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THE SHARK ATTACK

The Official Newsletter of Vallejo Aquatics

UPCOMING DATES!

- Mar. 2-5 ** : Spring Sectionals
- Mar. 4-5 : VJO C/B/A+ Meet
- Mar. 24-26 ** : SWAGR Champs
- Mar. 30-Apr. 2 ** : Far Westerns
- Apr. 22&23 : AC Swim Club C/B/A+

Indicates : Swim Meet for Anyone VJO
Indicates ** : Qualifying Swim Meet
Indicates : A Swimming Break !
Indicates : All other things!

A change in the practice schedules will be communicated through email & social media! Thank you!

AQUATICS

COACHES CORNER!

Written By : Coach Donny

Hello VJO Families,

The month of February really flew by and went way too fast! Although a little short, there were a lot of good things that happened in this month to be really excited about. I loved the fact that we had so many kids show up to Stanford for the swim meet and get inspired. It led us into a great weekend of Meets with Milpitas and American Canyon both being super successful. The kids have been really showing up for practices lately and truly looking for improvement. It is a fun time being a VJO Shark right now and I know the coaching staff is excited with these kids already hitting goals and setting new ones. It was also great to see 5 of our VJO swimmers represented in the Zone All Star Challenge meet and compete really well.

As we get into the month of March, the championship meets are starting to come around for the athletes, and practice attendance will be important for them. Consistency is Key for this sport! Lets have a great month!

GO SHARKS!

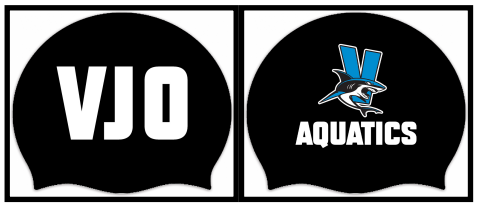
"If you can't swim with the Sharks! Then get out of the Water!"

INFO FOR VJO PARENTS!

1. SWIM CAPS!

The team caps have been ordered and should be here soon. We put in a huge bulk order so caps should be on hand and readily available for sale. All swimmers will receive a latex cap for free (from the picture day) as mentioned to everyone. Silicone and extra latex caps will be for sale.

- $4 for B&W VJO Latex Cap
- $6 for Colored V' Aquatics Latex Cap
- $12 for B&W VJO Silicone Cap
- $15 for Colored V' Aquatics Silicone Cap



2. VJO MEET!

This weekend (Mar. 4&5) is the VJO meet and we are looking forwards to seeing all of the athletes swimming. We wanted to remind everyone about a few things.

- We would love as much help setting up and taking down the meet to limit the deck time.
- Get signed up for volunteer shifts to help the meet run as smooth as possible.
- VJO invites all families to Chevy's for Dinner on Sunday evening! We would love to celebrate our hard work with a great dinner with our great team! So plan accordingly please.

VJO x SAFE SPORT!

As a partnered USA Swimming & Pacific Swimming organization, we are mandated to be in line with the Safe Sport guidelines and regulations. Our safe sport certification has expired and we are required to get the certification again. Every coach, parent, and athlete (above 12 years old) has to take the Safe Sport course for our team to be in compliance.

** If you have any further questions about the Safe Sport requirement courses, please email Blanca for more information at info@vallejoaquatics.org **

VJO GOING TO SANTA BARBARA!

This is a new meet that our team will be attending. I am putting the announcement right now so all families can plan accordingly. Coach Donny has gotten in touch with a team in SB that puts on a C/B/A+ Meet the weekend around 4th of July. This year, we will be attending the meet (June 30th through July 2nd) down in Santa Barbara and have a weekend to hang out in a beautiful location with beautiful weather. Please get yourselves all figured out now and we can plan our team itinerary as we get closer.

** The team will make an announcement about the 4th of July Parade. The team still would like to walk in it for marketing purposes. **

CONGRATS TO OUR ALL STARS!

VJO wants to congratulate our Zone 3 Allstars one more time. Way to represent our team in a great weekend. Congrats to Anne Efe, Juliana and Joaquin Bondoc, Jasmine Jones, & Kareesha Singh!!