



# Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

May 2006

## President's Message

I am constantly amazed at the dedication of our swimmers and their parents who make it happen for them. In my 14 years as a parent I have not witnessed a finer group involved in a sport. There's such dedication and devotion to swimming and this club. It's like family here. And I love being a part of it. I would call most of the kids my own but I couldn't afford it. Whenever one of those kids is away from practice you feel like the club is not whole. I feel that way with the parents as well. I think that this is unique.

I would be remiss if I left out my feelings about our coaches. They run our kids through practice every night for several hours rain or shine. Not to mention the many weekends spent at swim meets. Our coaches put in long hours at meets coaching our children. They have to be dedicated to the children and to the club to do what they do. They invest many late nights in meetings for the club because that's when most parents are available. So when you have the opportunity thank our coaches or when you see something positive let them know.

By Cathy Riley

Inside this issue:	
Coach's Corner	2
On Deck	2
Tuffy Says... Etc.	3
Alumni Letter and Email	4
Quotes for Swimmers	4



## 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 Cortez Quinn. Thank you for sharing some of your swimming memories with us! }



It has been almost 32 years since the day that I saw my mother taking swimming lessons at Kentwig Swim and Racquet Club off of Magazine Street and I-80. During the 8 days of her lessons, I remember telling her that I could swim the length of that indoor pool and that I could do it better and faster than she could. I ended up finishing her last two classes and continued for another month or two with lessons. She had grown up a few miles from the confluence of the Mississippi and Ohio Rivers in Clinton, KY, but had never learned to swim very well.

To this day, I do not understand why she wanted to learn how to swim better during that time of her life, but I am happy that she did. She says that "everyone else was swimming, and I didn't want to be left out". However, I do know one thing for sure: it was those 8 days watching my mom's swim lessons that would help shape my early years and that sparked my interest in swimming competitively.

As I reminisce to that time in my life, I will always remember my time with VAC/VJO (when I started in 1975, we

were known as VAC and before I left in 1985 we became VJO) as **fun times with my "second" family.**

### I will always remember:

- Debbie Johnson for teaching me how to do a flip turn in the shallow end at Richardson Pool;
- the swim-a-thons at Richardson Pool and the Plunge (and practices at the Maritime Academy because the City could not afford heat the aforementioned pools during the winter);

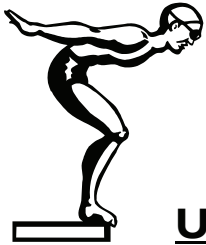
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# Coach's

# o r n e r



**Coach Rob Moreside**



Well here we are already half way through May. The weather has been beautiful and we have been able to get a lot of really great work in at the pool.

Hats off to those in the age group and senior group who have trained so hard and with such dedication over the past few weeks. I know that it has been different, not having meets this month, but in the long run it will turn out great!

The month of June looks real busy. We have a number of meets as well as our 50<sup>th</sup> anniversary celebration! Remember, if you have not signed up for the celebration, do so on our website

([www.vallejoaquatics.org](http://www.vallejoaquatics.org)) or you can sign up at the pool. There is a sign up sheet on the file cart every night! Also to do with the celebration, the City of Vallejo will be designating June 24<sup>th</sup> as "Vallejo Aquatic Club Day" in our fair city. On May 23<sup>rd</sup> at the city council meeting the proclamation will be officially brought forth. We would like everyone to come down to City Hall at

7:00 PM to witness and cheer. Make sure you wear your VJO shirts!

As for the meets in June, there are four that the team will be attending. They are:

Junior + in San Jose	June 3-4
CBA + in San Ramon	June 9-11
Senior Meet in Santa Cruz	June 10-11
CBA + in Napa	June 17-18

The meet sheets are in your files. If at all possible, I would like to see everyone swim in two meets in June. If you have qualified for the Junior + meet and/or the senior meet, please try to attend the highest level of competition available to you.

Two last quick notes. First congratulations to all of our high school swimmers who had a great season this year!

And lastly, a huge welcome to our newest member of the coaching staff, Morgan Zackery! I am sure you will all join me in welcoming Morgan to the club.

## ON DECK

### Upcoming Events and Activities

- May 27- 29 — Age Group Open, Stockton
- June 3 & 4 — Junior + Meet, San Jose
- June 9-11 — CBA+ Long Course Meet, San Ramon
- June 10 & 11 — Senior Meet, Santa Cruz
- June 17 & 18, CBA+ Meet, Napa

### **June 24 — VJO 50th Anniversary Celebration!!!**

- July 4 — 4th of July Parade, Vallejo
- 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
- August 7-11 — LC Junior Nationals, Irvine
- August 9-13 — Western Zone Champs, Fresno
- August 19—September 3 — VJO BREAK — no swimming...

### **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.**

Be sure to register online at [www.vallejoaquatics.org](http://www.vallejoaquatics.org) to attend our **HUGE 50th ANNIVERSARY CELEBRATION**

# Tuffy Says...

I am glad to see so many of our swimmers back in the water. I know many of you took a break during our winter rain season. The task at hand is to get into shape by coming to practice daily, swim in meets, swim faster (both in practice and meets), and prepare for the Redwood Empire Aquatic League Championships (REAL Championships) August 4th Friday Night at the Ridgeway Pool, 5th & 6th at the Finley Center in Santa Rosa.

You can reserve a room at the Sandman Inn in Santa Rosa (ask for group reservations and tell them you are with Vallejo Aquatic Club).

We have several meets coming up (mostly Long Course) enter them. The club is working on arrangements for a dual meet at our pool. If we are successful I would really like you all to be there and swim as many events as possible.

Please remember to bring and use sunscreen on a daily basis (15 or above). Also invest in a hat. Wear shoes or if wearing sandals please wear socks so your feet won't get burned. At meets stay in the shade, wear long-pants and long-sleeved shirts. The sun will take a lot of energy out of your body. Did I mention drink plenty of H2O (AKA: water).



**Coach Tuffy Williams**

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

## Vallejo Aquatic Club

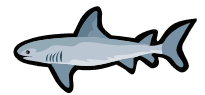
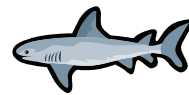
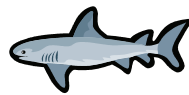
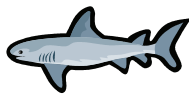
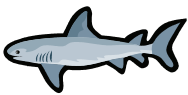
### Mission Statement:

The Vallejo Aquatic Club takes pride in the diversity of its members, welcoming families from all backgrounds that embrace our core values of goal setting/realization, personal accountability, work ethic, self motivation, self-esteem, community interaction, and respect for others. Through competitive swimming, we teach our children these essential values that will continue with them for the rest of their lives



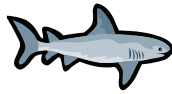
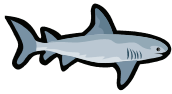
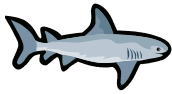
**A big THANK YOU**  
to everyone who showed up at  
**City Hall on Tuesday, May 23** for the  
**City Council's**  
proclamation  
declaring **June 24,**  
**2006 as Vallejo**  
**Aquatics Day!!!**

Look for photos in next  
month's newsletter



### Alumni Letter Continued...

- when Cunningham Pool was built (**our very own pool**), but then having to swim in Benicia a few times when Cunningham was down;
- having 5 different coaches during my time with VJO, but ALWAYS having Tuffy be there when I needed help with my stroke technique;
- being awarded the Peter Rouna Memorial Scholarship Trophy (1985) at the Zone 3 Championship meet, but not receiving it for year because I left for Brazil as an exchange student before the award presentation;
- being one of the team's cheerleaders at many meets as I got older which hopefully helped to motivate my teammates to swim faster;
- camping trips at Lake Mendocino and the trips to the water slides;
  - the Redwood Empire League Championships, Zone 3, and Far Westerns Meets;
- swimming across the Carquinez Straits to the Maritime Academy to raise money to keep the club going.



**Also, I will remember**..... being well taken care of, and looked after by the older swimmers and being disciplined by other parents when I got out of line as a youngster...then, being a role model and looked up to by the younger swimmers as I grew older;

...being called FAST START Cortez because of my many attempts to beat everyone else off the blocks;  
 ...the wonderful friendships that I developed while swimming for VJO and in Zone 3;

...those families (**you know who you are**) who treated me as one of their own kids, who were always good to me, who helped me through the tough time after my father's death and after my mom became ill, and who found space in their cars for me on the weekends.

These are a few of the GREAT memories that will stay with me for the rest of my life.

I hope that every swimmer, and family takes good care of each other during their time with VJO, and that their memories are as pleasant as mine.

Thank you to those who made me feel special and helped me to mature during my time with VJO, and I look forward to seeing you at the 50<sup>th</sup> Anniversary Party next month.

**Cortez Quinn**

## Quotes By, For, & About Swimmers

- There are 2 kinds of people in the world: **SWIMMERS** and those who wish they were!!!
- The key to swimming better is better swimming.
- Swimming is 10% chlorine and 90% intensity!
- You know you're a swimmer when you can leave the wall in the middle of a sentence and come back to pick up the conversation right where you left off!

- Don't wait for your ship to come in — swim out to it!!
- Put your heart into a race and your body will follow.
- Swimmers: They spend 50% of their life 70% naked!
- Train past the pain: Make waves, not excuses!!!
- A hard practice is like eating your veggies — you hate it while you are doing it, but it helps you out in the end.
- Swimming isn't just a sport, it's a way of life!!!

### Alumni E-Mail:

Congratulations on 50 years! What a great program! I swam with the Vallejo Aquatic Club from the mid-60's until about 1972. I swam a lot of Butterfly and IM, although I hated the Breast Stroke...I could never get the kick right. Just ask coach Bob??

Southard?? I have great memories of early morning practices at Richardson Pool. As it was early and the water was often cold, I'm sure the memories are much greater than the reality was. Some really excellent swimmers sliced through the water in those days: Jim and John Doyle, Rick Ayers, Vick Johnson, any of the Favero's, Danny Hall, and many, many others. I can still remember the first time I got a cramp in my calf. It was while swimming laps of freestyle, right after a flip turn. After I pushed off I felt my calf seize up. I had never felt anything like it. It hurt so bad I actually thought I had somehow broke my leg while doing the flip turn. When I told that to coach Bob he just smiled, shook his head and explained to me what a cramp was and showed me how to stretch it out. Then he made me dive back in and finish my laps. There wouldn't be any slackers on his team! Again, congratulations and thanks for all the memories!

**Mike Logan**

