

Shark Attack

The official Newsletter of the Vallejo Aquatic Club

WWW.VALLEJOAQUATICS.ORG

June 2003

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Message from Coach Chris

I traveled down highway 101 to spend some time with friends. We don't see each other often. This group of guys can vary in number from five to maybe 12 (a couple of times, I'm told, there were twenty), depending on the diligence of the people involved to remind the others that this usually is a special weekend in our lives.

This gathering started in 1990, at least that's what one of the men who's attended all but one of these gatherings told us. They've all been in central California, except for one, which was held in Malibu.

What we do when we get together is mostly sit around and tell stories. (If you're a swimmer on our club reading

Message from Janet Mata

Our June meet is right around the corner. We need everyone to come and help out to make this meet as successful as the others. If you're new to our Club and not quite sure where you can help out, ask one of our board members or a Coach.

On Friday night, June 13th, we will be hosting a potluck to welcome a visiting team from Oregon. We really need everyone to attend and bring food. Let's show the Oregon team our team spirit and hospitality!

On a more serious note, we are facing the closure of the pool for 12 weeks during this coming winter. Many of you may not be aware that VJO is a tenant of this pool and therefore we pay a monthly rent to GVRD. Due to budget cuts, GVRD is telling us that they will be

this, you know that's what your father does a lot when he gets together with his male friends.) We also play golf (those who can get to town on Friday), basketball, bocce and horseshoes. As the years go by we play fewer games of basketball because it demonstrates very clearly how old we are— all of us are in our mid-forties, carrying more weight (some a lot more) than we did when we were twenty years younger. However, it's not necessarily how we play our games that makes what we do at these gatherings so much fun; it's being reminded of certain qualities that makes these guys what they were when we hung out so long ago.

People don't change. What you like about someone is what you'll see in

him years from now. What he might be very good at now will serve him well in his career. Observe and take notes now; you'll see the same things, probably more refined, years from now.

The people I spent part of a weekend with were integral to my life in college. We played water polo together for all or parts of four years. We reminded each other of some of the things we did in class, at practice, on the road, in the cafeteria. Each of us displayed what dominates our personality, just as we did when we were in college. One man who attended our recent reunion was one of our best scorers, and he wasn't afraid to take a big shot with the game

(SEE COACH CHRIS, page 2)

VJO SUMMER BREAK (No Practice)

The VJO Summer Break will be the last week of August through the first week of September

August 24, 2003 - Sept. 6, 2003 .

Please note that all members are to pay the full monthly dues for both August and September

Have a great vacation everyone!

closing the pool from mid-November through January. The only way to keep this pool open and keep our team alive is to pay 20,000.00+ for the 12 weeks. We need everyone to pitch in and help out with fundraising! Our biggest fundraiser is our meets. We also do a Swim-a-thon in July. Originally, the flyer said our goal is 10,000.00 but we need to shoot for double that amount! We also need to start thinking of other fundraising projects we can do. Please think of some and jot them down on paper and put it in my file. We all need to participate 100% in some, if not all future fundraisers so we are able to pay the amount needed for the pool. So please, give it a lot of thought and

let's pull together to accomplish this goal! Every little bit helps!

Summertime and the warm weather bring many extra activities other than just swim meets and practice. We also march in the July 4th parade every year. Not just the swimmers, but the parents, siblings, relatives and anyone who wants to be connected with our swim team. We pass out flyers along the way to advertise our team. We ask that everyone purchase the teal color T-shirt and wear it in the parade. Every year our group gets larger and larger! It's great to see a
(SEE JANET MATA, page 2)

Notes from the Board

(COACH CHRIS, from front page)

on the line. He never lacked for confidence. At our gathering he talked a lot of smack as we played hoop (he was on the winning team for all but one game), bocce (he claimed that he played daily at lunch with his colleagues) and horse- shoes

(he never stopped talking as the opponents threw their shoes). Just as he did in the pool in the late '70s. Another man, my roommate in the dorms for two years, was pretty quiet, unassuming, just listening to the stories that the others told. A lot like he did while in school. (But he sure had a hot hand throwing the horseshoes!)

It's pretty interesting, how you're drawn back to the people you associated with in your youth, and the roles you assume even though you're a lot older and have experienced many things since you spent so much time together. You may not believe this, but I draw back a lot and let the others tell their stories. I am a lot like the quiet man I referred to above. But I laugh a bit more. That's my role with this group.

(JANET MATA, from front page)

big mass of people wearing teal colored shirts coming down the parade route! On July 25th, we have team pictures! We will also be wearing the teal shirts for the pictures. Then you can order and take individual pictures that evening as well. Watch for the order packets to come out in July! Then our biggest event of the summer is the REAL Championship Meet which is in Ukiah this year. If you haven't made your reservations for the hotel yet, do it quickly! This meet is the biggest meet for our team and for me and many others, the most fun! Everyone gets to swim... from the brand new swimmer that just joined a month ago to the fastest swimmer on our team. We do lots of relays and cheer each and every swimmer on to try to win the 1st place banner for our team! And last but not least, we usually have a few potlucks thrown in for a fun get together.

So let's have a great summer, swim well and have fun but don't forget your sun block!!

VJO Welcomes our Newest Members:

Bob's Group:

Travis Askham

Marina Rovo

Tuffy's Group

Lisa Baldinger

Julio Jolivette

Alisa Gardner

Amy Lee

Returning Members:

Cera Rivera

Kristina and Caesar Sangalang

Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
June 13, 14, 15	VJO Swim Meet	lc	Vallejo	All
June 27, 28, 29	Zone 3 A+ Long Course Championships	lc	Vallejo	Qualifiers

Zone 3 Summer Long Course Championship Meet

This meet is for all swimmers with an "A" time or better. This is a "Trial and Final" meet. Swimmers who have an "A" time in Short Course may enter this meet as long as the time converts to a minimum Long Course "A" time or better. Instructions on how to convert times can be found in the Pacific Swim Guide or there is a conversion calculator on our website, www.vallejoaquatics.org. **There is a maximum of 3 events per day plus relays. Please do not sign up for relays.** The Coaches will make up the relays and contact you if you will be on a relay.

All entries must be received in the "Mata" file by June 12. If a new "A" time is achieved at our meet on June 13-15, and you would like to enter this meet, please see Janet in the Computer room before the end of our meet.

VJO 2003 Events:

Parade	July 4
Swimathon	July 9
Team Pictures	July 25
Potluck, Make posters for R.E.A.L	August 7
Awards Banquet	Sept 27
Mare Island to Medusa	Nov 8

REAL CHAMPIONSHIPS, August 9 & 10, Ukiah, CA

If you haven't already, make your reservations NOW, Call the Discovery Inn (707) 462-8873 and tell them you are with the Vallejo Aquatic Club - Our rate is (\$81.90) 2 adults & 2 children.



VJO Welcomes:

Hannah Abigail Lee

May 10, 2003

6 lbs. 13 oz.

19 inches

Parents: Troy and Debbie Lee

Shark Profile

Francisco Salazar

Age: 17



Favorite Strokes: Backstroke & Freestyle

Favorite Events: 200 Back, 100 Back, 200 Free, 100 Free

Role Model: Mom & Dad also my friends

Hobbies: Cars, Planes & Swimming of course

Favorite subject in school: Biology & Math

Future Goals: Going to UC Davis

When I grow up I want to be: Aerospace Engineer/ Industrial Designer

Favorite Song: My Paper Heart by All American Rejects

Ryan Brietzke

Age: 14



Favorite Stroke: Freestyle

Favorite Events: 400 I.M., 500 Free, 50 Free & Distance Events

Role Model: My parents

Hobbies: Swimming, Playing with and building RC cars and planes, and designing roller coasters

Favorite subject in school: Math

Future Goals: Get a "Q" time in some more of my events.

When I grow up I want to be: An Engineer

Favorite Book: Harry Potter

If I could change one thing what would it be? I would want to make most or all of the pollution and fighting stop.

Julio Jolivette - Ramirez

Age: 12 (turning 13 in Dec.)



Favorite Stroke: Freestyle (without kickboard)

Role Model: My Mother

Hobbies: Swimming, drawing, math, kickball, and cooking

Future Goals: Learning how to move with a flutter kick on the kick board.

When I grow up I want to be: An architect/ Fireman/ Policeman

Favorite Book: Joey Pigza Swallowed the Key

Favorite Song: Fallen by Evanescence

If I could change one thing what would it be? I would change that teachers get paid way more money.

Shark Profile



Sharif Naas

Age: 13

Favorite Stroke: Freestyle

Favorite Event(s): 200 Freestyle

Hobbies: Reading, Computers, Biking, and Swimming 😊

Favorite subject in school: Math and Science

Future Goals: To get a PhD in Physics and Math

When I grow up I want to be: A Physics Scientist

Favorite Book: "His Dark Materials" - 3 Book Series



Gabriela Salazar

Age: 12

Favorite Strokes: Fly and Free

Favorite Events: 100 I.M. and 50 Free

Role Model: My friends and family

Hobbies: Swimming, sleeping & drawing

Favorite subjects in school: Yearbook and History

Future Goals: To go to college

When I grow up I want to be: Marine Biologist/ Vet

Favorite Book: Under the Cat's Eye

Favorite Movie: Goldmember

Favorite Songs: Faint and Breaking the Habit by Linkin Park



Patricia Welton

Age: 9

Favorite Stroke: Freestyle and Butterfly

Favorite Event(s): 50 free, 100 free, 50 fly, 50 breast

Role Model: My parents

Hobbies: Drawing, coloring, playing with my brother, Science projects, making things

Favorite subject in school: Science, Math, Social studies

Future Goals: being in the Olympics for Judo and Swimming

When I grow up I want to be: Scientist

Favorite Movies: Holes, Lizzie McGuire, E.T., Lilo and Stitch, Holiday In The Sun, Spirit

If I could change one thing what would it be? No more Wars

**Vallejo aquatic club
Potluck**

Friday, June 13, 2003

Cunningham Pool

7:30 p.m.

(after the swim meet)

Please join us for the great food, a get together with all the VJO families and to also welcome the 60 swimmers and their families coming from Oregon for our Swim Meet

Please bring (last name starting):

A - D Salad

F - R Main Dish

S - Z Dessert

Note: We are requesting families to bring food for at least 10 people

If you have any questions call, Lia Lynch
642-6222

Swim-A-Thon

Wednesday, July 9, 2003

We want to make it a great time for Swimmers and Parents while raising money for the team. If you want to be on the Swim-A-Thon committee or have any fun ideas for the event, please contact

Jean Augst at (707) 557-7300 or

Eva B. Aguilar at (707) 553-8851



Congratulations Class of 2003!

VJO would like to congratulate our swimmers who are graduating from high school this month.

We wish you continued success in your future plans!

Brandon Dewey

Niko Felix

Tyson Frenn

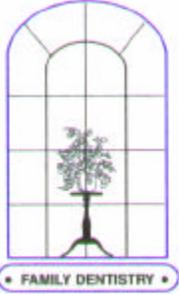
Brenden Kearney

Amy Lum

Leslie Toch

Marina Rovo

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1632 Tennessee at Toulumne

Woodland Long Course Swim Meet May 23 - 25, 2003



"Take your mark"



Melanie Patton



Donny Mata - 50 Free



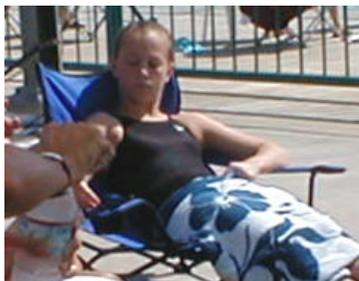
Peggy and Makena Pazzuto



Coach Chris & Taylor Riley



Donny Mata & Kathryn Jovino



Megan Jovino



Felix Viray, Kirsten and Kathryn Jovino



13-Over 100 Breast