



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

February 2006

President's Message

By the time this goes to print we will have completed our second swim meet for VJO's fiscal year. With just under 500 swimmers we anticipate reaching our goal of \$8000.00 in revenue. Our November meet had approximately 588+ swimmers and we netted just around \$9000.00. At this meet, we'll have more vendors who donate a percentage of their proceeds, in addition to more donations of food for hospitality and our snack bar. The snack bar alone generates over \$2000.00 and is the second biggest revenue generator. The first is obviously the number of meet entries.

I don't want to forget those parents and coaches who sponsored an event. We raised just under \$500. Thank you for your support. I will keep you apprised of the meet outcome in our March newsletter. GO VJO!

I would also like to touch on code of conduct. We would like to think that we provide a safe and positive environment for everyone on the team. I can't emphasize enough how important this is. Respect for one another and one's property is vital in exemplifying good conduct. Our behavior reflects on our team as a whole. There's different acts of behavior that can be con-

sidered offensive to swimmers, parents or coaches. Depending on the severity of the behavior a coach or board member will advise those involved with either a verbal discussion or if warranted a phone call to the parent/guardian. This also includes inappropriate items brought to the pool. Such items could be confiscated and returned to the parent/guardian. Should you have any concerns don't hesitate to talk to a coach or board member as we want this to be the best possible environment for our children.

Cathy Riley

Alumni Letter:

In our club's 50th anniversary year, we are honored each month to hear from Vallejo Aquatic Club alumni. This month's letter is from Gordon Johnson, former swimmer and coach (along with his wife Debbie) of our swim club. Thank you for sharing your memories with us!!!

Congratulations to Vallejo Aquatic Club on its 50th year anniversary! It's great to see Vallejo doing so well. This past year, I started receiving the "Shark Attack" and it's been so much fun reading about the current swimmers and coaches and the goings on at VAC – sorry VJO, Vallejo will always be VAC to me. I've also really enjoyed reading the alumni letters.

When I think about VAC, I think about friends, family, dedication, fast swimming, and parents, swimmers and coaches striving to make VAC the best it could be (Number 1). I also think about dodge Frisbee, spring try-outs, dual meets, volleyball, food, picnics, a swimmer teaching me how to build a "straight" fence, homemade team shirts, time trials, water balloon fights, camping, waterslides (before they were common), talking, the "Golden Shark" award, long car rides, sharing the "high" of success and "low" of a temporary defeat or a bad time, swimming Russian River, shave down parties, the love shown by VAC families when two of my children (Olivia & Holly) were born, team cheers, pouring our purple pool water into the opposing team's pool, awards nights, the weight room on Ten-

nessee street, "Sharks and Minnows," diving, visiting friends' homes, the "1650 Fly Club" and many other great memories. Swimming and coaching at VAC was much more than just swimming – it was sharing life with friends and teammates. I've coached a few teams since leaving Vallejo and I can tell you Vallejo is something very special. It's truly a team where swimmers, coaches and parents work together to form a close team. I saw it then and I see it now in reading the Shark Attack, at Tuffy's surprise birthday party and when Vallejo hosted the Rec League Championships a couple years back (I was coaching one of the rec teams.).

Most of you probably don't know me, with the exception of a few "old timers," so I'll introduce myself. I swam for VAC back in the late 60's and came back in 1975 (with my wife Debbie who also coached) from coaching another team in southern California to be a VAC assistant coach and eventually became head coach until 1981.

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



By Coach Rob Moreside

Wow! Didn't we have a great swim meet? The longer I stay with this club, the more impressed I am with everyone involved. What an incredible and special group of people we have involved with VJO!

Let's start with the most important ones of all...the swimmers! We had nearly 80 athletes entered in the meet last weekend. With each athlete swimming multiple events (up to 8) there were so many splashes that it was hard for Coach Chris, Tuffy and me to keep up at times! There were some heats where we had 4 or 5 swimmers all going at the same time. The total number of lifetime bests was amazing! If you count in the number of first time swims, we had over 70% lifetime bests at the meet! We also had a number of athletes make their first ever B times, BB times, A times, and on up the ladder to Junior Olympic qualifiers!

Next up are the parents. You people who were able to help out last weekend were absolutely incredible! The set up went off without a hitch, the meet itself was so well organized and run (big thanks to Rebecca Kearney, our meet manager) and officiated, and then we must have set a new record for tear down!

And lastly, two very special people, Coach Tuffy and Coach Chris. Thanks guys for your leadership and wonderful sense of humor (I know my jokes can be pretty lame at times!)

We have another meet coming up in March and I am sure we will once again do a fantastic job. Remember, even if you are not swimming in the meet, or your child is not swimming in the meet it is important that *everyone* lends a hand in some way shape or form.

Keep up the good work and...VJO ROCKS!



VJO's 50th Anniversary celebration: Saturday, June 24, 2006

Did everyone get their 50th Anniversary cards in the mail? The first mailing went out to announce the celebration that's happening on June 24, 2006. The special 50th Anniversary T-Shirts went on sale and they look great! Make sure you buy one soon and buy one for everyone in the family! We will be wearing them for the 4th of July parade as well as for REAL Championships. We are going to ask all the Alumni to march in the July 4th parade with us this year so we can show our community how great this team is and how the club is 50 years strong!

We are starting to plan the committees for the celebration and we need people to step up and help out. Please let Janet Mata know where you can help out on the 24th. There will be sign up sheets available on the cart so please sign up to help out. The following are the committees we will need to put on the celebration:

- ◆ Sign In (Man the tables where people come in)
- ◆ Bouncy Bounces (Keep an eye on the bouncing kids)
- ◆ Marshalls (Just like at our meets, orange vested Marshalls)
- ◆ Set Up and Take Down (Self explanatory)
- ◆ Silent Auction (We need everyone to get new items for the auction) See Brenda Craft – Chairperson.
- ◆ Food (We'll need people to help bar-b-que as well as serve)
- ◆ Advertising (Collecting advertising for our program)
- ◆ Memorabilia Table (Get pictures, pins, articles to display)



So please pitch in and help! If you know any alumni, pass the word around about the party! You can give Janet their address so they can be added to the mailing list. We also need everyone to go to the website and register to attend the party so we can get an idea of how many people are attending. We know it's a long way off but please register now. You can get to the special website through our VJO website, vallejoaquatics.org.

If you have any questions or suggestions, please give Janet a call at 707-553-9995 in the evenings.

Tuffy Says...

By Coach Tuffy Williams

Is Tuffy Going to Time and not Coach?

I had a disturbing experience at the Zone III Championships in Santa Rosa. During the meet the meet director came to me and requested timers for the lane the team was assigned. I know we had swimmers in the meet because I was watching them swim. It is somewhat disconcerting and distracting to have the meet director come to a coach to ask for timers.

Since it is our team's responsibility to fill our assigned lane, and since I would not have time to search out an adult to fill the lane I will fill the lane as at timer. This would mean that I would be unavailable to assist any of our swimmers or provide instruction and feedback to them.

Remember in our January newsletter I explained what our responsibilities are when attending a meet outside of Vallejo. **We just hosted a very successful meet.** Teams in attendance stepped up to the plate and volunteered to time; we need to do the same.



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 ★ Only ★
 ★ **196 More Days** ★
 ★ Until **REAL** ★
 ★ Championships ★
 ★ In Santa Rosa ★
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

THANK YOU SWIMMERS AND PARENTS FOR HOSTING A GREAT MEET!!!



PARENTS: If you are an **escrip** member, please shop at Safeway next month. During the month of March, Safeway will be donating **10%** of qualifying purchases to youth organizations like VJO. If you haven't signed up for **escrip** yet, it's easy. Go to www.escrip.com and follow the directions there to register your Safeway card, and credit/debit cards, so your everyday purchases can earn money for the **Vallejo Aquatics Club**.

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I am really looking forward to the reunion this summer and seeing a lot of "old" friends again and meeting new ones! The last one was in 2000. It was a lot of fun seeing everyone, hear what they were doing and swapping stories. I found it interesting and amusing that of all the accomplishments some of the swimmers looked back on was, swimming a legal 1650 butterfly – something they were proud of – and, they did it all for one doughnut!

A previous alumni letter mentioned we started out at Richardson Pool and made the transition "to our great new pool at Cunningham." But, most of you might not know we swam in a few other pools in search of warm water during times when our main pool was down, including the Elk's Club, the Maritime Academy and the Vallejo Plunge. My memory is fading, but I don't recall ever having to use someone's backyard pool. However, I did ask swimmers to use motel pools when they were on vacation. Now, whether or not they did, who knows?

I decided not to name "names" since there are too many special people and I wouldn't want to leave any out. But, with that said (and since they're still with VAC), I always considered hiring "Tuffy" as an 8 &

Under coach one of my best moves as head coach of Vallejo. I'm also really impressed that Ted and Glenda Goode who were very active with the team then, are still part of the team and USS swimming now (what dedication). And, as for little Susie Amodeo (Minahen), member of the 1650 Fly Club, who would have ever thought her own children would be swimming for Vallejo and she would end up being president of the club!

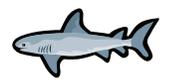
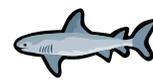
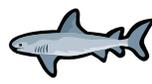
I would like to take advantage of this time to thank all the swimmers, coaches and parents who helped make my swimming and coaching experience at Vallejo something special. Vallejo has a rich history and tradition and I hope you will be able to look back on your time with Vallejo with as fond of memories as I have. Thank you for letting me be part of your 50th anniversary celebration!

Gordon Johnson





ON DECK 2006



Upcoming Meets and Activities

Date	Host	Meet Format / Activity	Swimmer / Group
February 25-26	Napa	CBA+	All VJO Swimmers
March 5	Reno, Nevada	Zone All Star Meet	Selected All Stars
March 9-12	Mission Viejo	Western Sectionals	Qualifiers Senior
March 10-12	San Ramon	Junior Olympics	Qualifiers Age Group / Senior
March 18	VJO	Spaghetti Feed	VJO Swimmers & Families
March 19	Napa	Distance / Relay	All VJO Swimmers
March 25-26	VJO	CIB	Slower than A times
March 28—April 1	Federal Way, Washington	National Champs	Qualifiers Senior
March 30—April 2	Morgan Hill	Short Course Far Westerns	Qualifiers Age Group / Senior
April 8-9	Marin	LC Invitational	To Be Announced
April 22-23	TVA	LC Invitational	To Be Announced
April 29	Sunnyvale	10 & Under Champs	10 & Unders
May 6-7	Santa Rosa Neptunes	SC Invitational	To Be Announced
May 27-29	Stockton	Age Group Open	Qualifiers Age Group / Senior
June 3-4	San Jose	Junior +	Qualifiers Senior
June 17-18	Napa	CBA+	All VJO Swimmers
June 24	VJO	50th Anniversary!!!	VJO Swimmers & Families
July 12 <i>Just Added!</i>	VJO	Swim-a-thon	All VJO Swimmers
July 13-16	San Jose	LC Junior Olympics	Qualifiers Age Group / Senior
July 20-23	Bakersfield	West Zone Sectionals	Qualifiers Senior
July 22-23	VJO	Zone 3 LC Champs	All Qualifiers
July 26-30	Concord	LC Far Westerns	Qualifiers Age Group / Senior
August 5-6	Santa Rosa	REAL's	All VJO Swimmers
August 7-11	Irvine	LC Junior Nationals	Qualifiers Senior
August 9-13	Fresno	Western Zone Champs	Selected Age Group / Senior
September 23-24	VJO	Short Course CBA+	All VJO Swimmers
September 30 <i>Just Added!</i>	VJO	Awards Banquet	VJO Swimmers & Families
October 7-8	Santa Rosa Neptunes	Short Course	To Be Announced
October 14-15	Santa Clara	Junior +	Qualifiers Age Group / Senior
October 20 <i>Just Added!</i>	VJO	Halloween Party	VJO Swimmers & Families
October 27-29	Reno, Nevada	Invitational	All VJO Swimmers
November 3-5	Concord	Junior+ Trials and Finals	Qualifiers Senior
November 18-19	Napa	Short Course	To Be Announced
December 1-3	Pacifica	SC Junior Olympics	Qualifiers 14 and Under
December 7-9	West Lafayette, Indiana	US Open	Qualifiers Senior
December 9-10	San Francisco	Zone 3 Qualifier	Non Zone 3 Qualifiers
December 15-18	To Be Announced	Pacific Senior Champs	Qualifiers Senior

Bold meets are important team and individual meets. The coaching staff highly recommends that anyone qualifying and available should attend **Bold & Italicized** are VJO hosted meets and activities. They are very important to the club and all members should plan to participate

