

Message from Coach Chris



How curious are you?

I am curious to know. I am curious enough to ask.

What do you think about when you swim? Is what you think about analytical or emotional?

At school, in a class you don't particularly like, taught by an instructor you haven't connected with, where does your mind roam when not on the subject at hand?

If you don't like a class is it because of the teacher, the subject matter, or you?

Have you ever changed your mind about some-

thing you thought you didn't like? How did you do so?

How important to you is improvement? At school, sports, chores, learning?

If you're someone who asks questions, why do ask them? Because you genuinely want to know the answer, or to annoy the person whom you are asking? Do you thirst for more knowledge?

I ask all this because I believe it's important to think about possibilities, to stir the mind in a quest to make each day fruitful. I believe swimming is a microcosm for all the other things that you will encounter in your life. In our

sport you truly get out of it what you put into it, in terms of effort, knowledge and attitude. You may never be the fastest person in your group; you might not even be

"I believe swimming is a microcosm for all the other things that you will encounter in your life."

- Coach Chris

the fastest person in your lane! Ever! That doesn't mean that you can't make swimming fulfilling and meaningful, and maybe even something you do for the rest of your life.

Give your best, in all facets, whenever you come to practice. Be a perfectionist in drills. Be curious about your swimming. Ask questions about what you're asked to do— but do so sincerely, for your coaches can detect the slightest hint of sarcasm and cynicism— so you can come as close as possible to fulfilling your potential.

Message from Janet Mata



It's that time of year when we start getting new members as the weather gets warmer. Questions always come up about meets and meet entries, so hopefully this article will help answer some of the questions. So if you're a veteran swimmer or VJO parent,

bear with me since you probably already know this stuff. And if you do know this stuff, please help us answer questions for our new swimmers.

There are many meets throughout the year that our team participates in. Our Coaches select the meets for our swimmers. Our team usually hosts three meets per year. These are our biggest fund raisers and we ask all parents to please help out. Entries for our team hosted meets get put into the "Mata" file at the pool (Unless otherwise specified). A few meets are also considered "team entry" meets and they will be designated as

such. Those entries also go into the "Mata" file. All payments for "team entry" meets are made out to VJO and the team cuts one check to pay for all the entries.

When meet sheets are put into your files, please read it carefully for directions as to when entries are due, where to mail the entries, how many events you can swim per day, etc. Meets nowadays tend to fill up very quickly so try to get them sent in as soon as possible. If you want to get confirmation that your entry was received, put in a self addressed, stamped postcard or envelope to be returned to you by the host team. If you don't have a meet sheet or lost yours, you can always download a copy from our website, vallejoaquatics.org, under "Swim Meets". We are posting meet sheets of the meets we're attending or hosting.

It's always a good idea to check with the Coach as to which events you should swim. You may not always agree with the Coach but he usually knows best and will let you know why he wants you to swim a particular race. Maybe it's an event that

you need to work on or one that you haven't swum before. Ask your Coach!

It's important that you always put in your best time for each event. If you don't know what it is, there is a "Top Times Report" in the file cart that's updated after each meet the team participates in. If you've never swum the event, put "NT" for "No Time" unless the meet sheet specifically states that No Times are not accepted (another reason to read the meet sheet carefully). Another thing to remember is, make sure that the entry is written legibly and all the information is written in correctly. Make sure the event numbers are the correct ones, girls events are odd numbers and boys events are even numbers. Incorrect or illegible entries result in names being misspelled and your swims will not be credited to you. Or you may be put into the wrong event because you wrote the wrong event number.

And finally, if you have any questions at all about filling out your entry forms, ask! There are plenty of parents on deck who have done this many times who will either help you or refer you to someone who can.

Notes from the Board

The Pacific Swimming Registration fee for next year (2004) will be increased from the current \$35 up to \$50. We would like to inform members of this increase early so families can plan for this expenditure in November when registrations will need to be renewed. We were informed that USA Swimming significantly increased its share of the dues it receives from this registration.

If you have any questions regarding this, please contact Sue Patton, Membership at 556-9900.

VJO 2003 Events:

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

VJO has received a \$2,000 grant from the

Mare Island to Medusa 10K Run/5K Walk

The Mare Island to Medusa 10K Run/5K Walk has taken place annually since November 2000. Each year nearly 1000 runners/walkers participate in the event. The title sponsors of this event are the City of Vallejo, Six Flags Marine World, the Vallejo Times-Herald, and Healthy Vallejo Communities. Race proceeds are granted to non-profit organizations serving Vallejo youth.

VJO will use the proceeds to purchase an underwater camera, video camera, TV and VCR as tools for training our swimmers .

Thank You for your articles:

Jeff Hine - Officials Interview

Janet Mata & Chris Oshiro - for coming up with your monthly articles.

Ken Toch - Favaro Scholarship

Tuffy Williams - Your pictures are great!

Upcoming Meets

Date	Meet	sc/lc	Place	Group(s)
May 15-17	San Joaquin Champs (H.S.)	sc	Lodi	Qualifiers
May 23-25	Woodland	lc	Woodland	All
May 23-24	North Coast Champs (H.S.)	sc	TBA	Qualifiers
May 25	Junior + Walk On	sc	TBA	Qualifiers

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

June 13, 14, 15, 2003

Turn in your meet sheets to the "Mata" Folder

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 our Newest Members:

Laura Baldinger	Sharif Naas
Ismael Fouad	Samuel Posey
Lucas Guinon	Ankita Saxena
Sarah Guinon	Sanchita Saxena
Angel Guzman	

Returning Members:

Stefan and Zoran Calic
Tyson Frenn
Alyssa Gonzalez

SCRIP

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

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



**Interview with
Jeff Hine,
Head of Officials for VJO**

Q: Why do we have to have officials?

JH: Think about it...what if you were swimming in a breaststroke event and the swimmer in the next lane was allowed to swim freestyle? Would you feel like you had a fair shot at winning the race? Officials are there to ensure that all swimmers get a fair chance to compete.

Q: But do they have to disqualify the little kids?

JH: You know, it's funny, I've been doing this for about 5 years. I have never had a little kid complain. The little guys are just learning how to swim the correct strokes. It's best to make sure that they know how to swim a legal race very early in their careers. A DQ, while perhaps a little painful, is part of the learning process. *All* swimmers get DQ'd at some point in their swimming lives.

Imagine the following: A swimmer unknowingly swims illegally throughout Age Group swimming because he/she never gets disqualified. Let's say, somehow that swimmer makes it all the way to the Olympics and then receives a DQ in the biggest race of his/her life. He or she never would have had a chance to win a medal because the proper stroke was never learned. Even worse, he or she wasted a whole decade or so swimming incorrectly, never knowing what times could have been swum if done legally.

Q: But I sometimes see swimmers do something wrong at a meet and they don't get disqualified. Why is that?

JH: Officials are human. We make mistakes. We are volunteers and while we try to do our best, sometimes we don't see things. Glare, position and the number of lanes we watch have a lot to do with how much we can see.

The golden rule of swimming officials is "give the benefit of the doubt to the swimmer." As an official, it's not good enough to *think* you saw something. You have to be sure. That's why you may see infractions go uncalled at a meet.

Q: If I get disqualified and I don't understand why, what should I do?

JH: Sometimes officials cannot physically get to the finish area to speak to you about the disqualification. The deck is crowded, and we don't want to run. But if we can get there, we will explain to you what the rule is and what we saw. We don't have too much time to do this because we need to get back to watch the next race. If you don't know what you did wrong, speak to Tuffy, Chris or Bob and they will let you know, or will speak to the head referee to try to get a clearer understanding.

Q: But what if I did my best time and I get disqualified. The time doesn't count, right?

JH: No, it doesn't. But if you really think about it, what matters is that you now know you can do that time. Fix the one thing you did wrong and you can do that time again.

Q: Do you have fun disqualifying kids?

JH: Well, I hate to make kids feel sad. But really, most swimmers are very good about getting a DQ. They listen respectfully and I usually try to tell them the thing they did wrong is an easy thing to fix (because it usually is) and that they should have their coach work with them on it. It makes me feel really good the next time I see them swim the same stroke properly.

Q: What's the funniest experience you had officiating?

JH: I was officiating backstroke at Sonoma on the turn end of the pool and Megan Jovino was swimming in one of the lanes I was watching. She came in to the wall and did a very good turn and as she swam away from the wall (and me) she looked me straight in the eye with a huge smile on her face. I'll always remember that smile.

Q: Any final thoughts?

JH: There are a lot of people who work hard to make sure the meets are fair and run smoothly. You may not know, but many of the officials do not have kids that swim any more. They come because they have fun. They love to be part of the sport. They really enjoy watching you all develop as swimmers. You can make them feel even better by thanking them or just saying "hi" before or after a meet.

Shark Profile



Christina Bienati *Age: 19*

Favorite Stroke: Freestyle **Favorite Event(s):** 200 Back, Distance Free
Role Model: The Bienati Family, especially Angie & Steve Nishiyama & Marina Rovo
Hobbies: Going to the beach, surfing, hanging out with friends, dancing
Favorite subject in school: Psychology
Future Goals: Getting an MBA or Law degree, making Nationals in swimming.
When I grow up I want to be: A happily married, wealthy businesswoman, ha ha ☺
Favorite Book: Catcher in the Rye **Favorite Movie:** Dumb & Dumber
Favorite Song: Ramble On by Led Zeppelin
If I could change one thing what would it be? To be satisfied with everything I do & never give up.



Michael Stanwick *Age: 16*

Favorite Stroke: Breaststroke **Favorite Event(s):** 100 Breast
Role Model: M.C. Escher, Frank Lloyd Wright
Hobbies: Coining vernacular jargon
Favorite subject in school: Art, Math
Future Goals: Living my life
When I grow up I want to be: comfortable
Favorite Book: The Rose That Grew From Concrete
Favorite Movie: Goodfellas **Favorite Song:** Troublesome '96
If I could change one thing what would it be? The price of gas.



Jeffrey Lyness *Age: 11*

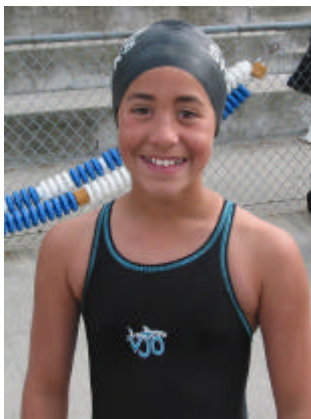
Favorite Stroke: Freestyle **Favorite Event(s):** 50 Free
Role Model: The Beatles
Hobbies: Playing Drums and Violin, B.M.X. Racing, Chess and Snowboarding
Future Goals: To go to Oxford University in England
When I grow up I want to be: A Mythologist
Favorite Book: The Outcast of Redwall
Favorite Movie: Monty Python and The Holy Grail
Favorite Song: I'm Looking Through You by The Beatles
If I could change one thing what would it be? To improve transportation



Matthew Posey *Age: 10*

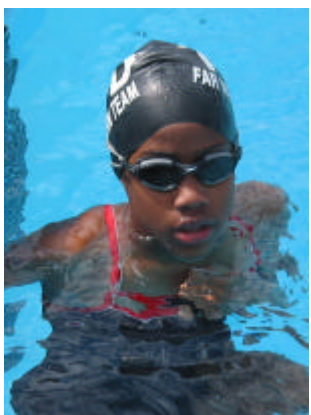
Favorite Stroke(s): Freestyle **Favorite Event(s):** 50 Freestyle
Role Model: Jesus and My Mom **Hobbies:** Bouncing on my trampoline!
Favorite subject in school: Art
Future Goals: To visit Hawaii
When I grow up I want to be: A second grade teacher
Favorite Book: Garfield **Favorite Movie:** Spirited Away
Favorite Song: Weird Al's: The Journey Begins
If I could change one thing what would it be? That everyone would stop polluting the world.

Shark Profile



Zoe Coles Age: 11

Favorite Stroke: Breaststroke **Favorite Event(s):** 100 Breast, 50 Breast, 100 I.M.
Role Model: My Great Grandma and my Dad
Hobbies: Swimming (of course) reading and dancing.
Favorite subject in school: History and Math
Future Goals: To make finals at Far Westerns and to get accepted at U.C. Davis.
When I grow up I want to be: A Vet or Pediatrician
Favorite Book: Charlotte's Web **Favorite Movie:** Beauty and the Beast
If I could change one thing what would it be? Other than the War in Iraq, I would not change a thing right now.



Kaitlyn Lynch Age: 10

Favorite Stroke: Butterfly **Favorite Event(s):** 50 Fly, 50 Free, 100 Free
Role Model: Jesus, my parents, and Chris Oshiro
Hobbies: Cooking, baking, and reading
Favorite subject in school: Language Arts
Future Goals: To get into a good college and to be an Olympic Star ☆
When I grow up I want to be: An Olympic gold medalist
Favorite Book: The Quiet Little Woman **Favorite Movie:** Dumb and Dumber
Favorite Song: Loves me Loves U not
If I could change one thing what would it be? That there would be no more wars.



Otis C. Parker, Jr. Age: 10

Favorite Stroke: Breaststroke **Favorite Event(s):** 100 Breaststroke & 100 IM
Role Model: My family
Favorite subjects in school: Math, Science and Social Studies
Future Goals: To swim better and get "A" times
When I grow up I want to be: A Marine Biologist and A Football Player
Favorite Movie: Star Wars, Attack of the Clones
If I could change one thing what would it be? World Peace



Melanie Patton Age: 8

Favorite Stroke: Breaststroke **Favorite Event(s):** 50 yard Breast
Role Model: Nikki, Noelle, and Nadine Bueno, Lauren Garcia and my Mommy.
Hobbies: Judo, swimming, gymnastics, Girl Scouting and hanging out with my friends.
Favorite subject in school: Spelling and Art
Future Goals: Being as good at Judo as Patricia Welton
When I grow up I want to be: An Actor **Favorite Book:** A Fly Went By
Favorite Movie: Willy Wonka and the Chocolate Factory
Favorite Song: Follow Me
If I could change one thing what would it be? Everything in the world is free and you don't have to pay for it.

FAVARO SCHOLARSHIP

By Ken Toch

We are rapidly approaching the time to award the 5th annual Jeanne Roberts Favaro Scholarship. The scholarship is awarded annually to a local high school senior who has exhibited excellence in swimming and academics. In the 5 years of its existence, the scholarship endowment has grown steadily to where it is for this year's award: \$4,000! If you take the time to look around at typical, one time scholarship awards you'll notice that the Favaro Scholarship offers a very substantial award.

The Vallejo Aquatic Club and the Bernard Favaro Family are proud to offer this prestigious award in memory of the late Jeanne Roberts Favaro. Jeanne was a long time Vallejo resident and an avid swimmer. Jeanne made many contributions to the swim community in Vallejo. Two of these contributions are part of the daily lives of all VJO members: Jeanne was instrumental in the founding of the Vallejo Aquatic Club and in the construction of Cunningham Pool.

Jeanne is the driving influence for this scholarship because not only was she dedicated to swimming, she was also dedicated to higher education. In fact several members of the Favaro family, including Jeanne and her husband Barney are Stanford graduates. Barney will tell you that education doesn't get any higher than that (Stanford)! It's tough to argue against Stanford.

While Jeanne was active on the local swim scene, Barney was involved in swimming on the national and international scene. Barney has held such prestigious positions as counsel for United States Swimming. He has also been a member of the FINA board. FINA is the international governing board for competitive swimming and sets policy on all aspects of international swim competition. Wow!

So if you ever wonder what ideals Vallejo Aquatic Club swimmers should represent, look no further than one of the club's founders: Jeanne Roberts Favaro. Jeanne's passion for excellence in swimming and in the classroom have been exhibited through the years by these past Favaro Scholarship winners:

1999: Summer Lederer (UC Santa Barbara)

2000: Thomas de Senna (Cal Poly SLO)

2001: Aaron Jon Toch (UC Berkeley)

2002: Andrew Allison (UC Santa Barbara)

Who will be the Favaro Scholarship winner this year? The suspense builds. The winner will be presented at our swim meet on the weekend of June 14 and 15.

Things to Remember for Swim Meets

1. What to take to a swim meet
 - . Minimum (2) towels
 - . Chairs and/or blankets to lay on
 - . Water or other drinks to stay hydrated (Not soda)
 - . Weather appropriate clothing, i.e. Head and feet coverings
 - . Food and snacks
 - . Something to keep occupied between events i.e. Book, gameboy
 - . Change of clothes for after the meet
 - . Sunscreen lotion
2. When you first arrive at the swim meet, check in both at the Clerk of Course (Check-In) and the Coach.
3. Check with your Coach as to when to get in for warm ups.
4. Stay with the team under the team tent. That way if the Coach needs to address his swimmers, he doesn't have to look all over for them.
5. Check for your Heat and Lane assignments. It is the swimmer's responsibility, not the parent's.
6. Tell your Coach your assignments and he will give your last minute instructions for your swim.
7. Be ready. Stand by your lane and listen carefully so you know when your heat is up. Remember, if you miss your event, most of the time, you will be scratched from your next event.
8. After you swim, check in again with your Coach.
9. Parents are encouraged to be a timer during the meet. It's one of the best places to watch your child swim his/her event.