

Message from Coach Chris

Joy. How often do you experience joy? Ever thought about it?

The more I put myself in situations I like the greater chance I have for joy. I attempt to do things I want more often. I love to coach this swim team, and the swimmers I get to work with often provide me with great joy. Watching someone make a stroke adjustment to zoom through the water; saying a word or two that elicits a big smile or a hearty laugh.

Joy.

I play golf. Quite often. Setting up to the ball, proper posture, smooth takeaway, easy swing, ball flies. Where I want it to go. What a feeling.

Joy.

But it took a lot of work and repetition to get to the point where I could hit that shot. It might happen but once every other hole, if even that often. There were many rounds of golf in which lousy shots outnumbered the pure ones. But

Message from Janet Mata

We've done it again! We put on another successful meet and we couldn't have done it without all the hard work of our parents! We hosted 760 swimmers and the weather was fantastic, the food was great, hospitality was plentiful and there were no problems with operation of the meet! The Annual Silent Auction was a great hit as always, thanks to Angeli Stanwick, Remy Bueno and Sue Patton. Mike Reay, our Meet Director was heard saying that "the job of Meet Director is easy for our team, because we have such good parents who head up the different areas and take care of getting the job done". We are also very lucky because we have several past parents whose kids no longer swim for our team, whether because they've decided to do other things or just left to go on to college, who come out to help us out! Ken Toch picked up the additional equipment from Zone 3 and helped us set up on Friday, Mario deSenna

practice, repeating proper fundamentals over and over, talking to myself, convincing myself about mundane details that have to be just right, give me the chance to experience joy... at practice and on the golf course.

When I swam on a regular basis I reveled in the details of swimming well. Rhythm and momentum, rotation and body balance, hand and elbow position, tension and relaxation. Little things. When executed well I felt great satisfaction, sometimes joy. Especially as my fitness improved. To make difficult intervals and keep my stroke together felt truly wonderful. On rare occasions I'd let joy creep into my being. Most often I was too tired for that. I believe now that

I've taken time away from swimming I'll seek joy in the hard work that great swimming demands. I know so much more about attitude, and how attitude affects everything, whether positive or negative.

You want more joy— and I'd wonder about anybody who doesn't— then adjust your attitude, and become more positive. I think it takes saying and believing two words:

"I can." Or two more: "I will."



(pictured l-r) Megan Jovino (VJO Cheerleader), Congratulations to Makena Pazutto, Kathryn Jovino, Vincent Bicomong, Schyler Soo-Tho, Donny Mata, (front row l-r) Dylan Powell, Kaitlyn Lynch, Gabriel Domecus, Patricia Welton, Meghan Bicomong and Justin Lynch, for making the Zone 3 Allstar Team. This is the first time we've had this many swimmers from our team make the Allstar Team. The Zone 3 Allstar Team traveled to Reno on Saturday, March 1, 2003, to compete in a meet against the Allstar teams from Zone 1N, Zone 1S, Zone 2 and Zone 4. This was a great opportunity for them and we hope they'll share their experience with us.

lent his expertise on the setup of the equipment, Winnie deSenna printed out all our programs at Valero, Mark Lederer always comes out to run our computer, Mary Joan Toch was one of our announcers both days, Greg Allison was our Head Starter and we even got Jojo and Gloria Crescines walking around the deck with hospitality trays (and they just came to see the Auction!) It says a lot about our team when people come back to lend a helping hand when they don't even have a swimmer on the team! So thank you to everyone who helped keep up our great reputation!

Our next meet will be June 13, 14 and 15, so please mark your calendars for that weekend to help. We're always looking to train

new people in the different areas such as Computer or Clerk of Course, so if you are interested, please speak up. You can let any Coach or Board member know and we will put you in touch with the chairperson of the job.

We had many of our swimmers swim their personal best times at our meet as well as at the Napa meet. Congratulations to everyone who improved their times and to our new swimmers who swam for the very first time. Keep up the good work! Practice hard, listen to your Coaches and have fun!

Notes from the Board

- **Spaghetti Feed - Friday April 11, 2003** at Jesse Bethel High - Student Union. Please we **need volunteers** to plan this event. Call Janet Mata 553-9995 or Susie Minahen 747-6187 ASAP
- Mark your calendars - **VJO Swim Meet, June 13, 14 & 15, 2003**
- **REAL Championships, August 9 & 10, Ukiah, CA** If you haven't already made your reservations, 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. Reserve for Aug. 8 & 9th.
- From our treasurer Angeli, the Silent Auction earned \$2,800 net and \$280 was donated to Special Olympics of Vallejo.



Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
Mar 7-9	Woodland B A+	sc	Woodland	All
Mar 14-16	SRVL AA+ T&F	sc	San Ramon	Qualifiers
Mar 30th	Quad Meet (Tentative)	sc	Pacifica	Chris/Tuffy
Apr 3-6	Far Westerns Q+	sc	Pleasanton	Qualifiers
Apr 25-27	TERA B/A+	lc	Concord	Bob

Fundraiser - Help support our team

SCRIP available to purchase, order forms are available in the file cart (the list, includes retail stores, restaurants, gas stations and others. If you have questions call Remy Bueno 557-9079 or Sonia Balague 557-2771

VJO Welcomes our Newest Members:

New Member: Jeffrey Lyness
Returning Members: Daniel Knight, Francisco and Cristina Moguel James and Laurie Tucker



A VJO Team Captain

(one boy, one girl)

Is

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



A Vallejo Team Captain

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

VJO Swim Attire (Suits and Sweets)

Please see **MaryLou Miguel** on deck

From Angeli Stanwick (she made this wonderful dish for the Holiday Party)

Chicken in Red Curry with Bamboo Shoots

- 1lb. sliced boneless chicken
- 1T. red curry paste
- 3/4 c. coconut milk
- 1/2 c. basil leaves
- 5 Kaffir limes leaves
- 1 fresh chili, sliced lengthwise into 8 pieces (optional)
- 1/2 c. sliced zucchini
- 2 T. fish sauce
- 1/4 t. salt
- 1/3 c. water
- 5 oz. bamboo shoot
- 1 1/2 t. sugar



In a pot, boil half of the coconut milk, stirring. Add curry paste and chicken and cook until done (about 5 minutes.)

Add the remaining coconut milk, water, bamboo shoots, sugar and fish sauce, and bring to a boil. Add salt to taste.

Add zucchini, Kaffir lime leaves, and sliced chilies; remove from heat. Add basil leaves right before serving.

Red Curry Paste

- 13 small dried chilies, soaked in hot water for 15 minutes and deseeded
- 3 T. Chopped shallot
- 4 T. chopped garlic
- 1 T. chopped galangal
- 2 T. chopped lemon grass
- 2 t. chopped Kaffir lime rind
- 1 T. chopped coriander root
- 20 peppercorns
- 1 t. shrimp paste
- 1 T. coriander seeds, roasted and grind to powder
- 1 t. cumin seeds, roasted and grind to powder

Blend all ingredients together in a blender. Yield 3/4 cup of curry paste. Keep 3-4 months in refrigerator.

Note: Ready made Red Curry Paste can be purchased at any Asian Market along with the other ingredients.

From: The Elegant Taste of Thailand, Cha Am Cuisine



Shark Profile



Ashley Cayford

Age: 16

Favorite Stroke: Freestyle **Favorite Event(s):** 50 Free & 100 Breast

Role Model: My Mom

Hobbies: Skiing, wake boarding, playing piano

Favorite subject in school: History

Future Goals: To swim on a college team

Favorite Book, Movie or Song? The Things They Carried - book, The Little Mermaid - movie, Beautiful by Christina Aguilera

If I could change one thing what would it be? My consistency of attending swim practice.



Angie Bienati

Age: 15

Favorite Stroke: Backstroke **Favorite Event(s):** 100 Back, 100 Fly, 50 Free

Role Model: My sisters

Hobbies: Piano, swimming

Favorite subject in school: Literature

Future Goals: Get into a University of California (UC).

When I grow up I want to be: News Broadcaster for football (Raiders!)

Favorite Book, Movie and Song? Rebecca - book, Legally Blonde - movie, Don't Speak by No Doubt

If I could change one thing what would it be? Always reach my goals, try not to get off-track.



Kenneth Brewer

Age: 12

Favorite Stroke(s): Freestyle and Backstroke

Favorite Event(s): 50 Free, 50 Back and 100 I.M.

Role Model: My parents

Hobbies: Guitar, piano, reading, and playing chess on the computer

Favorite subject in school: Algebra

Future Goals: To qualify for the Far Westerns

When I grow up I want to be: A journalist

Favorite Book, Movie or Song? My favorite books are the Fellowship of the Ring and The Illiad.

If I could change one thing what would it be? That I wouldn't be allergic to peanuts.

Shark Profile



Sophia Zepeda

Age: 9

Favorite Stroke: Backstroke

Favorite Event(s): 50 Back

Role Model: My Mom and Dad

Hobbies: Reading, Swimming, Writing, Crafts

Favorite subject in school: Reading

Future Goals: Swim in the Olympics

When I grow up I want to be: A Writer (Novels)

Favorite Book, Movie or Song? Harry Potter - book, West Side Story - movie, Eric Clapton's Layla

If I could change one thing what would it be? No War in the World (and lots of free candy!)



Taylor Garcia

Age: 8

Favorite Stroke: Freestyle and Backstroke

Favorite Event(s): 50 Back

Role Model: God and my family

Hobbies: Swimming and being with my friends

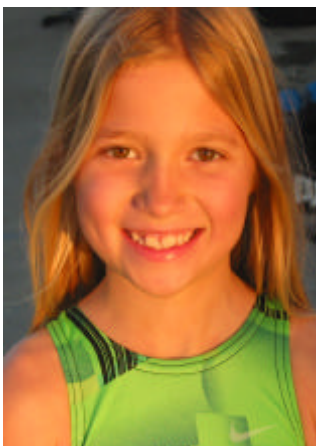
Favorite subject in school: Spelling

Future Goals: To go to the Olympics

When I grow up I want to be: A Vet

Favorite Book, Movie or Song? Kangaroo Jack

If I could change one thing what would it be? Get ice cream and candy for free.



Michelle Minahen

Age: 7

Favorite Stroke: Backstroke

Favorite Event(s): 50 Yard Free

Role Model: My Mommy and My Daddy

Hobbies: Soccer, Swimming and Camping

Favorite subject in school: Math

Future Goals: Olympic Swimmer or Soccer Player

When I grow up I want to be: A Singer or an Artist

Favorite Book, Movie or Song? Junie B. Jones - Party Animal - book, Lilo and Stitch and Monsters Inc. - movie

If I could change one thing what would it be? Peace on Earth

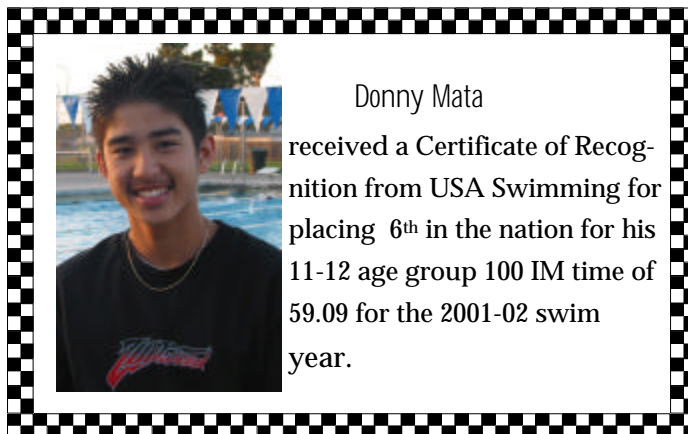
Congratulations!

Improved time of swimmers at The VJO meet on Jan. 8 - 9, 2003

and the

Napa A A+ Meet on Feb. 22 - 23, 2003

Megan Bicomong	Girls 8&U 25 Back	23.08 A	18.93 PRT (Napa)
Vincent Bicomong	Boys 13-14 100 Breast	1:13.61 A	1:11.41 AA
	Boys 13-14 200 IM	2:15.10 AA	2:11.44 Q (Napa)
	Boys 13-14 100 Breast	1:13.61 A	1:11.18 AA (Napa)
	Boys 13-14 50 Free	26.61 A	25.45 AA (Napa)
Kenneth Brewer	Boys 11-12 50 Breast	45.48 B	41.27 A
	Boys 11-12 100 Free	1:13.16 B	1:05.19 A
Nicki Bueno	Girls 11-12 50 Fly	36.78 B	35.84 A
	Girls 11-12 100 Fly	1:22.81 B	1:21.93 A
Ashley Cayford	Girls 15-16 100 Back	1:12.78 A	1:09.66 AA
Zoe Coles	Girls 11-12 100 Fly	1:24.62 B	1:22.50 A
Ben Diehl	Boys 13-14 200 Free	NT	2:27.26 B
	Boys 13-14 100 Fly	1:25.81	1:17.21 B
	Boys 13-14 100 Free	1:12.29	1:08.44 B
Gabriel Domecus	Boys 8&U 50 Back	53.55 B	49.61 A
Hillary Domecus	Girls 9-10 50 Back	46.06 B	44.95 A
Jazzica Donida	Girls 9-10 100 Free	1:24.41 B	1:20.58 A
	Girls 9-10 50 Fly	NT	40.12 A
	Girls 9-10 50 Back	48.34 B	44.47 A
	Girls 9-10 50 Free	37.24 B	35.50 A
Niko Felix	Boys 17-18 100 Back	1:03.99 A	1:01.53 AA (Napa)
Olivia Fernandez	Girls 13-14 200 Free	2:52.75	2:29.76 B
	Girls 13-14 100 Back	1:22.49 B	1:19.13 A
	Girls 13-14 50 Free	32.25 B	31.05 A
Taylor Garcia	Girls 8&U 25 Breast	35.21	32.64 B
Tracy Hine	Boys 15-16 50 Free	23.48 AA	23.13 Q
	Boys 15-16 100 Breast	1:02.74 Q	1:01.99 PRT (Napa)
Kathryn Jovino	Girls 13-14 200 Fly	2:28.27 AA	2:22.67 Q (Napa)
Yanel Jimenez	Girls 11-12 50 Free	36.04 B	32.56 A
	Girls 11-12 100 Back	1:46.96	1:27.06 B
	Girls 11-12 50 Back	45.39 B	39.37 A
	Girls 11-12 100 IM	1:36.96	1:27.85 B
	Girls 11-12 50 Breast	51.11	47.88 B
	Girls 11-12 100 Free	1:21.51	1:16.19 B



Donny Mata

received a Certificate of Recognition from USA Swimming for placing 6th in the nation for his 11-12 age group 100 IM time of 59.09 for the 2001-02 swim year.

Kirsten Kearney	Girls 13-14 100 Free	1:11.34 B	1:04.39 A
	Girls 13-14 100 Back	1:24.77 B	1:18.88 A
Alyssa Lee	Girls 11-12 100 Back	1:41.24	1:35.67 B
	Girls 11-12 100 Breast	1:36.39	1:29.48 A
Tyler Lee	Boys 9-10 100 Free	1:22.92	1:15.31 A
Justin Lynch	Boys 8&U 25 Free	21.57	18.35 A
Camille Miguel	Girls 10&U 100 Free	1:15.17 A	1:10.69 AA (Napa)
	Girls 10&U 200 Free	2:51.02 A	2:34.70 AA (Napa)
	Girls 10&U 50 Back	40.90 A	38.81 AA (Napa)
	Girls 10&U 200 IM	3:01.73 A	2:50.37 AA (Napa)
Jenna Minahen	Girls 9-10 50 Fly	51.91	46.45 B
Michelle Minahen	Girls 8&U 50 Free	1:10.80	59.88 B
	Girls 8&U 25 Free	29.54	26.32 B
Ron Miranda	Boys 11-12 200 Free	2:36.82 B	2:32.82 A
Makena Pazutto	Girls 11-12 500 Free	6:05.70 A	6:03.29 AA (Napa)
Dylan Powell	Boys 8&U 25 Free	18.64 B	18.07 A
Taylor Riley	Girls 9-10 100 Free	1:59.00	1:15.84 A
	Girls 9-10 50 Breast	58.90	53.53 B
	Girls 9-10 50 Back	50.18 B	43.84 A
	Girls 9-10 100 Fly	NT	1:36.33 A
	Girls 9-10 100 IM	1:39.83 B	1:32.87 A
Francisco Salazar	Boys 15-16 200 IM	2:40.00 B	2:28.03 A
Gabriela Salazar	Girls 11-12 50 Free	33.02 B	32.17 A
Andrea Simmons	Girls 11-12 100 Breast	1:49.15	1:42.84 B
	Girls 11-12 50 Back	45.17 B	38.03 A
Schylar Soo-Tho	Boys 13-14 200 IM	2:26.29 A	2:18.12 AA (Napa)
Gabriel Viray	Boys 9-10 50 Back	54.71	44.20 A
	Boys 9-10 50 Free	36.69 B	36.20 A