



Shark Attack

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

www.vallejoaquatics.org

January 2004

Message from Coach

We're getting down to the time when short course season matters for many of us. High school practices start shortly, championship meets arrive in March and April (for those who qualify), and then long course season is here. We'll build for peak performances in the pretty near future.

To swim your best place an emphasis on precise technique, making the adjustments your coach suggests to you. Always try to be in the moment, concentrating on the task at hand. Do you feel as if you're gliding

through the water? It's a difficult thing to do, especially when you're exerting a lot of effort toward the middle and latter stages of a hard set. But try to keep in mind that you want to be as efficient as possible, using your energy to swim fast and your technique to help you move through the water as far as possible with each stroke. Training to swim fast includes training with perfect technique, or at least working toward that.

After watching my 5:30 group warm up recently I asked them, in general, what were they thinking about while they swam. Not one replied that he/she thought

about what he/she was doing: anything regarding technique (head still, quicker hand speed at the finish of the pull, speed up into the turns, etc.). I'll say it here, and you'll hear it on the deck. Nobody improves steadily and consistently without paying attention to details. Swimming fast, and improving at it, requires doing little things correctly... ALL THE TIME

Listen to the coaches on the deck during practices. Ninety-five percent—and probably closer to 98 percent—of what we say deals with details, slight correction of little things in one's stroke. Review what your coach has told you about

your stroke over the past few days or weeks. Always adjustments, not overhauls.

Now...to change the subject. It's a new year; set some goals, for meet performances and for practice. What do you want to accomplish? And how will you go about it? You have to know what your best times are. You also should be aware of what we're doing in practice to set practice goals. If you're not just paying attention to what we're doing and how well you perform these tasks. Be realistic. And then reach for the stars. Be sure to write down your goals. If you need assistance, please ask.

Good luck.

Message from Susie Minahen

Happy New Year! I am looking forward to a successful 2004 swim season!

We already started off the year with a great teambuilding activity for our age group and senior swimmers. On January 3rd we held a Saturday practice with two other swim teams in our league: Sebastapool and TVA. In total 36 swimmers attend this event that included a long course workout and a wonderful breakfast served

by several very dedicated parents. Thank you Chris for working with the coaches from Sebastapool and TVA to coordinate this event. Thank you also to all the parents who worked so hard to buy the food, prepare it that morning and cleaned up afterwards. A final thank you to Felix Viray for taking the underwater pictures.

Our coaches have shared that we have had anywhere from 65 to 80 swimmers in the pool each night. Our

team continues to grow, even during the winter season. Thank you to all of the parents who have donated cookies, hot chocolate and cider and their time for our Winter Wednesday Hot Chocolate nights.

Hope you all enjoyed the pizza on January 9th. Attending these events is a great way for our team to raise money for all of our activities and swim pool needs.

Congratulations to everyone who swam in the Zone 3 Championships this past weekend.

As all of you know, our first meet of the year is **February 7th and 8th**. Please let Janet Mata know if you can help. We always need people to help set up and clean up. See you all there!

Please don't hesitate to give me a call if you have any questions.

Notes from the Board

**Register your cards online @
www.raleys.com.**

We've only had 21 families register so far, please register. The Raley's Quality of Life Card makes it easy for you to support VJO and doesn't cost you anything.

If you have any question or need more info. please call or see on deck

Kristen Jovino 745-3101 or

Joanne Soo-Tho 745-8748

Raley's Card = Free Money for VJO

SPONSOR AN EVENT FOR YOUR SWIMMER

AT THE FEBRUARY VJO MEET

For \$10.00 an event, you can have your name or the name of a family member, friend or relative printed in the meet program for the next VJO meet on February 7 & 8, 2004.

How it works:

For example, if your swimmer is swimming the 100-yard Freestyle and you sponsor it, then your name will announced at the meet and will be included in the program as sponsoring the event.

Instructions:

Fill out the form you received in your file and put it in the "Mata" file on deck. Enclose a check payable to VJO for the amount of the sponsorship and note "sponsorship" in the memo field of your check. Please issue a SEPARATE check from the check for the meet entries.

Sponsorships will be accepted on a first come, first serve basis. The number of sponsorships will be limited to three per event. There is no limit to the number of events a family can sponsor. If you have any questions, please see Janet Mata on deck or call 553-9995 (evenings).

We still need donations for The VJO Silent Auction Feb. 7-8, 2004 (during the meet)

VJO has 82 families. 23 families have donated/will donate items so far

We hope everyone can help support this fundraiser.

The team benefits from the proceeds as well as our local Special Olympics who will receive 10% of the proceeds.

More suggestions:

Items for the kids table

Can you contribute items for a Gift Basket (combine items with another family)

Books, Videos, CD's, Gift Certificates (scrip)

Many retail stores are still having year end sales/clearances

Monetary donations (any amount) will also be accepted. It will go toward purchasing items for the VJO Silent Auction.

You can give the item to any Board Member or bring it by this Wednesday during Hot Chocolate night.

Questions or if you would like me to pick up the item at your home. Call Lourdes Viray 558-8804 or email @ fviray@pacbell.net

Chevy's

fundraiser scheduled for

Thursday, February 19, 2004

from 11am to 9pm.

Chevy's will donate 20% of the proceeds during this time frame. Tell your server you're supporting Vallejo Aquatic Club, write Vallejo Aquatic Club on your bill or bring a copy of the fundraising flyer (coming soon, check your folders).

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