



Shark Attack

The official Newsletter of the Vallejo Aquatic Club

PO Box 5846 Vallejo California 94591

www.vallejoaquatics.org

June 2004

Message from Coach Chris

I've touched on this subject before. I think it bears repeating.

Listen to yourself. Hear what you say aloud. About everything. Particularly regarding tasks you are being asked to perform. How well you do these tasks usually resembles your attitude about them. A task's outcome generally mirrors your self-talk before and during the experience.

Here's a common example. Whenever I give a long set of distance swims I hear a groan from many group members, who then go about the task of

swimming the set in a lackluster manner which indicates that they are gaining nothing from it. These swimmers automatically look at what they see as the downside, or negative aspects, of the set and perform it as if it's a chore. And, to them, it is.

I say, embrace all your experiences. Give them a hug! You might like them. No matter what you think about them doesn't change the fact that you have to do them. If you don't understand why you're being asked to do a set, ask! You'll be given all the reasons and benefits.

How do you view your journey through life? As a long and never ending trail of chores and obligations, too many things you **HAVE** to do, and not enough things you **WANT** to do? I think it's a lot like how you view what you **WANT** versus what you **NEED**. Most of what we want we don't need. We really don't need more clothes, shoes, another...whatever. I don't need another dozen golf balls (or four!) or magic putter. I already have three others!

Swimmers **NEED** a wide swath of experiences. They include distance, middle distance and sprint. Swimming for self and for team. Individual and relay. Practice and performance. Learn to **WANT** these things.

The happiest people on earth are those who **WANT WHAT THEY NEED**, no more, no less.

Knowledge, experience, spirit, enthusiasm, nourishment, sustenance. Far ranging and deep.

Message from Susie Minahen

STROKE & TURN OFFICIALS

Our team currently has eight stroke & turn officials. It may seem like enough but not all of them attend every meet. It's also not fair for them to have to work every meet. These parents have volunteered to go through clinics, training, and working on deck at many meets. Some of these Officials have worked meets when their swimmers are not swimming, just so our team is represented. There are certain

meets that our club attends that if we do not have the required number of Officials to the number of swimmers, our swimmers will not get awarded. Getting ribbons are very important to our younger and/or new swimmers and it is thanks to our dedicated Officials who have worked every time so that our swimmers are able to get their ribbons.

So please, volunteer as an Official and help our team. A few of our Officials will be leaving our team as their

swimmers graduate in the next few years so we need to keep getting new Officials to take their place. We would like to have enough Officials so that these parents do not have to work every meet and would be able to take turns working days. If you are interested in becoming an Official, contact Jeff Hine or Kristen Jovino.

At the next meet, go up to one of our Officials and thank them for what they are doing for our team and our swimmers and let them

know that they are appreciated. Our current Stroke and Turn Officials are:

Jeff Hine
Debbie Tucker
Kristen Jovino
Rudy Miguel
Susie Minahen
Mike Welton
Peggy Pezzuto
Kris Lam

Thanks to Edwin & Marisabel Jimenez for taking the step towards becoming Officials and attending the clinic.

Notes from the Board

VJO General Membership Meeting & Potluck

Date: Monday, 6/21/04

Time: 5:45 - 7:00 PM

MEMBERSHIP MEETING

At least one parent must attend the general membership meeting!
Items to be discussed:

POTLUCK

Last Name: A - D
Bring: Appetizer/Salad

Last Name: E - M
Bring: Main Dish

Last Name: N - Z
Bring: Dessert



- Upcoming Swim Meets, including our June 25-27 C/B/A+ meet, Zone III Championships and REAL
- 4th of July Parade
- Officials
- Fundraising/eScrip
- Pool Closure Update

See you there!!!

Mark your calendars for
Wednesday, June 30, 2004

Chevy's fundraiser

more info. to come

VJO Welcomes our New Members:

Peter Andrijasevich	Cameron Bailey
Justin Bergeron	Jacob & Travis Bloomer
Chanel Calipes	Shawn Caudle
Krystiana Duque	Cecilie Enderiz
Kimberly Ferry	Alysen & Arend Folkens
Tiffani Formica	Rosalie Graves
Sarah Gryder	Danielle Henderson
Jennifer Hoehn	Rozelle Laquindanum
Spencer Lee	Alana Manuia
Calen & Marissa McClean	Joby Miniano
Kristen & Matt Osterholt	
Franklin & Donald Thorson	
Jacqueline Torres	

From Team Captain, Nadine:

Hi Everyone, I am Nadine Bueno and I am one of the team captains for the Vallejo Aquatic Club. Welcome to Long Course Season!

Long Course is tough; there's no doubt about that. However, there are two things that help me get through swimming a challenging set. One of these things is making sure that I take it one stroke at a time. It can be overwhelming if you look at the big picture, but if you concentrate on what you are doing every single moment, that set will be over and done with before you know it.

A second thing that helps me is listening to my coach. Whether your coach is Chris, Tuffy, or Lori, There is one thing: they know what they are talking about. Take what they say and apply it to what you are doing in the water. These are the two most important things to do to have a successful swim season.

Long Course is a lot of hard work. If you stick with it, the training that you receive will not only benefit your long course, but your short course swimming as well. Long course will make you tougher, so just remember to hang in there!

I do have one last reminder for everyone. The weather is starting to heat up so make sure you drink plenty of water to stay hydrated. Dehydration can affect how well you perform and concentrate in the water. Lastly, slather on that sunscreen to protect yourself!

swimathon

Luau Party

Bring your swim suit, towel, flip-flops, and a big appetite.
Let's have a fun time swimming eating and raising money to keep our VJO Sharks in the water.

Remember that GVRD is proposing to close the pool for
7 months of the year.

Our Team goal is: \$15,000.00

This means that each swimmer would only have to raise
\$135.00!

Together we can achieve this goal!

Date: July 21st

Time: After the Swim-athon

Swim Meet News

There are several changes and requirements regarding swim meets that are happening this year that swimmers and their parents need to be aware of. There are also things to remember regarding swim meets that I'd like to talk about.

The first change is taking effect on May 15, 2004. This is a USA Swimming rule requiring that swimmers participating in a sanctioned meet must be under the supervision of a USA Swimming member Coach during warm-up, competition and warm down. If you plan to attend a meet that our Coaches are not attending, you can either ask one of our Coaches if they can make arrangements with a Coach from another team that they know is attending or check in with the meet director or meet referee to arrange for such supervision.

The other change will be officially be required September 1, 2004 but is already being un-officially done. This is a Pacific Swimming rule which states that all entries into a meet will be checked against the Pacific Swimming Database for time verification. Up until now it was being done for meets that required a specific time standard to enter the meet (i.e. AA or Q Meets). Now entries will be checked and if the time you enter is slower than a time that you have swam before, it may be changed. It is very important that you enter the fastest time swam for every event you enter. There is a top times report in the cart on deck to refer to or you can see the same report on our website at vallejoaquatics.org.

A database of every VJ swimmer's swims is maintained. If you attend a meet that is not on our schedule, please let Janet Mata know so that arrangements can be made to get the results from that meet. If the results are not received, the times swum will not be put into the database and will not be considered when we use the database for top times, team records, awards, etc. If you notice a difference in the top time report from your records as a top time, please let Janet know which meet and the date of the meet that the swim was achieved.

Other things to remember are to check the spelling of your name in the meet program. If it is incorrect, go to the Clerk of Course and have them make the correction. This is important because if the name is not correct, when the results are sent to Pacific Swimming, all your swims may not make it into the database. Another thing to check is your Pacific Swimming registration number. The first part of the number should be your birth date, then the first 3 letters of your first name, middle initial (or a * if you don't have a middle name) and then the first 4 letters of your last name. If there is a discrepancy, contact Diane Powell, Membership Chair to have it corrected.

Buying Goggles

Taken from the book, *The Parents Guide to Swimming* by Alan W Arata, Ph.D. © 2003

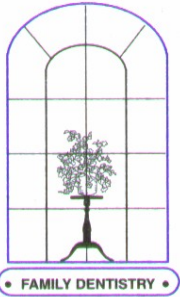
Buying a pair of goggles is not as simple as it might seem. There are many different kinds of goggles on the market. The differences include size and shape, lens color, fog-free or anti-fog coatings, nosepieces, and the type of cushioning they use or don't use against the eyes. Having uncomfortable goggles during practice can make practice miserable and having goggles that fit well and stay on during a race is imperative for good swims. Just as with suits, swimmers should have more than one pair of goggles. Generally, swimmers can find productive use for as many as four different pairs. Swimmers should not use the same pair of goggles for practice as they do in a meet. There are a number of reasons for this. The first is because goggles wear out and lose their seal and swimmers are more likely to feel the effects of this when they dive off the block at a meet. Also, swimmers should wear their meet goggles tighter than their practice goggles. Young and old swimmers alike are prone to forget to tighten their goggles before their first race and this can lead to goggles in the mouth or around the neck shortly after the dive. Another reason is the shading factor. Swimmers who practice or swim meets outside (especially if they swim backstroke) will want goggles that provide some UV protection. Check the goggle package to make sure it says it provides UV protection. (Don't assume because it is darker in color that it provides UV protection.) Before anti-fog coatings came to be, the first thing swimmers did when they got to the pool was to lick or spit into their goggles. Spit provided some natural anti-fogging. Anti-fog goggles have put an end to spit for many. I highly recommend them. Regarding cushioning against the eyes, Swedish goggles don't have any. Many top-notch swimmers wear Swedish goggles. This doesn't mean they are better than other kinds of goggles. But a warning to those parents whose children switch to Swedish goggles. Because these goggles don't have cushioning gaskets, they can leave sore spots around the eyes for the first week or so.

Some goggles have gaskets that are hypoallergenic, which prevent eye or skin irritation from goggles for many swimmers. Silicone gaskets and the no gasket Swedish goggles are hypoallergenic. Some goggles have foam gaskets and are not hypoallergenic. I do not recommend foam personally, though many people find them perfectly acceptable. A good bet for young swimmers is a silicone-plastic gasket goggle with anti-fog lenses. If the child swims outside, look for one tinted "smoke" with UV protection. If the child swims inside, clear or yellow are good choices. Here is one last thing about goggles for swimmers without 20/20 vision.

There are prescription goggles. This doesn't help swimmers see underwater as much as it helps them see the pace clock, the coach's face, etc. If your child's vision is worse than 20/200, you might want to look into prescription goggles. If your child wears contact lenses, they can usually wear them under normal goggles. If they race in the lenses, it is wise to have them wear the disposable kind. Otherwise goggles coming off

during a start could be costly for both swimmer and parent. For more information on swimming equipment and other swim parent related issues, visit www.swimmingparent.com

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Congratulations Class of 2004!

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Ashley cayford

Josiah dewey

Brian Domecus

Kaylie pezzuto

Robert reay

Francisco Salazar

Michael stanwick

"Tuffy's the nicest person in the whole world. Well, maybe first is God and Jesus. THEN, Tuffy's after them. Oh, and George Washington, too. And Ham- a ham Lincoln."

Quote from Alyssa Powell
(5 yrs. Old)

Congratulations on your high school graduation
and continued success to you in your future!