



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

April 2006

President's Message

I hope that everyone enjoyed their spring break and took advantage of the AM practices that were provided. With April breezing by we are only 2 months away from VJO's 50th Anniversary Celebration on June 24th. We have our Silent Auction taking place on that day, so please get your donations in. We have a lot of fun with our Silent Auctions and they have been very successful and that's all because of the donations of our members. Check the on-deck file for more information. There has been a core committee working on event details over the past several months and we are very appreciative of any help that you can provide. It's also important to register on-line for this event so that we can get a fairly accurate count. Go to our website, vallejoaquatics.org to register.

By Cathy Riley

It's never too early to accept nominations for the 2006-2007 VJO Officers and Board of Directors. We would like to have new faces join the board to share their perspective as well as their talents. Current board members will be asking for volunteers to run for Vice-President/President-Elect, Secretary, Treasurer, Membership, Meet Director, and Communications/Newsletter.

VJO members have the opportunity to take part in lap swimming that is provided by GVRD for the community. This does not mean as VJO members that we are exempt from paying the fees or dues required. If you take part in lap swim you are expected to register at the front desk, as the lifeguards monitor this program.

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Alumni Letter:

In our 50th anniversary year, we are honored each month to hear from select Vallejo Aquatic Club alumni. This month's letter is from Claire Gozar Gover, a former Shark with lots of great memories. Thank you for sharing some of them with us, Claire.

I was a kid who who thought she was going to drown during swim lessons at Vallejo Plunge. I dreaded my turn jumping off the diving board, but I did it. I jumped off, then flapped my arms wildly till I grabbed the side of the pool, and gasped for a breath. From there, I don't know how I became a Shark. I think my parents made me do it. (To all you swim team parents out there, you ARE the best!) I have countless swim team memories. One of my first swimsuits was orange with

broad, vertical white stripes. You know what that means - I had broad, vertical tan lines! I remember a doctor's appointment during which the nursing staff was called in to examine my stripes while I sat naked on the table. I remember crying when Coach Gordon put me in my first 100 IM. That's when I learned crying during your events makes it really difficult to take a breath when you need one. The better approach is to face the challenge; afterall, the only person you

need to beat is yourself.

Growing up I was self-conscious of my body. (Who isn't?) I was so uncoordinated and lacked athleticism. I played team sports, but never felt like a valuable team member. That's why swimming was perfect for me....It allowed me to compete against myself and still contribute to the teams overall standing through individual events and relays.

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C o a c h ' s

o r n e r



Coach Rob Moreside

We had 13 swimmers swim in the rain and cold and...yes even hail in San Ramon. Under these incredibly difficult conditions we had many best times and top swims. Congratulations to all who attended!

On the last weekend in March/First weekend in April we had 6 swimmers at the Short Course Far Western Championships in Morgan Hill. There were many great performances turned in by every swimmer, with a number posting lifetime bests and getting second swims in finals. A big congratulations to Meghan Bicomong for winning the high point award for the 10 and under girls group!

The next weekend we had 17 athletes at the Marin Pirates/Sebastapool Sea Serpents Long Course Invitational. Every athlete in the meet posted lifetime Long Course best times!

And still to come is the TVA Long Course meet and the 10 and under Championships!

As you can tell it has been a very busy couple of months for the Club. And as many of you have noticed, we have no meets scheduled in the Month of May. There are a couple of reasons why I have scheduled things this way.

First, many of you (especially high school swimmers) are getting "raced" out. With us having so many meets added to weekly meets for your high schools, it is a good time to take a break from racing.

Second, and more importantly, I have always tried to schedule at least one month during the swim season to just focus on training. Every time we go to a meet, we have to change the training regimen to allow each of you the best possible opportunity to swim fast at the meet. By not attending meets in May, we can focus of training hard and getting ready for the busy summer Long Course Season. Between the first of June and the middle of August, we currently have 9 meets schedule over a total of 10 weeks!

Congratulations on a great short course season!

Well April is almost done and hopefully so is all the rain! We have had a very successful past few months with our competitions.

Donny Mata and Kathryn Jovino traveled with me down to Mission Viejo in Southern California and both VJO swimmers swam very well. The meet was topped off with Donny finishing in fifth place in the 100 backstroke and a best time.

Remember:

Donations are still needed for our 50th Anniversary Celebration Silent Auction.

Donation request forms are available on deck. For more information, speak with Cathy Riley or Brenda Craft.



ON DECK **Upcoming Events and Activities**

April 29 — 10 & Under Championships, Sunnyvale

May 6 & 7 — Short Course Invitational, Santa Rosa

May 27- 29 — Age Group Open, Stockton

June 3 & 4 — Junior + Meet, San Jose

June 17 & 18, CBA+ Meet, Napa

June 24 — VJO 50th Anniversary Celebration!!!

July 12 — VJO Swim-A-Thon

July 13-16 — LC Junior Olympics, San Jose

July 20-23 — Western Zone Sectionals

July 22 & 23 — Zone 3 LC Championships, Vallejo

July 26-30 — LC Far Westerns, Concord

August 5 & 6 — REAL Championships, Santa Rosa



Tuffy Says...

Rain, Rain Go Away

Well have we had enough rain? I think I noticed moss growing on some of my swimmers.

Through adversity we all get stronger. Even with all of this wet weather we swam very well at our meets in February and March.

This month (April) we find ourselves with more meets: Far Westerns, Marin Pirates and Sebastopol LC meet, Twin Valley LC meet, 10 and under Championships and finally in May a B meet in Davis. We as a team need to swim in these meets now, because in May there are not as many meets to attend so we will be training hard during the month. If the team is to swim well at the Redwood Empire Aquatic League Championship meet in Santa Rosa (August 4, 5, & 6) we need to swim in meets to get prepared for Championships...it is only three months away. Have you made your reservation at the Sandman Motel (544-8570) in Santa Rosa? **Do it now...ask for group reservations and tell them you are with Vallejo Aquatic Club.**

We also need to recruit more swimmers to join the team. Ask your friends, cousins, etc. to tryout for the team...spread the word that we have a great program and the grey hair coach's bark is worse than his bite!

Good Luck and Prepare Now!



Coach Tuffy Williams

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

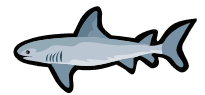
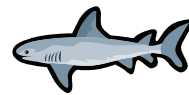
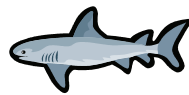
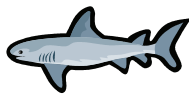
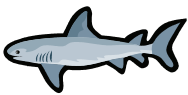
"Thank You"



To all of my VJO family who congratulated me, and to all who attended the Hall of Fame Dinner, I just want to say thank you. It was such a special night. I appreciated all of the support I received over the years. Without your support and your childrens' participation I would never have been in the position to even be considered for the Hall of Fame.

Thanks again.

Tuffy



Alumni Letter Continued...

During the 6 or so years on the team, my self-confidence grew as I accepted the fact that I would never be the fastest swimmer, but I *can* beat my personal goals. I had some great coaches to support me especially Gordon, Val, and Reed. Thank you to Tuffy for saving me from walking to and from practice. Even though you weren't my coach, your dedication is priceless. Then there were my teammates who were like family. I mean, who else would spend the 6 a.m. hour in a swimsuit, in the hail with you? You swimmers know what I'm talking about. We were as crazy as crazy gets during our camping-swim meets in Ukiah and Redwood Empire Championships in Novato. Our team had awesome relays and we knew how to cheer each other on. I can still hear "We will, We will rock you" and "We are the Champions, my friend." We kicked butt at championships!and I know it was due to more than the chilli with melted cheese. Maybe all those games of "Comb" kept our starting reflexes sharp. I secretly loved that my sisters and I fought at home, but at the pool we were "The Gozar Girls".

I can hear the chanting of "Go - Zar, Go - Zar, Go - Zar...." with every armstroke during my 100 breast. I will always treasure my friends from the team, especially the Elizaldes, the Morrisons, the Pearsalls, Dawn, Tal, Eugene, Cortez, Alicia, Tracie, and Lopaka (rest in peace, my friend). Thank you to Alan for letting us play water polo. Cortez would somehow wrap his legs around me and pull me down to get me out of the way. Like Kristie Greene, I too remember swimming the Straits with the threat of being hit by a tanker while suffering from hypothermia. I was the slowest swimmer in the fastest group. How can I forget that? I can still visualize a Weatherly losing his suit off the starting block. Which leaves me with a final question: Why was it always a Weatherly?. Sigh.....How I wish I could go back in time!

Congratulations VAC! We are still the Champions!

Claire Gover

Celebrate 50 Years of Vallejo Aquatics

Less than two months until the 50th Anniversary Celebration of VJO! Time is flying by and the committee is meeting every other week to prepare for the big day. The following are areas that we need everyone to help with....

- ◆ We are putting together a souvenir program for the 50th Anniversary and we are asking everyone to help us sell advertisement space. They can be purchased by yourself or your business or your place of employment. All ads will be black and white. The forms have been put in your folders on deck or if you need additional, please call or email Janet Mata (see below). Please turn in the ad form and checks to the "MATA" file on deck by Friday, April 28, 2006.
- ◆ We are doing a Silent Auction at the 50th Celebration and we need every VJO family to bring in one or more new items for the auction. You can go to a store that you frequent and ask them for a donation, or purchase an item yourself or just donate cash and it will be used to purchase items to make up a theme basket. Brenda Craft is the chairperson for the auction. If you bring your donation to the pool, just ask one of the Board members or Coaches and they will point you to Brenda or the person collecting the donations.
- ◆ June 24th may seem like a long way away but we **really** need everyone to register online if they are planning to attend. In order to plan for the food and drinks, etc, we need to have as close a head count of people that are attending so we don't over purchase or under purchase food items. So please go online to our website, vallejoaquatics.org and go to the 50th Anniversary link and register your family! We'd really like to have everyone registered by the middle of May.
- ◆ Last but not least, we still need people to volunteer on the day of the celebration to help out with the food tables, kids' fun tables and games, etc. So please step up and help out! If you have any questions or want to help out, please contact Janet Mata in the evenings at (707) 553-9995 or email her at jsmata@sbcglobal.net.

Thank you!

