

Message from Coach Chris

What do you want to be when you grow up? Give it some thought. Think big and small. Do not place limits on your dreams.

Here's how this relates to what we do in swimming. Set a goal of getting your 'A' time in a backstroke event. It'll take going faster than the 'A' time standard. But, getting that time does not just happen. You have to learn to swim with very good fundamentals, meaning your head position, pulling pattern, kick and rotation have to be right. So, the big goal is to get the 'A' time in backstroke but the steps it takes to get you there can be short-term goals. Same goes for any goal in our sport; set a goal, then establish the things it'll require for you to accomplish it. That's where the coaches can help you. Sure, we have goals for our swimmers, and it is our job to help each swimmer reach his/her potential. We would like every swimmer on our club to establish individual goals, communicate those goals to the coach, and let

Message from Janet Mata

Spring is here and with it comes the warmer weather, less clothing and more skin! Skin that needs to be protected with sunblock lotion. Everyone needs to remember to put on sunblock and put it on often, especially at the swim meets. So get yourself a bottle and put it in your swim bag along with the extra towels, change of clothes, suit, goggles and other essentials for a meet.

Also during this time of year, we begin Long Course season. Long Course means we swim the length of the pool rather than the width. Long Course season begins around April and lasts through July or the beginning of August. If you're not sure whether you can swim the length of the pool, ask your Coach. And even if you can't quite make it or you just don't want to swim

him help you accomplish those goals.

But it takes more. You must monitor your progress, both in practice and in meets. You should be willing to make changes and adjustments in your strokes, and have the honesty, persistence and patience to truly test the effects that change has on how efficiently and fast you move through the water.

I mentioned honesty above. You must be brutally honest in evaluating what you are doing on a daily, weekly and monthly basis. You must honestly try a suggestion your coach gives you about adjusting your stroke. The adjustment probably will feel weird; but your coach has told you what will happen if you make the change. Try it, check for the benefit, and keep at it.

Perhaps one of the goals each of us ought to make is to realize that the process of obtaining our goals is as important as actually accomplishing them. Each step we take also should include learning what

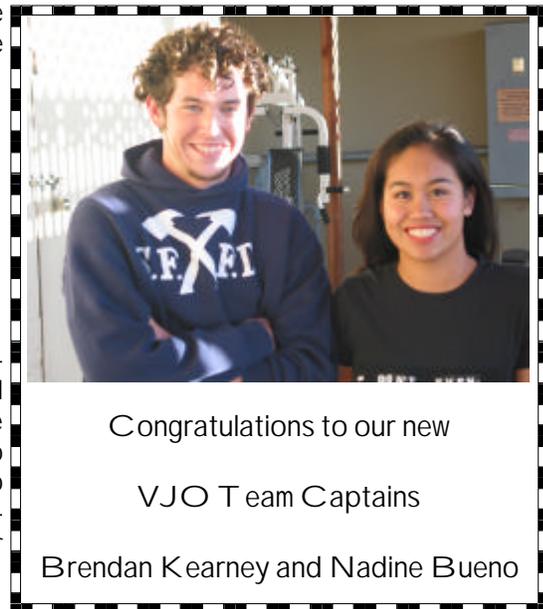
Long Course, don't be discouraged. We will be having dual meets during the season which are always Short Course meets. So keep practicing and remember to check your files for any information about swim meets and other team functions.

Another good place for information about swim meets and other team functions is our website, www.vallejoaquatics.org. We have started posting copies of meet sheets for meets that we will be attending as well as our own meet coming up in June. Thanks to Roland Felix, we have a great website with all kinds of information. You can get an updated top times report for filling out meet entries, check out the team records or look

we've done along the road to reaching the goal. You've probably heard it before: it's not the destination that's important, it's the journey. Learn what you're doing each day, and understand that we're on a continuum. Each day does not start us anew on our path to faster swimming, we're building on what came before. Grasp what we're doing, apply it to every set your coach has you do, grow as a swimmer each day, each week, each month.

What do you want to be when you grow up? Think about it, set some goals, and think about the little steps along the way that'll help you get there.

As for us adults, it's never too late to be a kid again.



Congratulations to our new

VJO Team Captains

Brendan Kearney and Nadine Bueno

at pictures from various functions and meets.

Special thanks to Chris Carlos, Steve Domecus and Felix Viray for getting the wiring completed so our copy machine can work. Thanks also to Pert Sangalang for all the work he put into making the shelves and work table in the shed for our copier. We depend on the skills and help from our parents to help keep costs down. Thank you, we couldn't have done it without you!

Notes from the Board

VJO Spaghetti Feed and Raffle

Friday April 11, 2003

6 – 10 pm

Dinner at 7 pm

Jesse Be the High

Student Union

\$5 Per Person

(Under 5 free)

Bring 2 new prizes to donate to the raffle



Volunteers Needed For

Setup 4 - 6 pm
 Kitchen help 5 - 7 pm
 Raffle
 Cleanup

Please turn in your ticket request/payment and volunteer info. to the Kearney file by Tues. 4/9 (See flyer in your folder)

VJO Welcomes our Newest Members:

New Member:

Christina Bienati
 Jonathon Borja

Returning Members:

Micheal Tamayo

Buy Scrip before you do your shopping

SCRIP available to purchase, order forms are available in the file cart (the list, includes retail stores, restaurants, gas stations and others). **VJO receives a % of the sales.**

If you have questions call **Remy Bueno 557-9079** or **Sonia Balague 557-2771**

Thank You for contributing ideas and info. for the newsletter.

Suzanne Spillner - VJO Alumni News

Danette Domecus, Jean Augst - Questions for captain's article

Angeli Stanwick - Recipes

We would like to hear from you please send in your Articles, Swimming Info., Pictures, Questions, etc. to be published in a future newsletter.

Email: fviray@pacbell.net or place in the "Viray" folder.

Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
Apr 3-6	Far Westerns Q+	sc	Pleasanton	Qualifiers
Apr 25-27	TERA B/A+	lc	Concord	Bob
Apr 26-27	TVA Invitational	lc	Petaluma	Chris/Tuffy
May 2-4	Woodland B/A+	lc	Woodland	Chris/Tuffy
May 15-17	San Joaquin Champs (H.S.)	sc	Lodi	Qualifiers
May 23-24	North Coast Champs (H.S.)	sc	TBA	Qualifiers
May 25	Junior + Walk On	sc	TBA	Qualifiers

Mark your Calendars

VJO Swim Meet C/B/A+ long course All Groups

June 13, 14, 15, 2003

REAL CHAMPIONSHIPS, August 9 & 10, Ukiah, CA

Make your reservations soon, there are other swim teams reserving at this hotel. 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. (ALL Swimmers are encouraged to attend.)

Zone 3, Pacific Swimming

Officials Clinic

Novato Hamilton Community Center

(Cabana Multipurpose Room)

NOVATO (former Hamilton Air Base)

On Saturday April 12, 2003

8:30 am - 1 pm

Clinics:

Meet Director	Starter (new)
Referee	Adv. Starter
Stroke & Turn (new)	Clerk-of-Course
S & T (Session 2)	Colorado Setup & Principals
Chief Judge (Head S&T)	Meet Manager (Setup of Hytek)
Re-Cert S & T	Chief Timing Judge (Intermediary)
Announcer	

Please Note: Everyone attending Referee, Starter, S & T (Session 2), Re-Cert. S&T, or Chief Judge clinics must come with appropriate test **completed**.

For more Info. **Call Jeff Hine (707) 745-2440 VJO Officials Head**

Lynn Graham (707) 528-8710 Kgraham386@worldnet.att.net,

Susi Jackson (707) 745-6132 jackson4@ltnl.gov

Directions, see www.pacswim.org click on Officials section

VJO Team Captains



Brendan Kearney Age: 18

Favorite Stroke(s): Breaststroke, Freestyle

Favorite Event(s): 500 Free, 100 Breast

Hobbies: Swimming, Boy Scouts, RC Cars, Reading and lots of others.

Favorite subject in school: History

Future Goals: Go to the Academy of Art

When I grow up I want to be: A Computer Animator

Favorite Book: Lord of the Ring Series

Favorite Movie: Star Wars

Hi Everyone:

My name is **Brendan Kearney** and I am the new co-team captain for VJO, along with Nadine Bueno. In order for everyone to further get to know me, I was asked to write an article for the newsletter about myself.

To start, I will talk about my life as a swimmer. I started swimming when I was 9 years old on a part-time basis. The other part was gymnastics. When my gymnastics team folded, I started swimming full time. Since then it has gone from just a sport to more of a way of life and a passion. I actually miss going to practice when I can not make it. Getting in the water and swimming everything away for two hours is just great. I really made a name for myself, when I was 12, 13 and 14. I went from an average swimmer going for "A" times and "AA" times to a "PRT" swimmer in the 200 Breast. I all of the sudden realized I wanted to go to Far Westerns and I put my whole heart into the effort. While I missed the short course ones, I kept working hard and made it to the long course Far Westerns at age 14. From there I have gone nowhere but up, striving to go faster than before. I am currently more of a distance swimmer and have multiple "Q" times. Still looking for the next "PRT" time.

Away from the pool I like to do other things too. One of those things that is very important to me is my career in Boy Scouting. I recently finished it out at age 18 with the rank of Eagle Scout. That was one of the most meaningful things I have done with my life so far. I feel that was a real accomplishment.

(See **BRENDAN**, page 5)



Nadine Bueno Age: 17

Favorite Stroke: Butterfly

Favorite Event(s): 100 Fly, 200 Fly, 100 Back

Hobbies: Listening to music, hanging out with my friends

Favorite subject in school: Math, Spanish

Future Goals: Get accepted into the University of San Francisco. Get a "Q" time in the 100 Fly.

When I grow up I want to be: Nurse Practitioner (NP)

Favorite Book: The Joy Luck Club

Favorite Movie: She's All That

If I could change one thing what would it be? To end world hunger and poverty.

Hi Everyone,

My name is **Nadine Bueno** and I am one of your team captains for the 2003 swim season. Brendan Kearney is the boys' team captain for the 2003 swim season.

I started swimming when I was 13 years old, 4 years altogether. Before I started swimming, I did ballet for eight years until I was twelve years old. I also played volleyball and basketball in junior high. Unlike all these other activities, swimming has something different. Swimming is something in which I always try to get better at; everyday at practice; there is always something that you can improve and work on. It also is great exercise and there is low risk of injuries. When I was thirteen, I decided that I would be fully committed to swimming, and here I am now, a team captain and telling you about myself.

Swimming plays a big part of my life. I don't like to miss practice. Each year I get better and I learn more about swimming. I also get in better shape each year and more mentally prepared for my races. I now have "A", "AA", and even "Q" times. A big turning point in my swimming career was when I got an "A" time in the 100 Fly. I have even made it to high school Sections in Lodi! Ever since, I have been a butterfly. These past four years have been a lot of hard work, but they sure have paid off. Some of my best moments of swimming at VJO are R.E.AL.'s and even just going to practice. REAL's are the best because every swimmer, no matter what age, gets to be there. It is one of the only times that I think we as a swim team are together and get to see new faces too!

(See **NADINE**, page 5)

A VJO Team Captain Is:

- o a positive role model for all swimmers on the team, responsible and well behaved, helpful and friendly, cooperative and organized, dependable and punctual
- o respectful and cooperative with VJO coaches, board members, parents and teammates
- o motivated to do well and give the highest levels of effort with a positive attitude in all aspects of life, in and out of swimming
- o interested in helping new team members become acclimated to VJO
- o confident with speech and communication skills, and listens attentively and objectively to coaches, parents and fellow swimmers
- o approachable so that anybody— swimmer or parent--feels that he/she can discuss issues of any kind without fear of rejection
- o at practice almost every day (80-90% attendance) and participates in meets
- o a Junior or Senior in High School

A VJO Team Captain

- o shall be a leader of team spirit, helping to create/lead cheers, make posters and develop spirit themes for championship meets
- o shall talk to and encourage fellow team members from all groups at practices and meets, emphasizing sportsmanship, team pride, proper training and performance habits
- o shall periodically be available to help coaches on deck or in the water with demonstrations of what the coach is attempting to teach his/her swimmers
- o shall attend VJO Board of Director meetings when requested by the Board.
- o shall write an article for the team newsletter a minimum of three times per year
- o shall be involved in helping VJO develop ideas for team functions such as fundraisers, parties, parades and fun days
- o shall help organize at least one fundraiser all swimmers can participate in (car wash, pizza party, etc)

Shark Profile



Vicky Burt

Age: 15

Favorite Stroke: Freestyle **Favorite Event(s):** 100 Free, 50 Free, 100 Back
Role Model: My parents **Hobbies:** Swimming, acting, singing
Favorite subject in school: History
Future Goals: To get all my "Q" times and to get into a good college.
When I grow up I want to be: A Marine Animal Behavioralist
Favorite Book: A Ring of Endless Light **Favorite Movie:** A Walk to Remember
Favorite Song: Dreaming of You by Selena
If I could change one thing what would it be? War and its effects.



Erica Donida

Age: 13

Favorite Stroke: Backstroke **Favorite Event(s):** 100 Back, 50 Breast
Role Model: My Mommy and Daddy **Hobbies:** Sleeping.. Eating... Internet
Favorite subject in school: English
Future Goals: Finish College, become successful, be happy!!
When I grow up I want to be: An elementary School Teacher or Psychologist for children
Favorite Movie: Lilo and Stitch **Favorite Song:** In Da Club
If I could change one thing what would it be? NO WAR!!



Erin Unger

Age: 8

Favorite Stroke: Butterfly **Favorite Event(s):** 25 Backstroke
Role Model: My Dad
Hobbies: Skiing, swimming, horse riding, video games
Future Goals: To win at a swim meet
When I grow up I want to be: A Teacher
Favorite Book: Harry Potter and the Chamber of Secrets
If I could change one thing what would it be? There would be no war.



Bryanna Aguilar

Age: 7 almost 8

Favorite Stroke(s): Freestyle and Breaststroke **Favorite Event(s):** 25 Free
Role Model: Tuffy **Hobbies:** Gameboy, swimming and reading
Favorite subject in school: Science, studying about insects
Future Goals: Improve my grades, better stroke– my butterfly
When I grow up I want to be: A Zoo Keeper
Favorite Book: The Three Pigs **Favorite Movie:** Harry Potter
Favorite Song: Cruella DeVille
If I could change one thing what would it be? Nothing

VJO Alumni News

From Bob Myers, Solano Community College, Director of Athletics, in his Solano Sports Update email, about one of our alumni Mario De Senna:

In swimming Mario De Senna has already broken one school record in the mile swim. He seems to be the next in a long line of All-Americans from Solano College.

From an email message sent from one of our alumni swimmers, Joanna Scrutchins, who swam in the NCAA Division III National Championships in Grand Forks, ND.

Hey there...this is Joanna Scrutchins....i don't have anybodies e-mail address but i wanted to contact you guys to let you know how i am doing....

I just returned from the NCAA Div. II National Championships in Grand Forks, ND. I had a great time, and swam well too :)

I qualified in both the 200 and 400 medley relays, in the breaststroke legs. And then i got my consideration times in both the 100 and 200 breaststroke.

Lot's of breaststroke for me :) At the beginning of January i injured my elbow, don't ask i have no idea, however it set me back greatly and my dreams of making it to Nationals began to disappear. I did not give up though. I kicked about 75% of the practices and worked out in the weight room as much as possible. We then rested for PCSC, our conference championships, where i unfortunately came down with bronchitis three days before the meet...with this in mind, and body at the time, i swam 3 lifetime bests out of 4 individual events., qualifying for Nationals.

200 I.M. 2:12.73 missed my B cut by 8-100ths

previously in my 400 I.M. i went a 4:43.39 and missed by B cut by 6-10ths I got better and continued kicking until we left for Grand Forks, North Dakota.



Here i swam/split all but one lifetime best:

200 MR trials i split a 30.64 finals i split a 31.00 (slow start)

400 MR trials i split a 1:07.25 finals i split a 1:06.8

we got seventh in both...a bit of an upset, but we didn't have our

qualifying relay swimming together...then...

100 Breast trials i split a 1:08.02...my best trials swim, but still not me best time of a

1:07.96...i went from 28th to 19th.

200 breast trials i split a 2:26.45

consolation finals i split a 2:25.21 my best time this season by 9 seconds...i went from 28th to 12th the lady roadrunners got 5th place this year out of 29 teams(10th last year) so we were really excited...and our men's team got 2nd...not so good for them unfortunately

anywho...i hope to see you this summer...maybe fit in a swim meet or

two...best of luck, and please e-mail me back on how the rest of the team is doing....congrats to Niko and Donny....

love always,

Joanna (*Strawbryx@aol.com*)

BRENDAN (from page 3)

The other thing that I am proud of is being a Senior Guard/Junior Guard Assistant at the pool during the summer months. This will be my fourth year coming up and just recently I completed the Lifeguard Instructor course so that I can teach others to become lifeguards too. I think becoming a lifeguard is a valuable learning experience in many ways, the main one being that you learn tools to save people's lives.

And then there is the little stuff. My favorite food is definitely Mexican. GOOD STUFF!! My favorite type of music is Rock-n-Roll in all it's shapes and forms. It really makes life that much more exciting. My biggest role model would have to be Walt Disney. That was a great man.. Some day I hope to work for Disney doing computer animation!! And last of all if I could change one thing, I think it would be society's dependence on technology. Yeah, that is big, but I think it would make the world better.

Well I hope I have given you a little insight into who Brendan Kearney is. Not too much, a guy has to have his secrets!! See you out there swimming!

NADINE (from page 3)

I am a junior (11th grade) at Jesse Bethel High School. I spend most of my time doing homework for my A.P. and Honors classes when I am not at the pool swimming. I am also one of the team captains for the Bethel Swim Team. Schoolwork keeps me really busy, but I still have time to do something I really love, swimming.

After high school, I hope to get accepted into the University of San Francisco (USF) or San Francisco State University. I plan on majoring in Nursing. I hope to be a Registered Nurse. Of course, I hope that I make the college swim team. After college, I hope to be working part-time and going back to school to study to become a Nurse Practitioner (N.P.).

That's pretty much all there is about me. Hopefully, during this swim season, I will get to know YOU too! If you have any questions or comments, you can always come up to me and ask them. Have fun, keep swimming and see you at the pool!

P.S. The weather is starting to get warm. Remember to wear sunscreen with at least an SPF of 15!

RECIPES

HOT ARTICHOKE DIP

Yield: 10-15 appetizer servings

2 jar (8.5oz.)	each artichoke hearts in water, drained
1 pkg. (10oz.)	frozen chopped spinach
1 garlic	glove, pressed
½ c.	sour cream
½ c.	mayonnaise
½ c.	grated Parmesan cheese

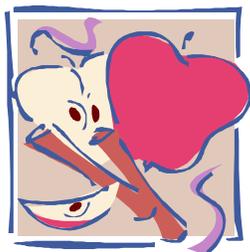
Preheat oven to 375. Drain and coarsely chop artichoke hearts. Mix with remaining ingredients. Bake in casserole dish for 20-25 minutes or until heated through.

Submitted by Angeli Stanwick

APPLE NUT CINNAMON MUFFIN

Yield: 12 standard size or 36 mini muffins

1 ¾ c.	raisin bran cereal
½ c.	peeled, chopped apple
½ c.	chopped walnut
2 T.	unsalted butter, melted and cooled
1 ½ T.	sugar
½ t.	cinnamon
1 ¼ c.	flour
¾ c.	sugar
¼ t.	salt
1 ¼ t.	baking soda
¾ c.	buttermilk
¼ c.	vegetable oil
1 large	eggs



Preheat oven to 400. Prepare muffin pans.

Mix the first 5 ingredients. Whisk buttermilk, oil and eggs. Add to dry ingredient. Stir and let stand 15 minutes. Mix remaining ingredients in a bowl. Spoon batter into muffin cups, cover with apple mixture and top with batter. Bake for 23 minutes.

All the ingredients can be mixed together including nut, apples and cinnamon. Spoon into the cups and bake.

For mini cups: bake at 400 for 13-15 minutes.

Muffins can be frozen and reheated at 350 for 10-15 minutes or microwaved.

Submitted by Angeli Stanwick



Grouper with Black Bean Sauce Lapu Lapu sa Tausi

1 lb.	Grouper or red snapper fillets
1	teaspoon minced ginger
1	cup water
	Salt and ground pepper to taste
4	tablespoons cornflour, dissolved in 1/3 cup water
	Oil for frying

Black Bean Sauce:

½	cup diced beancurd
1	tablespoon minced spring onion
1	tablespoon minced ginger
1	tablespoon minced garlic
4	tablespoons black beans (sold in Asian food stores)
1 ½	cups water

3	onions, peeled and cut in wedges
3	tomatoes, cut in wedges
1	teaspoon sesame oil

Soak the fillets and 1 teaspoon ginger in 1 cup water for 20 minutes. Remove fillets and season with salt and pepper. Roll in cornflour-water mixture.

In a medium frying pan, heat the oil and fry the fillets until light brown on both sides. Remove and set aside.

To make the sauce: fry the beancurd in the same pan until light brown. Add the spring onion, garlic and ginger and sauté lightly, adding the black beans and water. Thicken the mixture with the second batch of dissolved cornflour, stirring vigorously. Return the fish fillets to the pan, and add the onion and tomatoes. Bring to boil, then lower heat and simmer for 5 minutes. Sprinkle with sesame oil before serving. Serve hot. Serves 2

Food of the Philippines - Authentic Recipes from the Pearl of the Orient

Reynaldo G. Alejandro