



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

November 2005

President's Message

by Cathy Riley

Hi everyone - Well there's no time like the present to evaluate goals especially with the new year upon us. If you have a sincere desire to get better at something you would typically work at it more or even harder so that you can progress to where you want to be. Sometimes that progress seems slow. Often we feel the results don't come fast enough because we want the rewards of our efforts NOW. I feel that anything worth pursuing, which will be different for everyone, is worth waiting or striving for. Swimming is no different. You work hard for a purpose or goal just to see small increments of improvement. And you may even wonder if it is all worth it. Depends on your goal!

We all need to set goals in all areas of our life, spiritually, financially, and physically, our relationships and I can keep going. Without those goals we may feel that we just exist with no real purpose or direction. Goals are important and it doesn't mean that we will always hit our goals but reaching for them only brings us closer than had you not set them at all. I've heard it often enough so it bears repeating -

IT'S NOT WHAT YOU HAVE ONCE THAT GOAL IS ACHIEVED, IT'S WHO YOU'VE BECOME ON YOUR JOURNEY TO ACHIEVING THOSE GOALS. TO HAVE MORE, YOU MUST BECOME MORE.

Ok, now, let's talk about RENO. What happens in RENO stays in RENO. Well I will say that we had 33 swimmers in this meet. It was an altitude adjustment for all, especially our swimmers. It was my first experience there with the team and it was a blast to hang out with everyone. I am not going to tell you anything else because you had to be there. Thanks to all the families who made the trip and who made it a fun one.

Alumni Letter:

As we enter into our 50th anniversary year, we will be honored each month to hear from select Vallejo Aquatic Club alumni. This month's letter is from **Jen Williams-Milne**, a.k.a "Tuffy's Daughter".

VJO Memories

I am writing this reflection of my time with VJO not only from the perspective of a 36-year-old former swimmer, but also as "the coach's kid" (well, one of them anyway). My three siblings and I lived and breathed swimming. I started my swimming career (I use the term "career" very loosely) on the Napa Seahawks at age four. Then my dad, Tuffy, took a hiatus from swimming that lasted for all of about one year. He was hired to coach the Vallejo Aquatic Club (I believe we

were V.A.C. back in those days). Memories are a funny thing. When I sat down to write this article, I wanted to focus in on the benefits of swimming - fitness, discipline, coordination, athleticism, competition, and challenge. However, the things that kept popping into my mind were fun, friends, swim meets and car rides with my family.

The social aspect of VJO is what kept me swimming for ten years (it definitely wasn't my times!). I can remember a few things vividly. A

coach named Alan Harper that coached in a drill sergeant fashion, but got results. Camping on Lake Mendocino for the Ukiah meet and being irritated that my dad actually expected me to swim well after spending the previous night goofing around by the campfire until midnight. Spirit dinners, spaghetti feeds, and post-championship parties at the Gozar's place (heck, they had a ballroom, tennis courts and pool -

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C o a c h ' s c o r n e r



"When you climb from the pool with no regrets is when you know you've won. You don't need a trophy or ribbon to tell you that."

Coach Rob Moreside

Nutrition

I want to take some time to talk about good nutrition for athletes, particularly competitive swimmers.

Many parents and athletes have asked me if there are "special" diets that athletes should be on. The short answer is no, unless there are other overriding conditions such as diabetes or allergies.

Personally, I like the idea of "grazing". Many people try to eat three "square" meals a day. For those of us who are less active as competitive swimmers, this may work just fine.

Because of the demands that swimming between 1 and 2 hours a day for five to six days a week puts on your body, you should look at it a little differently.

Rather than eating three big meals per day, try eating 6-8 smaller meals per day. Obviously, breakfast, lunch and dinner are important, but it is also important to keep your energy levels up throughout the day. Keep some fruit or some "energy bars" or granola bars in your backpack at school. Whenever you get a twinge of hunger, have one of these, rather than waiting for the next meal. Two things will begin to happen. One, if you have a snack you will tend to not eat as much at the three big meals. Also, you will find that many times, you will have more energy during those "slow" times of the day. How many of you find that about 45 minutes

after lunch, you get real tired? I know many teachers who hate to teach right after lunch, because many children have eaten a large lunch and tend to get sleepy.

The real secret is to never eat until you are full and never get totally hungry.

A couple of other items of note:

On the day of a meet, do not eat any fried foods. If you can, try not to have fried foods up to 4 days before a competition.

When you get hungry at a meet, eat fruit, or a low fat energy bar. Stay away from the "candy" foods such as brownies, fatty cookies, or candy bars.

A balanced diet of meats, fruits, and dairy, breads and good fats is much better than any "fad" diet.

As to "supplements": A good multi vitamin is probably all you need. Talk to your pharmacist or doctor and explain exactly what you do each day and he or she can recommend a good one.

Save the ice cream or sundae until after the meet! Use it as a reward for performing well!

Sodas and other pops are really loaded with sugar and in some cases caffeine. These are terrible things for you to ingest during a competition!

And lastly:

Vitamins and supplements never created a champion!



ON DECK

Upcoming Events and Activities

- November 19 & 20 — Napa C/B/A meet
- November 24 — Happy Thanksgiving
- December 2, 3 & 4 — JO's at Pacifica
- December 10 & 11 — Zone 3 Qualifier Meet at SF Boys & Girls Club
- December 9 — VJO Christmas Party
- December 16, 17 & 18 — Senior Champs at Pacifica

REMINDER:

Annual Pacific Swimming Registration expires on December 31, 2005!

A check for \$50 now will ensure that your child can compete in swim meets in 2006.

Make checks payable to PACIFIC SWIMMING and place in the POWELL MEMBERSHIP file on deck.

Countdown to
REALs

267 Days

In Santa Rosa

SAVE THE DATE:

**VJO's 50th Anniversary celebration will be held
Saturday, June 24, 2006**

If you would like to help plan this event, or have any ideas or suggestions for it, please contact Janet Mata



Tuffy Says...

WOW! For those of you who went to Reno, wasn't it FUN! You may not have swam your best, but most of you were close and we did have a lot of fun. Maybe next year with better planning we can have a larger group at Reno.

For Parents

I have just finished reading The Double-Goal Coach by Jim Thompson. He has many good things to share in regards to coaching. He also had this to say to parents:

"Your child's experience with youth sports will come to an end, and it may happen saddening. If you are at all like me, you will look back and think, 'I wish I had enjoyed it more. I wish I hadn't obsessed so much about how well my child was performing, or the team's record, or whether he or she was playing as much as I wanted, or why the coach didn't play him or her in the right position. I wish I had just enjoyed the experience more.'

If you currently have a child involved in youth sports, it's not too late for you. Enjoy it, above all else. That's it. Just enjoy it. It will end all too soon. There was a phrase I heard in my youth that has stuck with me all these years: "These are the Good Old Days." Truly, the days when you get to watch your child play sports are golden.

Many of you have asked me 'What should I be doing to help my daughter or son in swimming?' The answer, I think, is in the quote above: "**Just enjoy it**" and be supportive of your swimmer.

If you have any questions, please speak to me after practice.



Coach Tuffy Williams



**Mmm, mmm, good
(but messy)**

Don't Forget — Wednesday Nights are Hot Chocolate Nights

Everyone looks forward to Hot Chocolate Nights — well, everyone except for the lifeguards who sometimes have to clean up our messes the next day. Please be careful with your drinks and goodies. And if you do spill, let someone know right away so it will be easier to clean up!!!

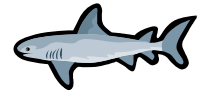
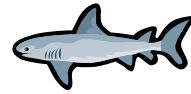
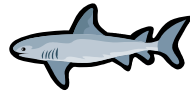
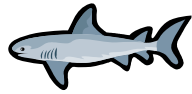
(Donations and VOLUNTEERS for Hot Chocolate Nights are still needed. If you can, please help)



Coach Chris Souza

What do Natalie Coughlin, Michael Phelps and you have in common? Swimmers...yes...still thinking? You all check in with your coaches before and after your event at meets! I know, I know not the connection you were thinking but it is an important point. Rumor has it some of you think that Rob, Tuffy and I are on deck during practices and attend meets so that we can share with you our latest jokes (and those of you who heard the chicken joke know we can really be funny), but in reality we are there to help you prepare for the race and provide immediate feedback. Don't underestimate stopping by to visit the coaches, it is very important to have those quick check-in's. It is getting colder so make sure to wear your parka or warm clothes to and from practice as well as on meet days!

Did you know?

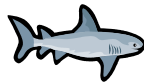
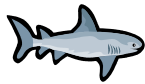
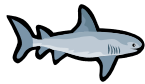
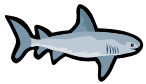


VJO can receive thousands of dollars a year in rebates from the purchases you make every day — but only if you SIGN UP FOR or RENEW your **E-SCRIP membership.**

→ With E-SCRIP, every time you spend money at participating stores (such as Safeway) a percentage of money is given directly to VJO. However...

→ You **MUST** renew your E-SCRIP membership (yearly). If you don't, your membership expires and VJO misses out on much-needed \$\$\$

→ It's easy to renew, or sign up, if you haven't already. Just visit **www.escrip.com** and follow the easy instructions.



WHY NOT RENEW YOUR E-SCRIP MEMBERSHIP TODAY ???

Coach Rob and some V.I.P.s



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A special thanks to all the parents and swimmers who helped make our recent V.I.P. night and trip to Reno so fun and successful

Reno



Reno

Reno



- what's not to like about that?!) were a highlight. Driving to meets in Santa Rosa or Healdsburg and watching the hot air balloons and the sunrise at the ungodly hour that swimmers have to wake up on weekends in order to get to warm-ups on time. Having a wide variety of friends, different ages and from different schools was pretty cool as well.

Looking back, I realize how lucky I was because swimming allowed me to spend so much time with my family. All four of us kids swam

(yea, think about the meet entry fees for four swimmers! Plus, we had to handwrite our time cards, which was usually my job.). We traveled to meets together and practiced together. The family wasn't divided among soccer fields, baseball fields, gymnastics practice, softball or football fields during the week or on the weekends. You could always find one of the Williams kids at Cunningham. One family, in one place keeping the stress to a minimum for our mom and dad — isn't swimming a beauti-

ful thing?! Oh yea, and then there's that other stuff — fitness, discipline, coordination, athleticism, competition and challenge.

Happy Anniversary VJO!
Jen Williams-Milne
(aka "Tuffy's daughter")

