



Shark Attack

The Official Newsletter of the Vallejo Aquatic Club

President's Message

by Erik Keilholtz

We have an exciting summer ahead of us, with a number of competition opportunities, our pool party, the Fourth of July parade, the Swim-a-thon, and the Mutual of Omaha Breakout Swim Clinic. Right now, I am planning the Second Annual VJO Barbecue Challenge, and would be interested in hearing any category ideas you might have (so far I am thinking of Pulled Pork, Ribs, Kebabs, and Chicken). As with last year, there will be awards (and prizes) given for the winners of each category.

Whether as a participant or a taster, this promises to be a fun event.

And speaking of fun, please spread the word to your friends and family members as to how much fun swimming is. As the Olympic Games approach, our sport gets its brief moment in the spotlight, and interest in participation will go up. If we encourage that interest, we should be able to bring our numbers up considerably. More families means more dues revenue, more volunteers (thus lessening the amount that our existing families have to do), and a bigger and better display of Vallejo Power when we show up at meets.

**Join us on
Saturday, June 30, 2012**



12 noon - 5:00 p.m.

4th of July Parade

VJO is looking for a driver and lovely convertible car to escort the team along the 4th of July Parade route. It would be preferable if it were VJO black, blue or white -- we'll keep cold water in the truck for the kids, extra candy, and information sheets in the back seat for handing out along the parade route. Please contact Mary Lou Miguel, VJO events coordinator at ram4u52@yahoo.com if you have a car we can use.



**Parade start - 10:00 a.m.
Meet at 9:00 a.m.
(More details to follow)**

Parents and all family members are welcome to join in walking the parade route along with the swimmers & coaches.

For parade route visit www.vallejojuly4.com

Coach

Shark Pride Day

Show off your Shark spirit! The last Thursday of every month will now be

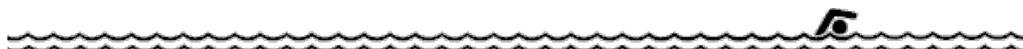


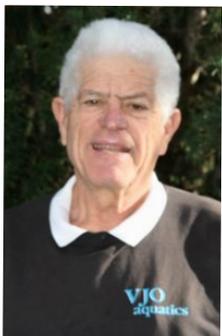
Shark Pride Day. On this day, all VJO swimmers are encouraged to wear their team shirts to school, work, and around town. I want to encourage team unity by having the entire swim team join in the fun from 5-7pm. The team will warm-up together, work on skills together, and play games/ relays together. This will be a team building day

Jennifer

with a great opportunity to get to know swimmers in other groups. The first Shark Pride Day will be Thursday June 28th.

This day was inspired by my Senior Group swimmers, who have been requesting a chance to work with and get to know the younger kids on our swim team.





And the Journey Continues

Coach Tuffy

Summer is here, but can Championship meets be far behind?

How do we prepare you ask? By doing the following 3 things:

1. Coming to practice:

This is the single most important thing you can do to improve your experience in the sport of swimming. You cannot improve by staying home and watching TV, playing video games, playing with friends or just not coming to practice. The more you come & do the work the better you get (check out Natalie Coughlin’s plaque by the girls locker room).

2. Working hard:

Check out what Natalie had to say about doing the work. You won’t get better if you come to practice and not work hard. If the coach asks you to swim 10 laps and you only swim 4 what do you think you have gained...that’s right not much!

3. Swimming in swim meets:

Swim meets are not only a chance for you to see if your progressing, but for your coach, to see what you need to improve. If you don’t swim in meets your coach can’t make an assessment of your progress or in some cases lack of progress.

Coach Hillary

Summer is almost here! With the long warm days, it is a great time to make it to more practices. If you normally attend 2-3 times a week, make it a goal to attend 4 days. If you regularly swim 4 days, make it a goal to swim 5. Try it for a month and you will see improvement! In the Makos group, I mix up strokes and drills through the week and the more you come to practice, the better! I would also like to recognize the brave swimmers who went to the last Saturday

practice. Way to go! We have more on the calendar and they are great opportunities to swim long course.

Makos Challenge:

attend 2 out of the 3 Saturday long course practices = earn a prize!



Go Sharks!

June Pool Party Volunteers needed. We are looking for some VJO families to help with set-up, take down and coordinating the potluck. Sign up sheets in the shark tank.

WANTED

Seeking parents for the VJO Board

The team is looking for parents to fill two board positions for the 2012-2013 swim season.

Secretary -- take notes at monthly board meetings, type minutes and distribute to board members and coaches.

Treasurer -- manage the day to day finances of the team including collecting monthly dues, paying bills and creating monthly financial reports using QuickBooks software. A computer and training are provided.

Current VJO Board Members

President:	Erik Keilholtz
Vice President:	Dwight Everett
Treasurer:	Melanie Keilholtz
Secretary:	Kathy Nelson
Membership Chair:	Diane Powell
Officials Chair:	Alan Augst
Meet Director:	John Yee
Communications:	Lourdes Viray
Team Attire:	Pam Henderson
Events Coordinator:	Marylou Miguel
Fundraising:	Tina Benberg and Claudia Quintana



Shark Profiles

Justin “Chance” Eggan Age: 11

What interests outside swimming do you have?

Lego’s, let’s see... Transformers and Bionicles.

What is your favorite subject in school?

Math. Always Math. Always A’s.

What is your favorite movie?

The Transformers. The Movie. 1986 version.

What is your favorite song?

The Touch.

If you could change one thing, what would it be?

GAS PRICES! Seriously...



Ethan Rosario Age: 9

What interests outside swimming do you have?

Tennis

What is your favorite swimming stroke?

Breaststroke

What is your favorite song?

We are Young by We are Young Singers.

What is your favorite subject in school?

Art

What is your favorite book?

Fantastic Mr. Fox



Amalia Keilholtz Age: 10

What is your favorite swimming stroke?

Butterfly

What is your favorite swim meet event?

100 Fly and 500 Free

What is your favorite subject in school?

Chemistry and Math

What is your favorite books?

Tintin Adventures and Harry Potter series

What is your favorite movie?

My Neighbor Totoro



Shark Profiles



Elina Rosario Age: 12

What do you like most about your coach?

Jennifer is an all around awesome coach! She encourages us to do our best in and out of the water (:

What are your plans for the future?

Get a swimming scholarship to a good college; preferably Stanford (:

What is your favorite swimming stroke?

Breaststroke and Butterfly

What is your favorite swim meet event?

50 & 100 Breaststroke and 50 & 100 Fly

What do you want to be when you grow up?

I'd like to be in the dental field; preferably orthodontics.



Tues. July 10th

2:30 p.m.

Our fundraising goal is

\$25,000.00

The Swim-a-thon is just around the corner. You should have already received information in your folders and e-mail. New this year, you can raise money via our website. Each swimmer can create their own customized webpage and e-mail out requests for donations, it's even compatible with Facebook. And your donors can pay via credit card through the website. You can keep track of your progress on your page so you know how close you are to your goal, and how close the team is to it's overall goal.

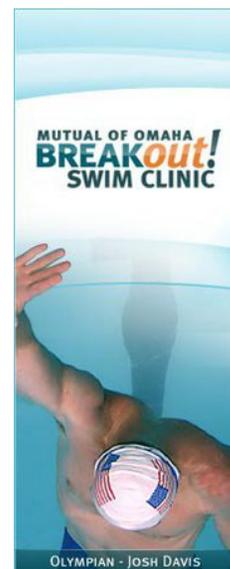
Congratulations Class of 2012!

We be featuring the graduates soon in a special newsletter.

September 29th

Sign up now!

Make sure your child has a spot at the **Breakout! Swim Clinic**. We have space for 120 and 20 swimmers have already signed up. In addition to VJO swimmers we also have swimmers coming from Sacramento and Mendocino.



OLYMPIAN · JOSH DAVIS

