

SHARK ATTACK

Vallejo Aquatics Club

September / October 2016

Reflections from the Deck

Welcome Back Sharks!

Are YOU ready for a fun and exciting swim team season? I know our VJO coaching staff is! This Fall we have some very exciting meets, social events and fundraisers planned. This season our focus meet will be **Winter Zone 3 Champs** on January 14 & 15 and this year it will be held at the INDOOR Santa Rosa Junior College Pool. Swimmers will need to start working now toward those "BB" time standards to qualify (8&unders qualify with a "B" time standard). In November we have a very exciting team trip planned to NBAA to learn some **gymnastics** from some of the very best gymnast in Vallejo. And next month our team will be hosting a **Pancake Breakfast at Applebee's** and our 14 & over swimmers will be your servers. See our team calendar for a complete list of our fall events

Our Team Goal this season is **building more Team Spirit!** So this season our coaches will be looking for and encouraging swimmers getting out there and cheer and support their teammates. Having teammates supporting you no matter what make anything possible.

T - Together
E - Everyone
A - Achieves
M - More

Coach Jennifer

It's a New Swim Year !!

Now is the time to set new goals .

- Goals provide **direction**
- Goals provide **feedback**
- Goals **motivate**; provide a daily purpose

What will yours be in regards to swimming?

How will you go about reaching these goals?

Have you written them down to help keep you on track and focused?

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- How to "Be" ready
- Swim meet prep
- Hydration Facts
- A look inside the Shark Tank
- REALS Meet Update
- President's Message

BE READY SO YOU DON'T HAVE TO GET READY

The Magic of Being Prepared

There probably isn't a swimmer on the planet who would argue that preparation is a bad thing. That working diligently to prepare mind and body to achieve a certain result is a poor idea. But preparation goes beyond just putting in a bunch of meters. In ways that you may not even recognize it becomes a mirror reflection of your training when you stand up on the blocks.

The way we prepare is the way we compete.

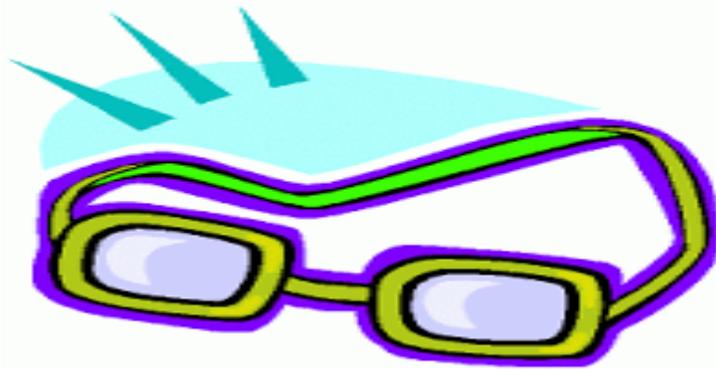
How often have you relied on the adrenaline of a packed meet to help you perform? Or brushed aside difficult training because you figured that you would be able to rise to the occasion when the big meet comes around? Or put too much stock in your talent and natural abilities to get you through a competition? Train as realistically as possible in terms of how you want to perform in competition. Those moments where we have those other-worldly swims are generally flukey and very hard to control—they typically happen only in very precise and impossible to replicate circumstances. (In other words, out of your control.) What is more likely to happen is that you will rely on your habits from practice—the same breathing patterns, the same turns and walls, breakouts. In fact, much like I did that day, very often you won't even notice the behaviors from practice carrying over into your competition.

The way we prepare is one thing we can control.

You don't know how fast (or slow) the swimmers you will be racing against will be. You can't control the meet warm-up situation, nor can you forecast being late to the pool, getting mildly injured mid-meet, or your goggles filling up with water when you dive off the blocks. But you can control the way you prepare yourself. Bob Bowman was known to pelt a pre-Beijing Michael Phelps with circumstances that would challenge him and ultimately prepare him to swim fast no matter what. From training in a dark pool, to swimming without goggles, Bowman expected Phelps to be ready no matter what happened. And when his goggles filled up in the 200m butterfly in Beijing, Phelps was able to remain calm and rely on his preparation and stroke count to get him home in world record time.

The way we prepare means we don't have to think so much on race day.

Can you imagine if on race day you had to relearn your stroke and technique from scratch? That for every single stroke, turn, dive, breakout and kick you had to fully think about executing it? It would be impossible and overwhelming to think about all of the technical considerations that go into swimming proficiently while also swimming fast. Preparing means we don't have to think about all this stuff. That we can just focus on being calm (or getting more excited, whichever the case is for you) prior to the race, confident in knowing that all we have to do is punch the gas. After all, look back on those races where you destroyed your best times. Was your mind a flurry of activity? Almost certainly not. In fact, it's likely you barely remember much of the race at all. Just a feeling of going really, really fast and a sensation of being on auto-pilot.



The Value of H₂O

All the experts and all the science points to the importance of drinking fluids during practice, especially if muscles are to perform their best and the body can endure the demands of a long practice.

While science tells us that swimmers should hydrate every 20 minutes, how does one make that happen in the pool? My advice is to bring drinks (with your name labeled on it) to the edge of the pool, at the end of the lane where you are swimming and being coached. At each pause in sets, or at a break, take two to three swigs of fluid (an average gulp of fluid is about one ounce).

Are you staying hydrated during practice?

SWIM MEET PREPARATIONS

With the start of our new swim year it's a good time to remind ourselves of what we should bring to swim meets. As Michael Phelps showed us all during the Olympics in Rio, swim caps can rip at the worst times.

Swim Meet Packing List

- ◆ Chair
- ◆ Jacket
- ◆ Sunglasses
- ◆ Hat
- ◆ Sleeping bag or other mat to sit on
- ◆ Sunscreen
- ◆ Meet Sheet
- ◆ Sharpie

Swim Bag Packing List

- ◆ At least 2 swim suits
- ◆ At least 2 swim caps
- ◆ At least 2 goggles
- ◆ Parka
- ◆ Several Towels
- ◆ Pants or Sweats
- ◆ Hat & Gloves
- ◆ Socks & Shoes or Uggs
- ◆ Flip Flops

Food Packing List

- Healthy snacks ~ energy bars, bananas, nuts, bagels, muffins
- Lots and lots of water





VJO Wins REAL Champs for Second Year in a Row!

For the second year in a row Vallejo Aquatics has won REAL Summer Championships. Way to go VJO! This year we took 43 swimmers and not only did we put on a great showing, but we had a whole lot of fun doing it. Every one of our 9 and over swimmers qualified for finals (top 16) and boy was it exciting! REAL's is the only team meet of the year that is run trials/finals. In a trials/finals meet the top 16 come back and compete again at night for points... just like in the Olympics! Our team walked away with 25 new "B" times achieved, 11 new "BB" times achieved, 9 new "A" times achieved, and 5 new "JO" times achieved.

STANDOUT SWIMS: Congratulations to both **Vivienne McQuilling (6)** and **Louisa McQuilling (9)** for completing their first swim meet with VJO. Congratulations to the following swimmers who dropped time in every event they swam...wow what an accomplishment! We are proud of you **Luca Carmichael (10)**, **Mackenzie Kawashiri (11)**, **Aliyah Miller (11)**, **Alyssa Sapida (11)**, **Liam Bates (12)**, **Zak Raymond (11)**, **Haiden Bates (14)**, **Scout Bates (14)**, **Jay DeLacruz (14)**, **Eliana Matteo (13)**, **Sebastian Fernandez (14)** and **Ethan Rosario (13)**. Congratulations to the following swimmers for achieving new JO times; **Trinity Rivera (11)** achieved a JO time in the 50 fly (30.35), **Mikaela Gomez (12)** achieved a new JO time in the 100 back (1:09.03) and **Nathan Jellison (14)** achieved 3 new JO times in the 50 free (24.34), 100 back (1:00.15) and 200 IM (2:07.59).



If you believe in yourself, you have no limits on what you can accomplish.

A LOOK INSIDE THE SHARK TANK

Recognizing some of our amazing swimmers for all their hard work



Hammerheads 1—Elijah Davis

- ◆ Age: 8
- ◆ School: Home Schooled, 4th grade
- ◆ Favorite Swim Stroke: Freestyle
- ◆ Favorite Food: Burritos
- ◆ Favorite Movie: Cars
- ◆ What do you want to be when you grow up? Fire Fighter
- ◆ If you could have one super power what would it be? Super Strength

Hammerheads 2 - Andrick Espinosa

- ◆ Age: 11
- ◆ School: Benicia Middle School, 6th grade
- ◆ Favorite Swim Stroke: Freestyle
- ◆ Favorite Food: Mexican
- ◆ Favorite Movie: Avatar
- ◆ What do you want to be when you grow up? Engineer
- ◆ If you could have one super power what would it be? The power to heal people



Leopard Sharks - Abby Sapida

- ◆ Age: 10
- ◆ School: DWES, 5th grade
- ◆ Favorite Swim Stroke: Backstroke
- ◆ Favorite Food: Lobster
- ◆ What do you want to be when you grow up? Swim Coach
- ◆ If you could have one super power what would it be? The power to be invisible

A LOOK INSIDE THE SHARK TANK

Recognizing some of our amazing swimmers for all their hard work



Mako Sharks - Awa Manna

- ◆ **Age:** 12
- ◆ **School:** Calvary Baptist Christian Academy, 7th grade
- ◆ **Favorite Swim Stroke:** Butterfly
- ◆ **Favorite Food:** Ice Cream
- ◆ **Favorite Movie:** Fifth Wave
- ◆ **What do you want to be when you grow up?** Nurse & Swimmer
- ◆ **If you could have one super power what would it be?** The power to read minds

Tiger Sharks - Ethan Rosario

- ◆ **Age:** 13
- ◆ **School:** American Canyon Middle School, 8th grade
- ◆ **Favorite Swim Stroke:** Backstroke
- ◆ **Favorite Food:** Sushi
- ◆ **Favorite Movie:** Avengers
- ◆ **What do you want to be when you grow up?** Pro Athlete
- ◆ **If you could have one super power what would it be?** Time Travel



Great Whites - Sam Man

- ◆ **Age:** 15
- ◆ **School:** Benicia High School, 11th grade
- ◆ **Favorite Swim Stroke:** Backstroke
- ◆ **Favorite Food:** Sushi
- ◆ **Favorite Movie:** Lion King
- ◆ **What do you want to be when you grow up?** Medical Researcher
- ◆ **If you could have one super power what would it be?** The power to eat as much as I can and never gain weight

Swimmer Updates

Welcome New Swimmers

- ◇ Anna Alvarenga
- ◇ Trey Wills
- ◇ Juliana Osejo
- ◇ Heather Venn
- ◇ Michael Bowen
- ◇ Alina Bowen
- ◇ Lauren Ballard
- ◇ Maya Chakraverty
- ◇ April Sapida

September Birthdays

- 9/4: Helen Randolph
- 9/4: Haden Bates
- 9/4: Scout Bates
- 9/4: Louisa McQuilling
- 9/5: Liam Bates
- 9/5: Kailina Arechy
- 9/9: Garfield Clement
- 9/10: Isabella Marsden
- 9/18: Charlotte Bogard
- 9/18: Anna Soria
- 9/28: Janian Delacruz
- 9/30: Coach Laurie
- 9/30: Darren Chavez
- 9/30: Daniel Chavez

October Birthdays

- 10/7: Aliyah Miller
- 10/10: Maya Chakraverty
- 10/12: Alyssa Sapida
- 10/13: Arren Caberto
- 10/14: Jericho Putong
- 10/19: Yasmine Camara
- 10/20: Graham Randolph
- 10/23: Noah Davis
- 10/24: Jacob Everett
- 10/27: Marley Fitzgerald

Upcoming Team Events

October Team Events

- ⇒ 10/1: Marin Pirates Senior Open Meet (seniors only), Indian Valley College
- ⇒ 10/21-10/23: VJO Tuffy Williams Fall Classic C/B/A Meet, Cunningham Pool
- ⇒ 10/27 Halloween Shark Pride Night 5-7pm

November Team Events

- ⇒ 11/5: Gymnastics Social Event, NBAA Vallejo 3:30-6:30pm
- ⇒ 11/12-11/13: Napa Valley Meet C/B/A
- ⇒ 11/17 Thanksgiving Shark Pride 5-6:30pm

President's Message

Greetings Vallejo Aquatic Club!

On behalf of the board, I would like to welcome back all of our returning swimmers and give a big warm welcome to all of our new swimmers. We are very excited about the upcoming swim year. As you can imagine we have been planning for months which meets we will attend, all new team building activities including fun shark pride days and discussing other ways in which we can continue to grow together as a team.

As my two-year term on the board comes to an end, I wish to express my gratitude to our dedicated VJO Village whose contribution of time and talent keep the day-to-day operations running smoothly. With this in mind, I would like to thank our board members, coaches, volunteers, and swim taxis for bringing your swimmers to the pool throughout the year.

Some of the highlights of my last two years being on the board have been: collaborating and implementing swim meet volunteer hour requirements, restructuring our membership dues, serving on the 2013 and 14 Swim-a-Thon, 2014 and 15 Favaro Scholarship (as Committee Member/and VP), helping secure the 2016 PacSwim Diversity Grant, restructuring of snack bar to gain a higher profit margin, and working in the various capacities during swim meets. I have certainly learned a lot.

Please keep in mind: our board is here to support the club. Our club relies on volunteers to serve and represent the entire organization. We need to foster the new to swimming, seasoned athletes, and everyone in between. If you have questions, concerns, ideas or would like to join our board, please contact one of our members. Everyone can make a difference.

They may be reached via email:

President, Ethel Rosaio: president@vallejoaquatics.org

Vice President, Jennifer Matteo: vicepresident@vallejoaquatics.org

Secretary, Jen Lally Petit: jenlallypettit@gmail.com

Treasurer, Maribel Diaz: treasurer@vallejoaquatics.org

Membership, Sara Randolph: info@vallejoaquatics.org

Officials, Phil Grant: pvgrant@comcast.net

Meet Director, Joe & Gigi Sapida: meetchief@vallejoaquatics.org

Communications, Tamara Kawashiri: communications@vallejoaquatics.org

Thank you again for allowing me the opportunity to sit on the board for two years.

Gratefully,

Cyndee Bogard

***If it doesn't challenge you, it doesn't
change you.....SWIM HARDER***