

Message from Coach Chris

We all face times in our lives when we just want to stop. We're tired of certain things we have to do on a regular basis.

"Why do we have to make the bed? Just gonna climb back into it tonight." "We're having that again for dinner?" "I sure am tired of my job." "My boss drives me crazy." "Why do I have to go to practice tonight?"

There are reasons for everything we do. If you can't find a valid reason for something you may question perhaps you haven't asked the right person the proper question and/or you have not thought through your situation very thoroughly.

Swimming tests you and your being thoroughly. It's a bit like school in that your input equals your output. The effort, persistence and patience you exhibit produces like results. If you slack in any area your results (grades) reflect it. Swimming is the same, except that you add the extra part—physical exertion. Swimming tests your physical being, can you handle the stress placed on your body's various systems by the distances

you're asked to traverse in the amount of time given to you by your coach? And then do it again? Times five, six or ten? Or more? This isn't just a test of what your body can take but also an examination of your mental will and strength.

But what can make any of this stuff worth it is what you want out of it. I've heard a lot about "fun" these past couple of months. Swimming just isn't "fun" anymore. I understand. But remember swimming also is hard, especially the longer you're involved. VJO is a competitive swim team. We're here to develop young people into the most proficient swimmers they can be, ones who come as close as possible to fulfilling their potential, and who learn lessons from our sport that they can apply to many areas of their lives for as long as they live: work hard; work hard with a positive attitude; help others work hard with a positive attitude; be persistent, be patient; learn to deal with failure and use it to help you succeed; and open your mind and heart to the power of suggestion, for what others may tell you can help you improve.

Also, for those who say that swimming isn't fun anymore it seems to me that the vast majority of those people have lost sight of, or haven't established any, goals.. Achievement is why you do anything that takes effort, skill, dedication and heart. If you haven't set any goals what valid reason do have to spend time in this sport? How can swimming, or anything like it, be fun if you don't have the opportunity to experience the thrill of accomplishing a goal? Or two...or more?

I have one other suggestion here. Talk to a teammate, perhaps someone of similar ability and speed (currently). Ask him or her to be a partner in goal setting. Suggest a couple of events (or more), establish times that would be achievable, and use practice as the time to encourage each other toward your accomplishments. Be serious about this but have fun with it as well. I'd suggest that you shake hands on it to seal the deal, to establish commitment.

Good luck.



February 8 & 9
VJO Swim Meet
Volunteers needed !!

Message from Janet Mata

Happy New Year to everyone! I hope everyone had a wonderful Christmas and enjoyed your vacation.

Special thanks to Angeli Stanwick and Remy Bueno for a great job putting together the VJO Holiday Party! Everyone had a great time and really enjoyed themselves.

Congratulations to Camille Miguel and Kaitlyn Lynch for achieving their first "Q" times at the Age Group Championship Meet in Pacifica. Also, during that same weekend, we had new "A" times achieved by Gabriel Domecus, Jacqueline

Domecus, Dylan Powell, Taylor Riley and Andrea Simmons at the Zone 3 A+ Qualifier Meet. Great Job! Keep up the good work!

We have 48 swimmers qualified to swim at the Zone 3 Championship meet this month. This is seven more than last year and thirteen more than two years ago. Each year our swimmers are getting faster and more are qualifying to swim in these meets.

Our February meet is right around the corner. We want all of our swimmers to enter the meet and we need all the parents to help out so we

can put on a great meet like we did in November.

We need help in all the different areas, Snack Bar, Hospitality, Clerk of Course (Check-In Desk), Marshalling, Computers and Colorado Systems. So if you would like to learn any of these jobs, please step up and let us know. You can contact our Meet Director, Mike Reay or ask a Coach or Board Member and they will point you to the right person. Please help out!

Practice hard, have fun, stay warm and stay healthy!

Notes from the Board

- ?? From Sue Patton, Membership Chair:
If you still haven't renewed your *Pacific Swimming Registration for 2003*, please remember to turn in a check for **\$35 payable to Pacific Swimming**. Place check in the **Patton (Membership)** folder on deck and she will mail it and place your new membership card in your folder. Swimmers that do not have **renewed** cards cannot swim with the team, so please turn in your payment! Call **Sue at 556-9900** if you have any questions.
- ?? **SILENT AUCTION Feb. 8th & 9th** during the swim meet. Angeli is **accepting donations**. You can bring the items Friday at the Hot Chocolate table or arrange for a pickup time and date.
Call **Angeli Stanwick at 557-9729** for more information.
- ?? **Hot Chocolate Night - FRIDAY's** Donations of hot chocolate (in canisters), cookies and marshmallows may be given to Remy or Sonia at the Hot Chocolate Table.
- ?? **Volunteer Sign-ups** for the Feb. 8 & 9th Swim Meet.
Call Janet Mata -President 553-9995 or Mike Reay - Meet Director 557-4378

The following is an article from the December Pacific Swimming Newsletter:

Spell checking a good idea – A word from Dean Dillingham, our top times coordinator:

Parents and coaches, when you go to a meet, it's a good idea to check to be sure your swimmers' names are spelled correctly in the program or on the heat sheets. If they're not, your swimmers may not get the recognition they deserve for the times they swim in the meet. If a swimmer's name is misspelled in the program or on the heat sheets, go see the computer operator at the meet – the misspelling can be easily corrected. You and your swimmers can help avoid this problem by filling out the meet entry cards legibly and by entering your names exactly as they are on your USA Swimming registration cards.

Articles, suggestions, comments or pictures (on disk) can be e-mailed to fviray@pacbell.net or place in the "Viray" folder.

Upcoming Meets

Jan 18-19 2003: Zone III Champs @San Francisco -
Qualifiers

Feb. 8-9, 2003: VJO Swim Meet

June 13.14. & 15, 2003: VJO Long Course Meet

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

VJO Welcomes our Newest Member:

Lauren Cayford

And Future Member:

Announcing

Patricia and Mary's Baby Brother

Nathaniel Everett Welton



Born: December 18, 2002

Time: 4:20am

Weight: 8 lbs. 15 oz.

Length: 21 1/2 in.

Proud Parents: Mike and Luchi Welton

Shark Profile



Tracy Hine

Age: 15

Favorite Stroke: Breastroke
Favorite Event(s): 100 Breastroke, 200 IM
Role Model: My Grandma
Hobbies: Eating, sleeping, more eating... ☺
Favorite subject in school: Math
Future Goals: To go to Berkeley or UCLA
Why do you swim? So I can eat lots of YUMMY food! (To stay in shape)
What makes swimming fun? Seeing the people I am friends with everyday.



Kirsten Kearney

Age: 13

Favorite Stroke: Breastroke
Favorite Event(s): 200 Breastroke
Role Model: My Parents, Brother, Grandmother
Hobbies: Reading, Swimming, Violin and Writing
Favorite subject in school: Math
Future Goals: To follow my Dreams.
Why do you swim? To have fun and make friends
What makes swimming fun? Having a coach that cares about where I go in my swimming.
When I grow up I want to be: Veterinarian



Gabriel Viray

Age: 9

Favorite Stroke: Freestyle
Favorite Event(s): 100 Free & 50 Breast
Role Model: Coach Bob, Mom & Dad
Hobbies: Swimming, Building Lego's and collecting Baseball cards
Favorite subjects in school: Math & Science
Future Goals: Make it to the Olympics.
Why do you swim? It 's cool, it's fun and I get to hang-out with my some of my friends.
What makes swimming fun? Because you get to exercise & it's cool.
When I grow up I want to be: A Teacher



Balben Donida

Age: 6

Favorite Stroke: Freestyle
Favorite Event(s):
Role Model : My Daddy
Hobbies: Kickball
Favorite subject in school: Math
Future Goals: To be faster in swimming.
Why do you swim? So I can swim in any swimming pool without any body holding me.
What makes swimming fun? It's fun playing in the water when you know how to swim.
When I grow up I want to be: A writer & policeman