon be over. I hope it was a very good year for everyone! While reflecting on the past swim year, many of our swimmers have achieved several accomplishments. As a parent, some of the most important accomplishments are the many "first" in my children's lives. For swimming this would be activities such as the first swim in a certain event, the first B/A/AA, etc. swim time, the first time they achieved a certain high place in any event. There are also the accomplishments of the many improved swimming times that are achieved through the dedicated time and commit-

ment they give to their workouts.

Our club can be very proud of our many TEAM accomplishments. The following are just a few examples of our achievements in 2003:

?? Hired Coach Lori

?? Continued to grow with new swimmers

?? Secured Cunningham Pool for the winter

?? Improved the city's awareness of our team through our many presenta-

tions at the City Council meetings

?? Held three very successful swim meets

?? Held a very successful Swim A Thon

?? Enjoyed many "outings" together

?? Took 3rd place in REAL

Congratulations to everyone for your contributions to making our swim team a friendly, fun, successful club!

Speaking of FUN... last Saturday night we held our Annual

Christmas Party. Once again, everyone enjoyed the great food, crafts and auction.

Thank you to all who could make it, and especially to Mark and Rebecca Kearney, Kristin Jovino and Tuffy (our auctioneer) for your extra efforts!

Finally, my family and I would like to wish all of you a wonderful holiday season. We look forward to many more accomplishments in 2004.

Susie

Seasons Greetings to all!

Notes from the Board

Raley's Card = Free Money for VJO



Everyone has received a Raley's card in your folders, just a reminder to please register your cards online @ www.raleys.com. The Raley's Quality of Life Card makes it easy for you to support our organization and doesn't cost you anything.

When you shop just ask the cashier to scan your card and a percentage of your purchase will go to Vallejo Aquatic Club.

If you have any question or need more info. please call or see on deck Kristen Jovino 745-3101 or Joanne Soo-Tho 745-8748

Your grocery and holiday gift buying at Raley's helps raise money for VJO, please use your card

Upcoming Meets

Date	Meets (short course)
Jan 17-18,	Zone 3 A+ Champs, San Francisco
Feb 7-8	VJO Meet

VJO Welcomes our Returning Members: Brendan Kearny
Michael Stanwick

Upcoming Events: Straw Hat Pizza Night
Friday, January 9, 2004



Hot Chocolate Night (Every Wednesday)

Thank you to the folks who have donated cookies, hot chocolate, & other goodies and also have helped out.

Please we still need more cookies each week and your help, see Sylvia Guinon or sign up on the sheet posted on the VJO bulletin board out front.

Thank you also for remembering to throw away your garbage.

The **Silent Auction** will be held during our meet on **Feb. 7-8, 2004**. Thank You to those you have donated so far to the auction or talked to me about soliciting a business or are going to donate something.

There are donation request letters in the cart along with receipts if you need them.

I will take donation until Jan. 30, 2004, but if you have something to donate in mind let me know soon, so I have an idea of what I need to set up.

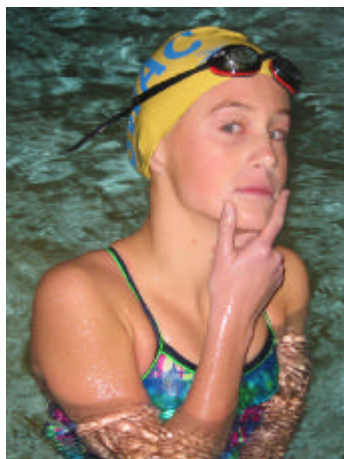
I will be needing help during the swim meet to set up and monitor the items, if anyone can help on any of those days, I would appreciate it. Just let me know.

Lourdes Viray 558-8804 or fviray@pacbell.net

2002-2003 PACIFIC SWIMMING TOP 10 SWIMMERS

<u>NAME</u>	<u>AGE GROUP</u>	<u>EVENT</u>	<u>PL</u>	<u>LC/SC</u>	<u>TIME</u>
CAMILLE MIGUEL	10-UN	100 BREAST	9TH	LC	1:34.87
KAITLYN LYNCH	10-UN	50 FREE	3RD	LC	31.89
KAITLYN LYNCH	10-UN	100 FREE	3RD	LC	1:09.42
KAITLYN LYNCH	10-UN	400 FREE	7TH	LC	5:33.35
KAITLYN LYNCH	10-UN	100 BACK	8TH	LC	1:24.27
KAITLYN LYNCH	10-UN	50 FLY	2ND	LC	34.39
KAITLYN LYNCH	10-UN	100 FREE	7TH	SC	1:03.14
KAITLYN LYNCH	10-UN	50 FLY	10TH	SC	31.74
DONNY MATA	13-14	50 FREE	9TH	LC	26.91
DONNY MATA	13-14	100 FREE	2ND	LC	57.19
DONNY MATA	13-14	200 FREE	7TH	LC	2:07.69
DONNY MATA	13-14	100 FREE	4TH	SC	50.12
DONNY MATA	13-14	100 BACK	2ND	SC	55.82
DONNY MATA	13-14	100 BREAST	10TH	SC	1:03.92
DONNY MATA	13-14	200 IM	8TH	SC	2:04.44
KATHRYN JOVINO	13-14	1000 FREE	5TH	SC	10:53.25

December '03 Senior Shark Profile



Megan Jovino

Age: 13

What interests, outside swimming, do you have?
Water Ballet

Who are some of your role models?
Steve Urkle & Momyo

What do you enjoy most about swimming?
Having underwater tea parties with Kimbo

What is your favorite snack bar food?
All food is good

What do you like most about your coach?
I like how much Chris understands & is easy to talk to.

What are your plans for the future?
To remain happy with a smile on my face.

Where do you see yourself in 10 years?
As weird as I am now.

What have you gotten out of being on VJO?
A second family.



Makena Pezzuto

Age: 12

What interests outside of swimming do you have?
water polo, surfing, water ballet with Megan, & DUCT TAPE.

What do you enjoy most about swimming?
coming home with the satisfaction that I have worked as hard as I can.

What is your favorite snack bar food?
chow mien

What do you like most about your coach?
I like everything about Coach Chris

What have you gotten out of being on VJO?
A great opportunity and wonderful friendships

Alumni News

FOUR FORDHAM SWIMMERS SWEEP WEEKLY ATLANTIC 10 AWARDS

Erika Newell and John Kennedy Named Performers of the Week; Ayse Caglar and **Niko Felix** Named Rookies of the Week

Bronx, NY - (December 1, 2003) - Four Fordham University swimmers swept the Atlantic 10 weekly awards for the week ending November 30th. Junior Erika Newell (Branford, CT) and sophomore John Kennedy (Tappan, NY) were each named Atlantic 10 Performer of the Week, while freshmen Ayse Caglar (Istanbul, Turkey) and **Niko Felix (Vallejo, CA) were named Atlantic 10 Rookies of the Week.** This is the third time Newell has earned an Atlantic 10 weekly award, while it is the first for Kennedy, Caglar, and Felix. Newell also received ECAC Women's Swimmer of the Week for her performance this past week.

Newell placed first in the 50-yard backstroke (27.53), 100-yard individual medley (1:00.53) and 100-yard backstroke (58.82) in Fordham's meet versus Columbia on November 24. Her time in the 100-yard backstroke was the fourth fastest in the Atlantic 10 this season. Kennedy placed first in the 50-yard backstroke (25.40) and 100-yard individual medley on versus Columbia.

Caglar this week set a school record in the 1000-yard freestyle, placing first in a time of 10:21.59, the second-fastest time in the Conference this season. She eclipsed the previous mark of 10:27.97, set by Brooke Barton in 1998. Caglar also took the top spot in the 500-yard freestyle with a time of 5:05.48. Felix won the 100-yard breaststroke in a time of 1:00.06 in Fordham's 179-117 defeat versus Columbia, and also recorded a time of 28.21 in the 50-yard breaststroke.

The Fordham Swimming & Diving teams are off to a very good start this season, as the women are currently 6-2 on the year, while the men are at 4-4. They will both be in action this weekend, December 6-7, as they participate at the Bucknell Invitational in Lewisburg, PA.

Founded in 1841, Fordham is New York City's Jesuit University. With 22 men's and women's varsity sports teams, the Fordham Rams are members of the NCAA Division I and compete in the Atlantic 10 Conference in baseball, basketball, cross country, golf, indoor and outdoor track, women's rowing,

soccer, softball, swimming and diving, tennis and volleyball and in the Patriot League (NCAA I-AA) for football.



Niko Felix - Fordham Freshman, Vallejo, CA/St. Patrick's & St. Vincent's HS Felix won the 100-yard breaststroke in a time of 1:00.06 in Fordham's 179-117 defeat versus Columbia on Nov.24... also recorded a time of 28.21 in the 50-yard breaststroke.

December '03 Shark Profile



Alyssa Lee Age: 13 (Happy Birthday 12/19!)

Favorite Strokes: Breaststroke
Favorite Event: 100 Breast
Role Model: Suzie Doll, Coach Lori
Hobbies: Playing piano, friendship braceletss
Future Goals: College
When I grow up I want to be: A Lawyer
Favorite Subject in School: Technology & Spanish
Favorite Book: Heartsongs
Favorite Movie: Selena
Favorite Song: All I have
If I could change one thing what would it be? Violence & sexual abuse



Cassie Lee Age: 8

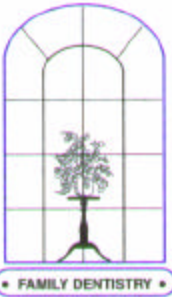
Favorite Strokes: Butterfly
Favorite Event: 25 Butterfly
Role Model: Kaleb Lee
Hobbies: Play on a trampoline, swimming
Future Goals: Go on a mission
When I grow up I want to be: A Farmer
Favorite Subject in School: Art & Reading
Favorite Book: Superfudge
Favorite Movie: Pirates of the Caribbean
If I could change one thing what would it be? Kids be in charge of parents.



Mary Welton Age: 7

Favorite Stroke: Breaststroke
Favorite Events: 50 Breast
Role Model: Mom
Hobbies: Watching T.V., swimming, Judo
Future Goals: Go to the Olympics.
When I grow up I want to be: A dentist
Favorite Subject in School: Art
Favorite Song: "Why Not"

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December 2003 & January 2004 Holiday Swim Practice Schedule

Mon	Tue	Wed	Thu	Fri	Sat
22 Tuffy 5:45-7pm Chris regular practice	23 Tuffy 5:45-7pm Chris regular practice	24 Tuffy 9-10am Chris 9am Start Seniors & Juniors	25 Merry Christmas No Practice	26 No Practice	27
29 Tuffy 5:45-7pm Chris regular practice	30 Tuffy 5:45-7pm Chris regular practice	31 Tuffy 9-10am Chris 9am Start Seniors & Juniors	Jan 1 Happy New Year No Practice	Jan 2 No Practice Tuffy Chris 3:30pm Seniors & Juniors	Jan 3 Chris 9-11am Tentative Invitational Practice