



# Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

August / September 2006

## President's Message

If you weren't at REAL's in Santa Rosa then you missed out on a great meet. We needed crowd control for the huge gathering of VJO families that attended. We had one of the largest VJO crowds that I've seen in a long time. It's a great meet for our kids & parents alike. There's a sense of camaraderie & the chance to socialize with the parents & not to mention what we are all there for, watching our swimmers swim.

If you haven't submitted your Swim-a-thon collection please do so before the end of September. We want to capture all monies collected before the end of our fiscal year which is September 30<sup>th</sup>. Our goal was to raise \$12,000.00 which we knew was going to be a stretch but very feasible. We had roughly 66 swimmers participate which was down from the previous year. The difference this year was parent participation was up. We had a lively group which made it all the more fun. We currently have approx. \$7000.00+. That's just over \$100.00 per swimmer. And the reality is a handful of swimmers raised several hundred dollars by themselves and as much as \$1000.00. As one of our biggest

fundraisers the Swim-a-thon is very important to VJO as it helps defray costs. There's a very strong possibility of Cunningham Pool closing again this winter. Therefore, the money raised will be applied towards future rent increases to keep the pool open.

This will be my last article as my term ends as President of VJO. It's been a pleasure to have worked with our coaches & those families that make VJO what it is. I've been humbled by the experience which has been both rewarding and educational. Being a part of this unique team of volunteers has given me the appreciation of what it takes to run this club. This whole club would not exist if it wasn't for those parents who step up to join the board. They do it for their kids and yours. The VJO Board is very dedicated to the success of VJO & I thank you for all your selfless work. Your guidance helped me through my term & made me look like I knew what I was doing. And that's no small task. I still don't think I got the whole Robert's Rule down to a science.

By Cathy Riley

### Inside this issue:

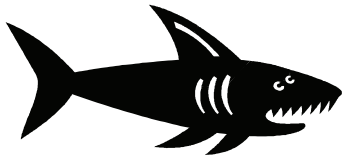
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# Coach's

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**Coach Rob Moreside**



And away we go..... It is time for new starts, new beginnings and new challenges! I'd like to welcome everyone back for the 2006 2007 swim season. I trust everyone had a wonderful break and are now ready to rock and roll through the fall!

I am so excited about the new season. Over the course of the next few months we will be introducing a few new changes and exciting additions to our program. I would also like to welcome Aaron Jon Toch to the coaching staff. Aaron has a long history in swimming including being a member of VJO, coaching the St Pat's High School and water polo.

Our meet schedule is already heating up...here is a list of the meets that we know of through to Christmas:

September 23-24  
October 14-15  
October 20-22  
October 27-29  
November 3-5  
November 18-19  
December 1-3  
December 9-10  
December 15-18

Vallejo Aquatic Club CBA+  
Santa Clara Senior Meet\*  
Twin Valley Aquatics CBA+  
Reno Ted Dorsey Classic\*\*  
Terrapin Senior Trial and Final\*\*\*  
Napa Valley Swim Team CBA+  
14 and Under Junior Olympics (Pacifica)  
Zone 3 SC Champs Last Chance (Santa Rosa)  
Pacific Swimming Senior Champs (San Jose)

I will be distributing a list of the above meets and which swimmers should be swimming in each of them.

These are the meets that we know of at this time. There will also be a Vacaville "Rising Stars" meet sometime in October. Once I have received the information, I will pass it on.

\*Originally a junior + competition, changed to senior meet.

\*\*Travel meet, block of rooms booked at Circus Circus/more info to come

\*\*\*Originally a junior + Trial and final, changed to Senior Trial and Final

And just a last thought...

"Discipline is:  
Knowing what to do  
Knowing when to do it  
Knowing how to do it  
Doing it to the best of your abilities  
Doing it that way every time."

Basketball coach Bobby Knight

## 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.

**Welcome Coach Aaron Jon!!!**  
**We're happy you're here!**



**Coach Aaron Jon Toch**

## Tuffy Says...

As we approach Fall and as our Summer season ends it is time for you to start planning your swim season. I know school has started and that certainly takes priority. You should make a schedule with the help of your parents so that you schedule your time to include homework, chores, swimming and play time. There should be time when you get to be just a kid.

We had a great swim year last year (2005-2006). With Coach Morgan's help our eight and under girls were just about unstoppable. Morgan also help to influence the other age groups (9-10, 11-12) both boys and girls. Coach Morgan will be missed and the team is in the process of hiring a coach to pick up where Morgan left off.

We will be going to RENO the weekend of October 27, 28 & 29. I have reserved 20 rooms for Vallejo Aquatic Club. You will need to call 1-866-447-7728 and identify yourself as a VJO member in order to get one of these rooms. You have until September 27, 2006 to book these rooms!

This years qualifier meet, which is usually held at the San Francisco Boys and Girls Club, in going to be held at Santa Rosa College (indoor pool) and everyone needs to swim in this meet. We will point to swim well at this meet. So put December 9th & 10th on your calendar.

Good luck this year. Remember that "luck" is the results of coming to practice and swimming hard.



**Coach Tuffy Williams**

**Remember to book  
your room at the  
Reno Circus Circus  
by September 27!!!**

**Call 1-866-447-7728  
and mention you're  
with VJO.**



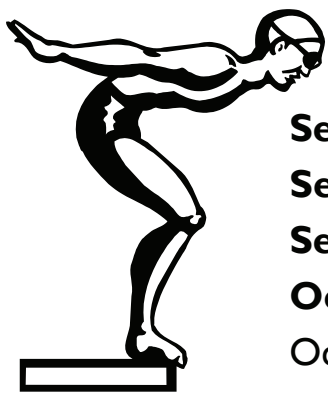
VJO's new fiscal year begins October 1, 2006. In order to make the financial transition as smooth as possible for both our outgoing and incoming treasurers, it is important that all past-due or outstanding fees be paid in full by September 30. Current treasurer Lourdes Viray is placing invoices in the folders of folks who still owe for past monthly dues. There are also a few families who still owe annual dues as well. If you have any questions about the invoices or payments, you can call or email Lourdes at (707) 558-8804,



[ltviray@pacbell.net](mailto:ltviray@pacbell.net).



Congratulations to the 8-under girls “dream team” on their record-breaking summer. The relay, made up of Olivia Soley, Mirelle Augst, Regina Horder and Alyssa Powell, broke long-standing VJO records in both the 100 Free and 100 Medley relays.  
**Way to go, girls!!!**



## **ON DECK**

### **Upcoming Events & Activities**

- September 22 — Swim Meet Set Up at Cunningham Pool
- September 23 & 24 — Short Course CBA+ meet at VJO
- September 30 — VJO Awards Banquet
- October 13 (Friday) — VJO Halloween Party
- October 14 & 15 — Senior Qualifiers Meet, Santa Clara
- October 27, 28 & 29 — Reno Invitational, Reno
- November 3, 4 & 5 — Senior Trials & Finals, Concord
- November 4 — Medusa Mile Fundraiser** (See Cathy Riley for tickets!!!)
- November 18 & 19 — Short Course CBA+ meet, Napa
- December 1, 2 & 3 — Short Course JOs, Pacifica
- December 9 & 10 — Last Chance Zone Qualifier, Santa Rosa
- December 15, 16, 17 & 18 — Pacific Senior Championships, San Jose

