



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

December 2005

President's Message

Can you believe it's almost Christmas?! I have to remind myself 'tis the season to be jolly, not cranky. There's just so much to be done to prepare for this festive season and we tend to forget what the season is all about. I have to constantly check my attitude when I am amongst the crowded stores, parking lots, highways & just trying to get the day-to-day things done along with preparing for the season. There's a big difference in how things turn out when you have a positive attitude towards every aspect of your life, whether it's work, school, family, friends and sports. Even your health!

Having the right attitude can affect how people treat you, the outcome of a particular situation, and your approach to problems. A positive attitude is one of the basics that success requires. Keep this in mind through all your endeavors this season and beyond.

We had a full house for our Christmas party which was great to see. We had plenty of food, crafts and laughs as Tuffy auctioned off items that our members donated. I couldn't believe how much money our young swimmers had (or maybe that was the parents). Once the little ones knew how it all worked there was no stopping them. We need these

kids at some of the major fundraising functions in town. Thanks to all who attended and assisted in preparing for the party. We auctioned off nearly all the items that you brought in and raised just over \$400.00. We have decided that ALL the proceeds will be given to the Christian Help Center. Have a safe & happy Holiday!

Alumni Letter:

As we enter into our 50th anniversary year, we are honored each month to hear from select Vallejo Aquatic Club alumni. This month's letter is from Glenda and Ted Goode, former swim parents and current swim referees, without whom many of our meets could not take place. Thank you, Ted & Glenda!!!

Ohmygoodness!!!! Things have really changed since we joined Vallejo Aquatic Club (then VAC) in 1973. But Ohmygoodness, some things remain the same since we joined Vallejo Aquatic Club in 1973!

Some things change.....

We remember:

- When judging was done by hand signals and slips of paper
- When we were totally excited at the institution of the first judging machine
- When digital stopwatches replaced the ones with sweep hands

- When Vallejo Aquatic Club was separated into at least two summer league divisions, maybe more!
- When Richardson Pool was our primary swim site and the Vallejo Plunge was our next alternative (but and not "regulation")
- When Tuffy coached for the Napa Seahawks ☺☺☺
- When we had entry parties where entries for VAC meets were reviewed, sorted into piles on the floor, divided up, parceled out to typists who struggled with mimeograph sheets

(remember the blue correction fluid?), returned to the "coordinator," run off on the mimeo machine and collated by running (or walking at a rapid pace) around tables

AND

- When results were hand-typed by the same crew who did the step you just read about!
- When all results were calculated by the ballot system and when we had to resort to

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Coach's

Corner



Coach Rob Moreside

**“Don't look up to champions,
be one”**

Core Values

At the recently held VIP (Very Important Parents) night I spoke a bit about the core values that we, as a coaching staff, are trying to instill in our athletes. I would like to take a little time to expand on these.

What are core values? These are those things which we believe in and always strive for. It is a set of actions and/or behaviors that are important.

The first on the list is integrity. Integrity is the quality of possessing and steadfastly adhering to high moral principles or professional standards. We as a coaching staff strive to do this by constantly improving ourselves through education and discussion. You as athletes can do so by always being on time for practice, always being prepared to put your full and complete effort into every practice and never accepting yourself or your teammates as “second best”.

The second is honesty. Honesty is the quality, condition, or characteristic of being fair, just, truthful, and morally upright. Honesty and integrity go hand in hand. It is impossible to have one without the other! Ask yourself this after every practice or swim meet. “Did I give everything I could to that workout or race? Did I settle for good enough?” If you can be totally honest with yourself, these are fair and good questions to ask! If you have the integrity to be honest enough to answer “no” to the first and “yes” to the second, that is the first step towards fixing the problem!

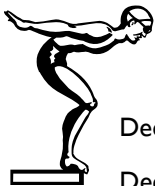
The third core value is sportsmanship. Sportsmanship is conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others, and graciousness in losing. This one is a “biggie” for me. Whenever we do anything we must try to be

good sports about it. Never cheat the rules (including in practice), always respect your teammates and your competitors, and never snub someone who might beat you.

The fourth core value is goal setting. In a future newsletter I will talk much more about goal setting. But, remember...if you don't have a destination...the trip isn't worthwhile. Goal setting is the act of turning your dreams into reality. You must have goals everyday. In swimming, in school and in just about everything else that you do you must have goals. Never be afraid to set goals for they are the stepping stones to your success!

We are a very diverse and varied group here on the Vallejo Aquatic Club. We have representatives of many different backgrounds, nationalities and beliefs. One of the main reasons that I came here was for that very reason. Even with all of our outward differences, we have one major thing in common. There is one thing that binds us together as a group. That is we are swimmers! We are members of the best and greatest swim team around...and we all belong here! Be proud of who you are and be proud of what we are!

The last core value is self esteem. This is the belief in you. The belief that you are a special one-of-a-kind type of person. There are no other you's in this world, so be proud of that! Be proud of your accomplishments and be proud of your team mates' accomplishments.



ON DECK Upcoming Events and Activities

December 16, 17 & 18 — Senior Champs at Pacifica

December 23 & 26 — NO PRACTICE!!!

January 14, 15 & 16 — Zone III Champs at Santa Rosa

(all entries, on consolidated entry forms, MUST be given to Coach Rob by Tuesday, Dec. 20)

February 11 & 12 — VJO C/B/A Meet at Cunningham Pool

February 25 & 26 — Short Course meet at Napa

March 9, 10, 11 & 12 — Short Course JOs at San Ramon

March 18 — VJO Spaghetti Feed and General Membership Meeting

March 19 — Distance/Relay meet at Napa

March 30, 31 & April 1, 2 — Short Course Far Westerns

SAVE THE DATE:

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

Included in our celebration will be a silent auction fundraiser. So, as you come across all those great bargains while out doing your last-minute Christmas shopping, why not pick up a few extra items for our fundraiser auction in June?

If you would like to help plan the anniversary party, or have any ideas or suggestions for it, please contact Janet Mata

Tuffy Says...

Well, here we are again. It's almost winter (December 21st). Can the Redwood Empire Aquatic League (REAL) Championships be far away? Yes, I know Championships are eight months away (August 5-6), but you have to prepare now!

When practicing, try and keep in mind that you are preparing for Championships. Everything you do at practice, every drill, and every stroke you take gets you closer to swimming your best at Championships.

All the meets you swim in during the year help prepare you for that weekend in August. This year it will be in Santa Rosa.

The coaches will be counting on you to prepare yourself during the year. "How do I prepare?" You prepare by attending practice, going to meets, trying your hardest to do your best, and respecting your teammates by not interfering with their practice.

Starting this January, the coaches will be asking you to extend yourself and swim events that will make you feel uncomfortable. Be prepared to swim 50's of all strokes, 100 and 200 Free, 100 IM, before August — prepare NOW!

GOOD LUCK!



Coach Tuffy Williams

Only
238 More Days
Until **REAL**
Championships
In Santa Rosa

A FINAL REMINDER:

Pacific Swimming Registration for all swimmers expires on December 31, 2005!

If you want to swim in January, your dues need to be paid NOW!!!

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



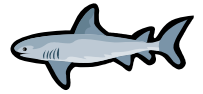
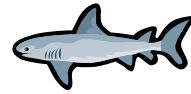
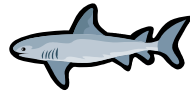
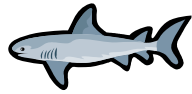
Coach Chris Souza

At this time of year we often find ourselves thinking about the past year and the things that we want and hope to accomplish in the upcoming year. For me personally this year it has been about getting back to basics. Swimming has always been a part of my life, even when I am not in the pool, and I hope each of you someday reflect on your time at Cunningham and say "gosh I sure did learn a lot" in that pool.

So what is getting back to basics? It starts with the basic elements of each of the strokes, practicing them every practice. This means, flip turns every free-style turn, two handed touches, etc. Every time you are in the pool you are getting back to basics; and when things do not feel right (and we all know what that feels like), it is time to get back to basics: breathing every three strokes in freestyle, hips up in breaststroke, streamlining, racing during a sprint set.

Happy Holidays and here is to a great 2006!

Did you know?



**Our very own
Coach Tuffy Williams
has been selected for the
Vallejo Sports
HALL OF FAME!!!**

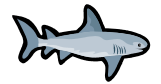
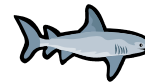
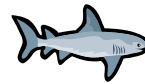
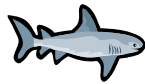
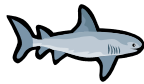
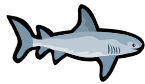
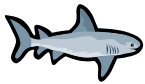
*Congratulations,
Tuffy!*

Tuffy, and 12 other inductees, will receive awards at a banquet at the Foley Cultural Center on Saturday, March 25. Tickets for the dinner, silent auction, and ceremony are \$40 and go on sale this Monday, DECEMBER 19 at the GVRD office, 395 Amador Street, and are sure to sell out fast!!! Contact GVRD at 648-4600 for more information.

ATTENTION PARENTS:

Volunteers are **desperately** needed to help with set up and clean up every Wednesday for hot chocolate nights!!!

PLEASE HELP!!!



Thank you to everyone who contributed to our fun holiday party and profitable "white elephant" auction.

We raised \$400, which will be donated to the Christian Help Center.



Feliz Navidad



Happy Holidays



Merry Christmas



A HAPPY NEW YEAR



Happy Hanukkah

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"creative accounting" when data was either missing or obviously wrong

- When Cunningham Pool was just a concept and when Cunningham Pool became a reality
- When cardless meets became a possibility (and we required card back-up in case computers failed!), then a reality (no more handing out cards!)

But some things never change!

First and foremost, the total commitment required of swimmers, coaches and parents continues to amaze us. Well, not the commitment itself but the wholehearted willingness to be a part of the swim community – that is amazing! Swimming isn't a half-way thing!

This was true then and is true now and our amazement of and appreciation for those involved in swimming in general and Vallejo Aquatic Club in particular has not diminished.

The same energy but with different faces. The same commitment shared with new friends and acquaintances. The same anxiety about winter water, imminent pool closures, rising costs. The same conviction that swimming is absolutely the best sport. 50 years and counting!

Way to go VJO!!!

Glenda and Ted Goode

