



# Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

July 2006

## President's Message

It looks like we had a good turnout for the 4<sup>th</sup> of July parade. Thanks to all who were able to make it and to the families who assisted with decorating our float. Please give Brenda & Mark Craft a special thank you for allowing the team to use their boat.

We are still collecting for the Swim-a-thon and you have until Friday, Aug. 11<sup>th</sup> to turn in your money to qualify for incentive prizes. If you turn in your money sooner you can receive raffle tickets for other great prizes as well. We had approximately 65 kids in the swim-a-thon which is down from the previous year but we had more parents participating. Our goal this year is \$12,000.00 & so far we

only have a 1/3 of the money raised. So keep collecting! Thank you to Jean Augst & Lucia Welton for all your efforts in making this a fun event.

Nomination forms for Board Officers will be out by the time this newsletter goes to print. Please make your nominations for the following positions: Vice President/President Elect, Secretary & Treasurer. You can even nominate yourself. Once the forms are in I will confirm with the nominees before their name is placed on the ballot. If you have any questions regarding board duties, please don't hesitate to ask.

By Cathy Riley

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# THANK YOU



*50th Anniversary Committee members, volunteers, swimmers, parents, and alumni, who made our team's golden anniversary celebration such a success.*

***Let's do it again in 50 more years!!!***

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



**Coach Rob Moreside**

## 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.

***Congratulations to  
Christian Bergman, this  
year's recipient of the  
Jeanne Roberts Favaro  
Scholarship.***

*This prestigious award is given annually to a swimmer who exhibits excellence in both swimming and academics.*



Well, here we are half way through July, and I may just be seeing a light at the end of the tunnel. This past weekend we had Junior Olympics in San Jose and it was a great meet! Congratulations to all of our athletes who attended:

- Mary Welton
- Brandon Miguel
- Meghan Bicomong
- Dylan Powell
- Patricia Welton
- Danika Felix
- Camille Miguel
- Taylor Riley
- Kathryn Jovino
- Vince Bicomong
- Travis Bloomer

With 30 new best times and 7 new standards met, it was a great meet!

Next up for most of you is the Zone 3 Championships on July 21-23 here in Vallejo. If you have been coming to practice regularly, I know that you are prepared to swim fast and make all of Vallejo proud.

I am sure you all join me in congratulating Vince Bicomong, who will be traveling down to Bakersfield on Thursday July 20<sup>th</sup> for his first ever Western Zone Sectional Championships. Vince qualified in the 200 free, the 200 IM and will swim the 100 butterfly as his bonus swim.

On July 26-30, the Far Western Long Course Championships will take place in Concord. We have 7 swimmers currently qualified for the meet:

- Meghan Bicomong
- Taylor Riley
- Zoe Coles
- Kathryn Jovino
- Vince Bicomong
- Travis Bloomer
- Ashley Cayford

After that is the real "BIGGIE". This year's REAL Championships in Santa Rosa! This is by far the biggest and most important meet of the year from a team point of view. Tuffy and I have been talking about this meet all year and our Newsletter has even kept a countdown date to the meet. There are so few times that we all get to go to a meet together as one. We will get to swim relays, and focus on the team! All of you should have a meet sheet by now. Get it filled out and back to me as soon as you can. **ALL ENTRIES MUST GO TO ME; THERE ARE NO ONLINE ENTRIES!**

We have also added one more last meet of the season. On the weekend of August 12-13 there will be a real "fun" oriented meet that anyone can attend in Walnut Creek.

Lastly, a special thanks to the parent volunteers who helped out so much over the last month or so. The reunion was a blast and very well organized, we had a great float in the 4<sup>th</sup> of July Parade, and lastly a super duper Swimathon!

## Tuffy Says...

Lets look back and see what we have done so far this year. We celebrated our 50th Anniversary. Not many clubs can say that. Natalie Coughlin was honored with a Bronze Plaque installed at Cunningham Pool. I hope all of you look at the plaque each day of practice as a reminder of what you can do, "if you do the work".

We are entering the end of our Summer Season of Swimming and soon will be on a break. However, we still need to persevere through the rest of the season. We have our meet and Western Zones in Bakersfield on the 22, 23, & 24 of July, Far Westerns in Concord 26, 27, 28, 29 & 30 of July. Then we have Redwood Empire Aquatic League Championships on August 5 & 6. In Santa Rosa.

### **Everyone needs to swim this meet!**

Western Zone will be held in Fresno for those who qualify on 9th, 10th, 11th, 12th & 13th of August. I put a flier in your file for the Walnut Creek meet August 11, 12, & 13, which offers a lot of fun events to finish out the season.

We have a full schedule and it will be a little crazy but we will have fun and we all need to pull together and come to practice. You must make the effort to attend practice and work!

**Lets have Fun!**



**Coach Tuffy Williams**

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



### Attention eScrip participants!!!

For the next month, Safeway will be donating 10% of the purchase price from selected products to VJO

(and/or the other schools, groups, and organizations associated with your **eScrip** account — see [www.safeway.com](http://www.safeway.com) for details).

Not familiar with **eScrip**? **eScrip** is a fantastic fundraising resource for our team where participating business partners contribute a percentage of your grocery card, credit card, and/or debit/ATM card purchases to the school, group, or organization of your choice. Visit [www.escrip.com](http://www.escrip.com) to learn more about the program, become a member, and make your everyday purchases make money for VJO.



## Captain's Message

I joined VJO when I was in the eighth grade. I was thirteen and one of the youngest members of Bob's senior group. The members of VJO have always been very welcoming and supportive, which is why I think so many people, like myself, come and stay for several years.

Since being an active member of the club, I have made friendships with people that I hope will last a lifetime. Some of the strongest relationships that I have had have been a result of the teamwork and fun times that I have experienced while on the club. Swimming has given me so many ups and downs, as it does everyone, but I am so grateful that I never went through any of those moments alone, I have always had the support of my fellow swimmers.

Being a team captain for the last two years has been a fun experience. I have enjoyed interacting with the members of the club and wanted to say thanks for all of the help that I have received. I will be leaving home in the fall to attend UC Davis and participate on the women's swim team. I hope that all of the club's swimmers pursue their goals and have fun while there're doing it.

Team Captain



Kathryn Jovino

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## ON DECK

### Upcoming Events and Activities

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 11-13 — Summer's End Swim Classis, Walnut Creek

August 19—September 3 — VJO BREAK — no swimming...

