



# Shark Attack

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

[www.vallejoaquatics.org](http://www.vallejoaquatics.org)

March 2004

## Message from Coach Chris

Here comes March! For sports fans March means things begin to amp up: March Madness; baseball's spring training; golf's Masters championship is only weeks away; the NCAA swimming championships take place in March.

Watch a few of these events. Examine how hard these athletes try, how precise is their technique and fundamentals for the tasks they must

perform. Imagine the effort level they must sustain for them to perform their best.

For all these activities, these sports, these games, the athletes involved put in a tremendous amount of practice. At practice they have to pay attention to the smallest details and give the highest levels of effort. They try their hardest to become the best they can be.

## Message from Susie Minahen

Congratulations to all of you who swam in our swim meet February 7<sup>th</sup> and 8<sup>th</sup>. Many swimmers improved their times and had a great meet! Thank you to all of the parents who worked so hard to make this meet a successful event such as those who coordinated and managed the Silent Auction, the snack stand, worked in the computer room or on the deck with the Colorado Sys-

tem, the timers, runners, marshals, awards, clerk of the course/check in, announcers, hospitality, officials and everyone else who contributed to our success. We will hold our second swim meet of the year in June.

Just a reminder to all of the swimmers during the raining season - the pool management is concerned about their access to the chlorine room, located in

From the early 1960s to 1975 the UCLA Bruins won ten NCAA championships. No team ever has sustained that level of success before or since. UCLA's coach, John Wooden demanded 100 percent effort and precision in individual and team drills. Each day Wooden's teams practiced fast break drills that led 15-foot bank shots. They practiced so many of those that when a shot didn't go in the basket in games, they knew where the ball was likely to go so they could retrieve the rebound and retain posses-

the back storage area. They have asked that we do not place our swim bags in this area so they can easily get into this room.

On Valentines Day several team members attended the University of Cal versus Stanford University Women's Dual Swim Meet at Stanford. It was a lot of fun and very exciting. It all came down to the last relay, where

sion of the basketball.

Observe and watch some of the championships that are on the horizon. Imagine what it took for the teams and athletes involved to reach that level. Each one of them worked his/her tail off to get there. You or I may never reach those heights; but if you try to improve your skills and abilities and do so with all the effort you have on a daily basis you'll be the best you can be.

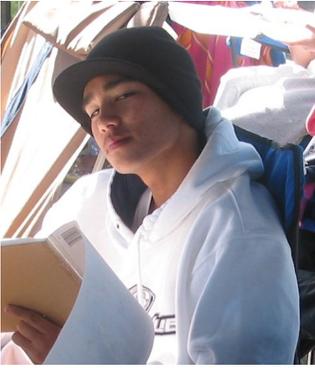
Practice. Practice perfection. Practice precision. Practice with effort. Practice with passion. You'll be a champion in my book.

Cal won by 2 points. Those who attended were able to see top ranked swimmers, including World Record Holder Natalie Coughlin who swam on VJO in her youth. Thank you Tuffy for coordinating this great outing!

Please let me know if you have any concerns or questions about the team.

Thank you for all your support!

# S wimmers H ighlights



Donny Mata qualified to go to the Pacific Swimming Quad Meet as part of Pacific Swimming 's Allstar team. The Pacific Swimming Allstar team is made up of eight 11-12 girls, eight 11-12 boys, eight 13-14 girls and eight 13-14 boys. To qualify to make the team, you have to place in the top eight in your age group at the Pacific Swimming Age Group Championships held every year in Pacifica in December. Pacific Swimming competes against allstar teams from three other LSC 's, Pacific Northwest Swimming, Oregon Swimming and Southern California Swimming. This year, the Quad Meet was held in Olympia, WA on January 24 and 25. Donny took first in the 100 & 200 Free and the 100 Back. He was named MVP for the 13-14 Boys for the Pacific Swimming team.

We asked Donny to tell us what it 's like to swim at this meet and what the experience was like....

“ Going to an AllStar swimming event will probably be one of the best experiences for you growing up as a young swimmer. Getting qualified is probably the hardest part because Pacific Swimming has pretty high standards. To make the cuts, you have to train hard and be dedicated...meaning you have to make yourself go to practice even on those days when you really don 't want to. Being dedicated could mean waking up at 3:00 in the morning to go to the airport and leave for Washington State like I did in January. The fun thing about allstar meets is that you meet new people and swim with the people you normally swim against. When you go to these meets, you don 't usually go with the parents, and if they go, you don 't have contact with them so you 're in a new place without them so you 're excited about that. You get to the pool and you see the other teams and the first thing that hits you, is the excitement and nervousness. Then you 'll have questions running through your head like, “Will I do well?, How fast are these guys?” But you know what you gotta do and swim and don 't ask questions. Some people think I 'm fast...I 'm not. Like I have a good friend from the Southern California team who I 've gotten to know over the years, who takes it EASY in the 500 Free and goes a 4:51. That is seven seconds faster than me. Going to these meets tests your skills against swimmers from different states. So the one thing that all of us swimmers should always...ALWAYS say to ourselves is, “I can do better.” So with as fast as our team is, we all can train harder and still have fun. ”

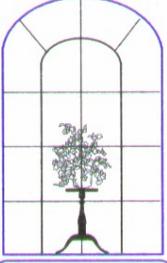
## **Online Meet Entries (OME)**

Online meet entries are now possible through the Swim Connection Website. Swim Connection is a website which keeps track of all swims for all swimmers in Pacific Swimming, Sierra Nevada Swimming and a couple other LSC's. The website has now expanded to include the option of entering a meet online. Club's who decide to use this method will place their meet on Swim Connection. Then anyone can enter their meet with a credit card. The following are some highlights and benefits when using the Online Meet Entry method:

1. Swim Connection has all the best times for all the swimmers so you don't have to know or look up your best times. You are able to have the system input your best times from their database.
2. Immediate verification of eligibility (proper events, minimum time achieved, etc.)
3. Instant confirmation to parents that their swimmers are entered in the meet.

**(Continued on Back Page)**

## Advertisements



**ARTMOND G. LOUIE, D.D.S., Inc**

Phone: (707) 552-8195  
www.artmondlouiedds.com

1309 Tennessee Street Vallejo, CA 94590

• FAMILY DENTISTRY •



**Chicken Express**

Arcelia Felix

(707) 642-6454                      (707) 422-2310  
1075 Redwood Street              2635 N. Texas  
Vallejo, CA 94590                      Fairfield, CA 94533




**Fred Hancock**  
REALTOR®

191 East "H" St.  
Benicia, CA 94510  
707-745-8800 ext. #11 Off  
707-745-1469 FAX  
E-Mail: fredhancock@aol.com

707-745-5861 Res.  
707-558-5441 Pgr.  
Web: www.fredhancock.com  
Web: www.fredhancockrealestate.com



**Zone III All Stars**

March 7, 2004

Congratulations to the following swimmers for making  
the Zone III All Star Team

Kaitlyn Lynch	Makena Pezzuto
Kirsten Kearney	Brandon Miguel
Dylan Powell	Justin Lynch

### Online Meet Entries — (Continued from previous page)



**Sportsmen  
Barber Shop**

*Full Service Award  
Winning Barber*

3 Barbers!  
"You Will Like  
Our Rate"

Tue.-Fri. 8:30-5:00  
Sat. 8:30-1:00 PM  
Closed Sun. & Mon.

**644-6554**

1632 Tennessee  
At Tuolumne

4. You can update your times if you swim a faster time before the deadline of the meet.
  5. Membership in Swim Connection is not necessary to enter a meet online. (There are many benefits for people who join their memberships. Check it out at swimconnection.com)
  6. Parents entering their swimmers online pay by credit card on a secure 128 bit encrypted page. Visa, MasterCard, Discover or American Express is accepted. No credit card information is kept on their servers.
- In addition to the entry fee, Swim Connection charges a minimal processing fee of \$1.00 per swimmer plus 5% times the amount of the entry fee total.

Teams are beginning to use this method of meet entries because of the accuracy and the dramatic reduction in the amount of time it takes to input the entries. We will begin using this method, starting with our June meet. If you'd like to try it out, the NAPA/SRN meet on April 24 & 25, which our team will be attending, is using this method. Simply go to [www.swimconnection.com](http://www.swimconnection.com), meet info, NAPA/SRN meet and follow the prompts on the screen. It's easy!

Entering online is fast, easy and accurate but is ***not a requirement***. Traditional paper entries are always accepted as well. So if you do not feel comfortable using the online method, you can still mail in your entries as before. If you have any questions, contact Janet Mata.