



The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668

www.vancouverswimclub.com

November - 2006

Happy November Birthdays

Jessica Patterson	11/08/92
Ashley Walker	11/14/92
Josh Bottelberghe	11/15/99
Lil Liszy Tso	11/15/90
Jonathan Madison	11/16/94
Sarah Madison	11/16/94
Jamie Bye	11/17/95
Seyer Amiri	11/21/97

Message from the President

Wow, another year at the helm of VSC. Thank you everyone for your support. Time has flown this past year and I am proud to have seen many swimmers rise to the challenge of their coaches, and overcome their own doubts to exceed their own expectations.

I cannot thank enough, those who have served on the board and other areas this year, going above and beyond the call. Let me start with Miss Sandy Charlson, who has served on the board for four years as secretary. This job is one of the most important, as the meeting minutes and record keeping are vital to our club's strength and stability. Sandy has been there every month, performing her role flawlessly. Also, I want to thank other board members who are stepping aside to allow others to serve. Dave Byrnes and Bob McClement are each stepping down, as their swimmers have graduated or relocated. Both have served well with great insight into the issues and decision making of the board. Lisa Duvall has also served us well and provided great leadership. Although she is stepping down, we will continue to see her smiling face at the pool and other club events in the future. Lastly, Jennifer Gaid is taking the back up role to Scott Odiorne, where last year Scott filled in when needed. Their dedication to the club has made us more successful. We appreciate the effort of all our board members in support of the club.

The success of our club is not defined by the activities of the board but only by how much focus there is in the community on our swimmers. I sincerely hope that the coming year provides our swimmers, the vision and the opportunity to excel to high levels and to create life long memories.

GO VSC!

Scott Conley

VSC President

Coaches' Corner

Short course season is officially underway! VSC participated in the Hood River Harvest of Gold Invitational swim meet October 20-22. I like this meet because we start off doing 200's of all strokes for our 13 and over swimmers and 100's of all strokes for our 11-12 year old swimmers. Almost all of the training we are doing at this time of the season is aerobic so these are perfect events. Many swimmers have never raced these distances, or they have only limited experience. This provides us with a lot of room for improvement. It also provides our swimmers the chance to try some new events. In some of these events—your first 200 IM, or 200 fly or 500 free or 400 IM, just doing the event takes a lot of courage.

Kids and parents sometimes get caught up in the “did I win” or “what place was I” type of thinking. If you are new to our sport or fairly inexperienced these are the wrong questions to ask. Ask yourself, “Did I do my best (with the experience/skill level that I have)?” Did you try a new (maybe scary) event?

One of the things I really like about swimming is that you can always “win”. You may not take home the first place ribbon, but you win every time you have the courage to get up on the block and race. No one can carry you once you get into the race—it's ALL YOU. Swimmers “win” every time they improve their times, every time they improve their technique (which will lead to better finishes in a race) or try a new event.

Hood River was an A/B/C swim meet, meaning that there were swimmers there that are novice level swimmers all the way to kids with junior/senior national cuts competing. Unless you are 6 years old, if you are new to swimming you will find yourself competing against kids who have been competing and training many more years than you have. It is not fair for anyone to compare you against another swimmer who has many more years of experience than you do.

Swimming is a great sport because you can always continue to improve and no one sits on the bench, everyone takes part. In order for you not to become discouraged you need to take ownership of your swimming. You need to know your best times for all of your events. Keep a log book (you can get one of these from your coach). This way you will keep track as your times improve. You will know that you are having success, even though you might not have won first place—you might even have come in last!

Jeff Gudman who is an at large board member for OSI and has served as the VP for USA Swimming wrote about this in his newsletter this month for the Oregon Swimming News. Jeff wrote: “As I have traveled through the LSC (local swimming committee) and the country, the question comes up as to why should a swimmer keep competing and training even if it appears they are not going to make it to the state, regional, or national level by the time they finish high school or college. There are a lot of answers to the question. First, you never know when a swimmer is suddenly going to make the great improvement in time and suddenly graduate to the state, regional or national level. I have seen many swimmers who year after year keep training and do not seem to have any significant improvement suddenly have everything fall into place and make tremendous strides in lowering their times. Further, at the start of a season are the friendships and camaraderie among swimmers. Lifelong friendships are being formed and just the fun of being a part of the team is a tremendous motivation for staying with the sport. Each swimmer who has been a part of a team can take satisfaction in the fact they are among the best conditioned athletes in the world.”

Swimming is a tough sport, but after 40 years of involvement I say with confidence that it is also one of the most rewarding activities a child/family can be involved in. If you focus on improving, eventually, you will be one of the athletes finishing at the top.

There are young swimmers who have a great deal of success right off the bat. Frequently this is due to that athlete being more physically mature. Stick with it and you will pass these athletes up as you catch up in size and begin to train at higher levels. Parents be careful about comparing your child with other swimmers. Encourage and support them. If you think swimming is easy I encourage you to hop in and give it a try. It is a tough sport, but the rewards more than make up for it.

I want to thank everyone for making the Sunday a fun day for me—thank you for the cake, balloons, flowers, chocolates and Star Bucks cards! You really made my birthday a special day!

The following swimmers competed in their first ever VSC meet at Hood River.....**Jamie Bye, Victor Claus-Marquay, Jillian Odiorne, Christian Ray-Jones, Maddy Savage, Sammy Savage, Katherine Voakes, AND Ashley Woodbury!** Awesome job swimmers! We're glad you are here!

A few other outstanding swims: **Heidi Stewart** finishing her first ever 200 IM (and no DQ)!, and dropping 9 seconds in her 100 IM!, **Jessica Bottelberghe** going 7 for 7 best times!, **Domi Burpee** dropping 8 seconds in her 50 backstroke!, **Monica Bottelberghe** dropping 16 seconds and **Carly Cannon** dropping 11 seconds in their 200 IM's, **Kelcy Charlson** going 3 for 3 best times!,

John Conway dropping 10 seconds in his 200 breast stroke!, **Olivia Cox** and **Josh Bottelberghe** braving the cold deck temperatures and having some great races!, **Kari Fleischauer** dropping 10 seconds in her 200 fly AND her 200 breast!, **Kate Duvall** dropping 10 seconds in her 400 IM!, **James Gray** dropping 19 seconds in his 200 fly, and 21 seconds in his 200 back!, **Eliko Hagen** dropping 8 seconds in her 100 fly!, **Arisa Laochumnvanit** dropping 10 seconds in her 100 back!, **Will Lawhead** dropping 11 seconds in his 100 IM!, **Meaghan McCulloch** dropping 12 seconds in her 100 free, 11 seconds in her 50 fly and 12 seconds in her 100 IM!., **Katie Odiorne** dropped 22 seconds in her 500 free and getting an A time in her first 200 fly!, **Nathan Schurman** dropping 13 seconds in his 200 fly and 22 seconds in his 200 breaststroke!, and **Edwin Yip** dropping 13 seconds in his 500 free, and 12 seconds in his 200 fly!

Little **Jillian Odiorne** bravely attempted to swim her first race—which just happened to be a 100 IM! She had a really hard time with it and got out before the end of her race. I know that Jillian felt badly and was embarrassed. The coaches and swimmers have assured her that next time will be better. I remember one of my senior swimmers getting out during her first 500 freestyle at our VSC Super Bowl meet. This same swimmer now has Senior Sectional cuts in that event and many others as well. Keep plugging away—it will pay off!

As a coach I say, "If it were easy everyone would be doing it!"

Swim Smart, Swim Fast.

Coach Vicki

Age Group News

3:55.48. 26.2 miles of staying the course, having fun, working through obstacles and at last crossing the finish line. I will never forget the experience or those who helped me along the way. John Conway, hearing you scream my name at mile 11 was awesome. *Portland Marathon 2006.*

This is the part of our season that sometimes can feel like a marathon. It was exciting at the start, but now that we are at about mile 5, we realize we have 21 to go. I encourage parents to help your swimmers get to practice 3-4 times a week even as dark settles in earlier and homework continues. We need to help our swimmers stay the course and develop strong work habits in and out of the pool. If practice attendance dwindles it becomes harder to develop endurance to make it through more challenging practices. This usually results in swimming not being fun anymore. Challenges are fun, if you are up to the challenge.

54 of our swimmers took on the Hood River Invitational October 20-22 with great early season times. 110 best times reported for our Age Group and Novice Swimmers! The swims were fantastic. Many of the Novice swimmers swam new events. **Heidi Stewart** did a great job on her first 200IM. **Ashley Woodbury**, 6, swam like a pro in her first meet winning both of her events. Good Job Ashley. **Christian Ray-Jones** did an amazing job in his 200 Free and 200 Back. **Olivia Cox** made her A time in the 25 back. Standout age group swimmers were **Monica**, adding the 100 Free, 100 Breast, 100 Fly, and 200 IM to her list of A times, **Arisa** had 6 for 6 best times, Will had 3 for 3 best times, **Carly** had 6 for 6 best times **Eliko**, who has been playing soccer and swimming had 4 out of 6 best times. We had 3 new swimmers compete in their first meet with VSC: **Victor Claus-Marquay** swimming the 200 Fr and 200 Back, and **Maddy** and **Sammy Savage** showing lots of talent in the pool. A big thank you to all the swimmers who were buddies to our new swimmers and younger swimmers! Your leadership was top notch. Bring on the PAC meet!

No practice days for November are as follows: Nov. 10, 23 and 24. Please mark your calendars.

"Novice to Nationals, One Stroke at a time"

Coach Sheri

NOVEMBER 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					PAC Fall Invitational Portland, OR	PAC Fall Invitational Portland, OR
5	6	7	8	9	10	11
PAC Fall Invitational Portland, OR			<i>Jessica P.</i>			
12	13	14	15	16	17	18
		Board Meeting				Canby Mile Canby, OR
		<i>Ashley W.</i>		<i>Jonathan M.</i> <i>Sarah M.</i>	<i>Jamie B.</i>	
19	20	21	22	23	24	25
				Happy Thanksgiving		
		<i>Seyer A.</i>				
26	27	28	29	30		
					Christmas party coming soon...	Watch for news flyer next week...

WHO'S WHO IN VSC

Coaches

Head Coach Vicki Gordon..... (360) 750-4550
Age Group Coach..... Sheri Bottelberghe (360) 571-3475
Novice Group Coach Mike Shannon..... (360) 571-7264

Club Officers

President Scott Conley (360) 546-5801
Vice President George Stebbins..... (360) 574-5218
Secretary Shawn Ash (360) 737-2839
Treasurer Cindy Manlow (360) 944-1484

Committee Chairs

Meet Entries Coach Vicki..... (360) 750-4550
Swim Apparel/Bag Lady . Kelly McCulloch (360) 694-2377
New Swimmers..... Robynn Woodbury (360) 882-1419

WaveLength

Editor Cliff Conway (360) 254-4104
cliffconway@pacifier.com

Members at Large

Mark Fleischauer (360) 576-7125
Nancy Golden..... (360) 695-6315
Scott Odiorne.....
Jeff Piette (360) 574-8676
Bridget Raach..... (360) 834-5708

Swimmers' Representatives

Alyssa Manlow
Courtney Miller

**Have you heard about the Club's *NEW* phone number?
Dial (360) 944-1VSC (944-1872)
Press "1" for new memberships, Press "2" for Head Coach Vicki
Press "3" for the Board of Directors... we'll call you right back!**

NEXT BOARD MEETING
Tuesday, November 14th, 5:00pm, @ JH Kelly

NOTICE TO ALL VSC ATTENDEES OF SWIM MEETS THIS FALL
WE ARE REQUESTING THAT VSC FAMILIES SIT IN ONE SECTION AT SWIM MEETS.
LET'S RESERVE AND SET ASIDE A VSC FAN SECTION TO CHEER ON OUR SWIMMERS
AND GET TO KNOW EACH OTHER BETTER. IF YOU DON'T HAVE A VSC POLO SHIRT,
CONTACT KELLI MCCULLOCK @ 944-1VSC Option #1 AND SHOW YOUR SPIRIT.