

## Message from Coach Chris

Some thoughts:

Repeat. Repetition. Think about those words. They're good words for swimming. You want to repeat perfect technique to ingrain the movements in your muscles and memory. The only way to do so is with repetition, but repeating perfect technique.

To swim fast don't be in a hurry. You want to swim far fast, meaning get as much distance per stroke as possible, with each stroke done as fast as your efficiency allows. If you're in a hurry you rush through each stroke without holding onto as much water as you could. Learn to swim efficiently, then learn to swim fast. But don't be in a hurry.

Have you set any goals? Do you know what you want to get out of swimming,

what to accomplish? That's what can make swimming more meaningful, putting some purpose into your afternoon/early evening routine. It sure beats just putting in your time (an hour and a half to two hours each time you come to practice.)

I'm sure you've heard the phrase "you are what you eat." You have a better chance to maintain good health if you eat well. Be healthy, eat healthfully.

Speaking of your health how much rest do you get? Ever notice cats? Granted, cats don't maintain the fairly rigorous schedule we humans do. But I think we can be cat-like in how we view rest. Cats sleep around sixty percent of their lives. They never complain about being tired. When they need rest they listen to their bodies...and go to sleep. I believe we would benefit by allowing more

time to do the things we have scheduled. If we finish early consider resting, doing nothing. You don't have to build rest into your schedule but I think you ought to make getting sufficient rest a top priority.

Parents, encourage your kids to find some activity outside of school and swimming to do. Something akin to a hobby. It can turn out to be a great diversion from mundane daily life, plus it's something they'll have discovered for themselves, they own it. I found golf. Before that I didn't have anything outside of work that I really liked. Golf is a release from everything else I do, it forces me to live in the moment and never take anything for granted. Golf provides me with an activity that helps me grow, challenges my body and mind and gives me lessons I can get in few other places. I hope that a hobby or activity that you or your kids find can provide you with similar benefits.

## Message from Janet Mata

Parents, please make sure to be on time to pick up your swimmer(s). There was an incident of a strange person coming on deck one night exhibiting inappropriate behavior. Luckily, there were other parents on deck who made sure that our children were safe. Parents should come in to pick up their swimmer(s) and try to be there fifteen minutes before practice is due to be over. This way, the process of getting out of the pool, showering and getting dressed is speeded up. The kids tend not to take their time when they know their parents are waiting for them. Although our Coaches' will stay until all the swimmers are picked up, it is not fair for them to have to prolong their already long day because the parents are late. So please make an effort to be on time for your children!

When we spend every night at the pool, it becomes very easy to feel that the pool is a safe environment. We tend to forget that accidents can and do happen. Please remind your child that running on deck is not allowed for obvious safety reasons. And younger siblings should not be allowed to run around on deck as well. For insurance reasons, we ask that only Coaches and swimmers be on deck.

Thank you to Pert Sangalang, our Equipment Manager, for all his hard work in getting the shed ready to bring in our copy machine. Last week, Rudy Miguel, Felix Viray, Joe Lynch, Chuck Spillner and Steve Burt helped Pert move our copy machine from a location on Georgia Street to our shed. And

now, Chris Carlos and Steve Domecus will re-wire the shed to bring in an outlet for the copier. Thank you to everyone who helped make this project work!



Good luck to all our swimmers who are swimming in our meet as well as the Napa A+ meet in a couple weeks. Swim fast and have fun...but in order to do this, you need to listen to your Coach, stay warm and pay attention to your events!

## Notes from the Board

- **SILENT AUCTION Feb. 8th & 9th** during the swim meet. Thank You to all who donated items. Please come by the auction table to see all the items for auction. Call Angeli 557-9729 if you have further questions.
- **REMINDER** to everyone that there is no running or horseplay on deck at the pool. Also, non-swimmer siblings, friends and family should wait in the bleachers and not be on deck during VJO practice periods.
- Please let Membership (Sue Patton at 556-9900) or the Treasurer (Angeli Stanwick at 557-9729) know if you are planning to quit or take time off from swimming with us. If we do not hear from you, we assume that you are still an active member and monthly dues will accrue on your account. It is also important to remember that inactive dues (\$10 per month, not prorated)

## VJO Welcomes our Newest Members:

Joshua Borja	Jacob Swoyer	<b>Returning Members:</b>
Malia Forbert	Sophia Zepeda	Marissa Mathesin
Matthew Posey		Natalie Valle

**VJO Swim Attire and Sweat shirts and pants Please see Mary Lou Miguell on deck**



**The Adventure is On!! REAL Championships August 9 & 10 in Ukiah**

**This adventure is being brought to you by Tuffy's Fly-By-Night Travel Services**



I talked with the folks in Ukiah (Discovery Inn) regarding room reservations for August 8th & 9th (REAL Championships). They will hold 40 rooms (the club will make a deposit to hold the rooms) for Vallejo Aquatic Club until 30 days before August 8th (about July 7th).

If you want to make your reservations now, call the **Discovery Inn (707-462-8873)** and tell them you are with Vallejo Aquatic Club. The current rack rate is \$91.00 (sleeps 2 adults & 2 children). We get a 10% discount so the rooms will be \$81.90 plus tax. There is a pool and hot tub. You will need to ask for a smoking room if that is what you want. We were there 5 years ago and the rooms were nice. Remember this is the same week end as their County Fair in Ukiah so **reserve early!**

**Note: Make your reservations on Friday, August 8th & Saturday, August 9th.** The meet will be on Saturday 9th & Sunday the 10th

## Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
Feb 8-9	VJO C/B/A+	sc	Vallejo	ALL
Feb 22-23	NAPA AA+	sc	Napa	ALL
Mar 14-16	SRVL AA+ T&F	sc	San Ramon	Qualifiers
Mar 30th	Quad Meet ( <b>Tentative</b> )	sc	Pacifica	Chris/Tuffy

## Fuel your body for optimal performance (From Speedo T ip of the Week)

What you eat on the day of a meet is important, but it won't save the day if you haven't been taking care of your body in the days leading up to the meet. Preparing your body nutritionally for competition is like preparing a racecar for performance: A racecar driver wouldn't show up at the Indy 500 without gas. But he also wouldn't bring a car that isn't already in impeccable working condition. Here's the strategy:

- 1. Preventative Maintenance** - What you eat on a daily basis highly affects your performance day-to-day. Follow the guidelines proposed for adequate nutrition: 60% carbs, 15% protein, and 25% fat. Choose a variety of foods from the five food groups, and you will get the vitamins, minerals AND energy you need to perform on a daily basis.
- 2. Specialized Preparation** - In the two to three days prior to a meet, focus more on eating carbs, especially complex, high-Glycemic Index carbs (bread, bagels, grain cereals, white rice, pasta, etc) and a little less on protein. Keep the fat intake consistent with your regular diet to minimize the amount of change.
- 3. Last Minute Details** - Don't let all that hard work and preparation go to waste. Come to the meet already fueled. Have a snack the night before high-carb, of course, and add a couple of large glasses of water or sports drink to that. In the morning, drink more fluids to maintain hydration and eat what your stomach will tolerate. A carbohydrate-rich meal of about 250 calories at least one hour before swimming would be good. This could be two pieces of toast with jelly and a glass of orange juice, or a bagel with peanut butter and a cup of low-fat yogurt, or two pancakes with syrup and a half glass of juice. And don't forget about the water.
- 4. Show Time!** The focus on meet day should not be on fueling your body for a race because you've already done that! Instead, focus your nutrition attention on eating foods that will maintain your energy throughout the day and eating them on a schedule that is least likely to impair your performance. Here are some suggestions:

**One hour or less between events:** easily digestible high-carb, low-Glycemic Index foods (fruit juice, bananas, crackers, plain toast, sports drink)

**Two to four hours between events:** solid carbohydrate-dense, moderate-to high-Glycemic Index foods (bagels, English muffins, oatmeal, fruit juice, sports drinks)

**More than four hours between events:** solid carbohydrate-dense, high-Glycemic Index foods with protein added (low-fat yogurt, bagel with peanut butter, turkey sandwich with milk and/or sports drink)

Good luck!

(This week's Speedo Tip of the Week was submitted by Charlene Boudreau, USA Swimming's Sports Science Laboratory Manager, who offers some advice on how to fuel yourself for optimal performance.)

Send in your Articles, Swimming Info. and Pictures (on disk) to be published in a future newsletter. Email: [fviray@pacbell.net](mailto:fviray@pacbell.net) or place in the "Viray" folder.

## Shark Profile



**Tess Hurlburt**

**Age: 10**

**Favorite Stroke:** Breaststroke      **Favorite Event(s):** 100 I.M.  
**Role Model:** Ian Thorpe  
**Hobbies:** Art, singing, & swimming  
**Favorite subject in school:** Science  
**Future Goals:** To go to the Olympics  
**When I grow up I want to be:** A Vet  
**Favorite Book, Movie or Song?** My favorite Book is Holes  
**If I could change one thing what would it be?** The War with Iraq would end!!



**Christina Tampinco**

**Age: 9**

**Favorite Stroke:** Breaststroke      **Favorite Event(s):** 100 I.M.  
**Role Model:** My Brother  
**Hobbies:** Swimming, reading, basketball and playing piano  
**Favorite subject in school:** Math  
**Future Goals:** To be successful in life, to be rich  
**When I grow up I want to be:** A lawyer or Vet  
**Favorite Book, Movie or Song:** My favorite books are the Series of Unfortunate Events.



**Gabriel Domecus**

**Age: 8**

**Favorite Stroke:** Backstroke      **Favorite Event(s):** 100 I.M.  
**Role Model:** Rich Canon  
**Hobbies:** Hanging out with Niko  
**Favorite subjects in school:** Math  
**Future Goals:** To be really really fast.  
**When I grow up I want to be:** A Basketball Player  
**Favorite Book, Movie, or Song:** Lord of the Rings, Smash Mouth  
**If I could change one thing what would it be?** I wish I could drive.



**Mirelle Augst**

**Age: 5**

**Favorite Stroke(s):** Backstroke & Freestyle      **Favorite Event(s):** 25 Free  
 (Because I can see the wall)  
**Role Model :** Hillary Domecus & my brother Evan  
**Hobbies:** Playing with my brother  
**Favorite subject in school:** Free Choice  
**Future Goals:** Get good at reading and writing  
**When I grow up I want to be:** An Astronaut  
**What makes swimming fun?** Hot Chocolate Night. Going to swim meets and getting ribbons.  
**Why do you swim?** Because it's fun.