

# WAVELENGTH

VSC NEWSLETTER

July 2010



UNDER CONSTRUCTION - we are making changes to the newsletter format.  
Please refer to the website for calendar information and upcoming events

## COACHES CORNER

### -COACH VICKI

VSC will be represented by 7 swimmers at the 10 & Under Long Course State Meet the weekend of July 9 & 10. Good luck to **Sydney Boyle, Lydia Dillon, Madisyn Morin, Kara Nofstker, Makena Wilcox, Gabe Nickels and Sam Walker!** Have fun and swim fast!

Despite the nasty weather we had some nice swims at the Mt. Hood A/B meet in June. Dealing with the elements is part of swimming outdoors--sometimes it's too cold and sometimes it's too hot! It's pretty hard to hit it just right--especially in Oregon and Washington. We added a couple of new A times and several B times.

**Eliko Hagen** went 6 for 6 best times including 11 seconds off her 400 IM and 10 seconds off her 400 free!

**Quin McLaughlin** was also a perfect 6 for 6 including an 18 second drop in her 400 IM!

**Rebekah Peterman** had a 14 second drop in her 200 IM!

**Connor Shannon** dropped 11 seconds in his 200 breaststroke!

**Nicole Woodbury** dropped 7 seconds in her 400 IM!

I know we had several new A and B time standards achieved at the short course meet indoors as well!

I would like to remind all swimmers that warm ups are an important part of swimming--I know that they are early in the morning and that you will sometimes wait hours before you swim your race. Regardless, it is still important to develop the habit of being on time and getting used to the pool that you will race in.

Parents, please do your part and time at the meets! There is nothing worse than having a swim meet come to a screeching halt due to a lack of timers even though there are hundreds of folks sitting in the stands!

When we take a substantial number of swimmers to a swim meet the host team will assign us a timing lane which we are expected to cover for the whole swim meet. If everyone will sign up for just one hour this is easily accomplished and one person doesn't end up doing the whole

meet. You can still see your swimmer race and the time goes much faster!

Thanks to all of you who did take a timing slot and thanks to our hard working officials for your help as well!

I am looking forward to some fast swimming at our upcoming meets--Senor Sectionals at Mt. Hood (July 20-24), 11 & over State at Mt. Hood (July 29-August 1), Seahorse Invitational at Newport (August 6-8) and Junior Nationals in Irvine, California (August 9-14). Many of our swimmers have stepped out of their comfort zone this summer and committed to more practices and worked harder than they ever have before this summer! If you are one of those swimmers (and you know who you are), you are going to see big dividends! I know that you are sore and beat up right now. When we rest for our big meet(s) you can race with confidence knowing that you have put in the work and are ready for an awesome meet! Let's have some fun!

*Swim Smart, Swim Fast,*

*Coach Vicki*



UNDER CONSTRUCTION - we are making changes to the newsletter format. Please refer to the website for calendar information and upcoming events

## COACHES CORNER

### -COACH CASSI

On June 19th and 20th we saw several fast swims at the Mt. Hood AB and C meets. I had the opportunity to sneak inside a few times to get warm and see some great races at the C meet. I was impressed with the huge amounts of time that were dropped. Great job, swimmers!

Outside in the lovely June weather (!?) our swimmers braved the cold mist and chilly temperatures. Our 12 and under swimmers had warm ups at 7 a.m. Needless to say, everyone was layering clothes and hats only to remove them at the last minute to jump into the steaming pool. Everyone had a great attitude the entire weekend and I heard very minimal complaining about the conditions.

Our swimmers gave every race their best effort and it definitely showed. It's hard work swimming in the cold weather and these guys and gals did awesome!

Here are some highlights from the outdoor swim meet:

**Seyer Amiri** had a great meet with 5 out of 5 best times! Seyer also achieved B times in his 100 breast and 100 fly.

**Nicholas Burton** had two best times and dropped 4 seconds in his 200 free!

**Addie Dillon** achieved all B times and remains very close to several A times. She got 4 out of 6 best times!

**Ben Grubb** got all A times and had 4 out of 6 best times!

**Anthony Jenkins** had a best time in his 50 breast, and achieved 10 year old B times in his 200 free, 100 free and 50 back!

**Monica Krubeck** had a good meet with 3 out of 5 best times and a great 100 breaststroke!

**Arisa Laochumnvanit** swam in her first meet after a long absence from competition and did a great job! She got 2 out of 4 best times.

**Josh Luffred** had 5 out of 6 best times, achieving his A time in the 100 breast, and B time in the 200 IM!

**Madisyn Morin** had a great 200 free race and achieved all B times!

**Marissa Morin** got B times in her 50 fly and 50 breast, and is very close to her A times!

**Sophia Skimas** had 2 best times and achieved her B time in the 100 backstroke!

**Heather Stewart** got her A time in the 100 backstroke, and is inching closer to her 13 year old A time in that event! She also got a best time in her 50 fly!

**Rose Templeman** got 2 best times, and B times in her 50 fly and 50 back!

**Sam Walker** took an amazing 38 seconds off his 100 breast and also had a great 50 fly race, taking 4.5 seconds off his best time after scraping his leg on the block!

Keep up the great work, swimmers!

AWESOME JOB!

Please remember to bring your water bottle each day to practice, stay hydrated, and eat right!

*See you at the pool,*

*Coach Cassi*



UNDER CONSTRUCTION - we are making changes to the newsletter format. Please refer to the website for calendar information and upcoming events

## COACHES CORNER

### -COACH NADINE

The Howard Jones meet at Mt. Hood for the "C" swimmers went extraordinarily well. Swimmers dropped time in all sorts of events and the hard work that they put in during practice really showed.

**Sam Anderson** took off 1 seconds from his best time, **Dominique Burpee** dropped 10 seconds and **Keiko Inouye** dropped 7 seconds in their 100 Free along with **Gabe Nickels** who took off an amazing 17! seconds. **Hannah Luffred** dropped 12! seconds from her 100 Free while **Meghan Marsh** took off 3 from her best time.

**Benjamin** and **Rebecca Chis** had an outstanding first meet achieving some excellent times. **Kian Collins** dropped 8 seconds and **Colin Sowul** dropped 7 seconds in their 100 Free, along with **Michael Ash** who dropped 3 seconds. **Lily Nash** took 4 seconds off her 25 Free while **Alli Mikalatos** dropped 2 seconds. **Liam Nofstker** took off 4 seconds off his 100 Free. In the 50 Free **Gabi O'Dell** took off 13! seconds along with **Ashley Woodbury** and **Kara Nofstker** taking off 3 seconds, **Brooklyn Nash** taking off 4 seconds and **Ella Luffred** taking off 1 second.

For the boys 50 Free **Gabe Nickels** dropped 11 seconds and **John Paul Burpee** took off 10 seconds. For the 11-12 Girls 50 Free **Hannah Luffred** took off 4 seconds, **Aubrey Worden** and **Meghan Marsh** took off 3 seconds. In the 11-12 Boys 50 Free **Daniel Inouye** took off 7 seconds. In the 200 Free **Kelli Collins** dropped 2

seconds and brother **Kian** took off 14 seconds. The biggest loser for this race was **Brian Miller** who dropped an incredible 32 seconds! Excellent job Freestylers!

In the 50 Back **Ashley Woodbury** and **Meghan Marsh** took off 1 second from her best time and **Brooklyn Nash** took off 3 seconds while teammate **Hannah Luffred** dropped 4 seconds. In the boys 50 Back **John Paul** dropped 5 seconds while teammates **Sam Anderson** and **Gabe Nickels** took off 2 seconds and **Daniel Inouye** dropped 6 seconds.

**Skye Collins** dropped 3 seconds in her 100 Back and sister **Kelli** took off 1 second and brother **Kian** dropped 8 seconds. **Colin Sowul** dropped 10 seconds in his 100 Back also!

100 IM swimmer **Kara Nofstker** dropped 3 seconds from her best time and **Brooklyn Nash** took off 6 while **Gabe Nickels** dropped 4. **Hannah Luffred** took off an incredible 12 seconds!! from her 100 IM and **Meghan Marsh** dropped an amazing 20 seconds along with **Daniel Inouye**, who took off 19 seconds from his best time! What incredible swims those were to watch! In the 200 IM **Keiko Inoue** took off 5 seconds and **Michael Ash** took off 2 seconds.

Sunday brought a whole new set of events and another great round of personal best times for many swimmers. 100 yard freestyle was swam by **Kian Collins** who took off 9 seconds and **Colin Sowul** who took off 3 seconds from their best times. 50 Breaststroker **Ella Luffred** dropped 1 seconds and **Abby Stafford** dropped 4 seconds along with **Kara Nofstker** who took off 2 seconds followed by

**Ashley Woodbury** dropping 3 seconds. **Gabe Nickels** dropped an incredible 12 seconds off his 50 Breaststroke as well. 11-12 Girls 50 Breaststroke had **Meghan Marsh** taking off 8 seconds and **Hannah Luffred** dropping 7 seconds.

In the 50 Fly **Ashely Woodbury** and **Hannah Luffred** dropped 5 seconds, **Meghan Marsh** dropped 6 seconds and **Abby Stafford** removed 3 seconds. In the 100 Fly **Kelli Collins** swam a strong race while removing 11 seconds from her best time as **Colin Sowul** took off 10 seconds.

Swimmers who drop and remove times at meets like this show that coming to practice 3 days a week really pays off at the races. Excellent work swimmers! I look forward to seeing many of you at the Newport Meet in August.

*Coach Nadine*



UNDER CONSTRUCTION - we are making changes to the newsletter format.  
Please refer to the website for calendar information and upcoming events

## BIGGEST LOSER'S FOR THE MONTH OF JUNE

1. Hannah Luffred -44!!
2. Sam Walker -42!!  
(including a 38 second drop in the long course  
100 breast stroke at the Mt. Hood meet!)
3. Kian Collins -41!!
4. Meaghan Marsh -39!!
5. Brian Miller -32!!
6. Colin Sowul -31!!
7. Quin Mclaughlin -28!!  
Connor Shannon -28!!
8. Eliko Hagen -27!!
9. Rebekah Peterman -26!!
10. Ashley Woodbury -22!!

**WAY TO GO LOSERS! KEEP THOSE TIMES DROPPING!**

## SWIMMERS OF THE MONTH

Senior:	Eliko Hagen
Age Group 1:	Kian Collins
Age Group 2:	Josh Luffred
Novice 1 :	David Chis
Novice 2:	Ashley Woodbury

**Your coaches salute you for your commitment,  
hard work, and your leadership.**

**Keep up the good work!**

## VSC FIREWORKS FUNDRAISER

A big thank you to all the wonderful VSC families who participated in our fireworks booth fundraiser last week! Fundraisers are a vital part of VSC and would not be possible without support from our members, so we really appreciate the time and effort everyone put in to make this a successful event. It was great seeing so many new faces and seeing so many kids out there holding our signs...and supporting their team!



Special thanks to the Morin family, Nancy Golden, our VSC coaches, Rhonda Walton, James Gray, Scott Remington and our amazing husbands for going above and beyond to help us out! We appreciate all of you!

We will do our best to record your volunteer hours as timely and accurately as possible, if there is a discrepancy, please let one of us know. Thank you.

*Anne Stewart and Kim McLaughlin*

## UPCOMING BIRTHDAYS

7/1	Julia Skimas
7/1	Abby Kinney
7/1	Nicole Woodbury
7/9	Kevin Thov
7/14	Luke Chen
7/14	Hailey Lassiter
7/15	Mickey Hreniuc
7/16	Liney Witherspoon
7/16	Kelly, Joseph W
7/16	Meghan Marsh
7/20	Rebekah Peterman
7/23	Ande Lynn Farmer
7/26	Shannon Owen
7/26	Max Crowson
7/28	Max Albrechtson
8/2	Gaby O'Dell
8/4	Madison Nickels
8/10	Eliko Hagen
8/12	Sydney Boyle
8/13	Orion Shaver
8/21	Josh Luffred
8/23	Haydn Farmer