

March 2004 Shark Profile

Evan Augst **Age: 9**



Favorite Strokes: Freestyle **Favorite Event:** 100 Free & 100 Breast

Role Model: My Mom & Dad, Tuffy & Lori

Hobbies: Reading, Skiing

Future Goals: To own a town

When I grow up I want to: Write comics & cartoons

Favorite Subject in School: Reading and Writing

Favorite Book: Charlie and the Chocolate Factory

Favorite Movie: Finding Nemo

If I could change one thing what would it be? That nobody would be homeless.

Andrea Jimenez **Age: 7**



Favorite Strokes: Butterfly **Favorite Event:** 25 Fly, 50 Free

Role Model: My sister Yanel

Hobbies: Soccer

Future Goals: To be a Pediatrician, get a car & house

When I grow up I want to: A Doctor

Favorite Subject in School: Math

Favorite Book: Goose Bumps Books

Favorite Movie: Lord of the Rings III

Favorite Song: Love Don't Cost a Thing by Jennifer Lopez

If I could change one thing what would it be? Peace in the world.

Notes from the Board

VJO is Looking for Officials

If interested please call or see

Jeff Hine 745-2440

Kristen Jovino 745-3101

The next officials training will be on

Saturday

March 27, 2004

8:30a.m. til 1pm

at

Novato Hamilton Community Center

(Cabana Multipurpose Room)

NOVATO

(former Hamilton Air Base)

Lost and Found

If anyone has seen a black "Swim Chick" jacket and/or a navy blue girl's swim suit, please turn them in to the cart. Both items have a name written on them inside. A swimmer from North Bay Aquatics left these items at our pool after our last meet. Effective the June swim meet, we will have a Lost & Found Box just for the meet. We get many phone calls from other teams for items that they left at the meet. Please be sure to turn in any items found.

Vallejo Aquatic Club (VJO) has an immediate position open for our Age Group Program. This Coach would be responsible for training and coaching 25+ Age Group swimmers from 5:30 to 7:00. Candidates should be experienced, motivated and enthusiastic about working with all levels of swimmers; ASCA Level 2 desired and the ability to communicate and work with parents is a must. VJO is a well established and growing team who prides itself in its diversity. Our goal is to promote self esteem, self motivation and work ethic through swimming. Please send resume to PO Box 5846, Vallejo, CA 94591 or vjoshark@vallejoaquatics.org.

Swimmers Highlights

The OTC



By: Kathryn Jovino

On January 29 I flew to Colorado Springs for a distance training camp at the Olympic Training Center. I originally signed up at the senior meet in Pacifica, California the month earlier.

You had to have certain time cuts to be accepted and I made it in with a single cut. Before I knew it, I was flying with a group of fellow distance swimmers to the place where our countries best come to live and prepare for the Olympic games. You cannot imagine how excited I was, also with this being my first traveling swimming ex-



perience, there was no way to describe how great it felt to actually be going to this place. I practiced twice a day in the indoor pool at the aquatic center. The workouts were extremely hard and unbelievably long, but it was the most fun that I had ever had away from home at a swim camp before. After

one practice we were hooked up to a harness attached to a cable running along the ceiling. The cable was set to a speed and I was told to try and beat it across without the device having to pull me too much. It was really a lot harder than it sounds. To gain access to certain places we



punched in our given code and then put our hand in this print reader and the door would open. We ate all of our meals in the athlete-dining hall, with all of the residents, coaches, and visitors (like us!). One afternoon while eating lunch I even got to have the honor of watching



the speed skater Apollo Anton Ohno eat lunch, and later see him go running with his teammates! Also, I saw the US Women's Volleyball Team. It was so neat; it sort of makes you actually believe that this really is the place where all of your sports heroes come to train. When I wasn't swimming I listened to the personal trainers and physicians

give talks on health, warming down, and supplement taking dangers. Also, I had the opportunity to walk around the grounds and take pictures with the other participants. At night we would watch movies and one particular evening we even had a snowball fight in the courtyard. Going to the OTC has been one of my most memorable experiences that I have ever had. It is an amazing feeling simply going there, as Coach Tuffy said, "Its like walking on sacred ground", and it truly was.

