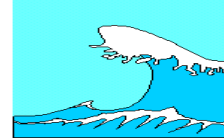




# The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668  
[www.vancouverswimclub.com](http://www.vancouverswimclub.com)

**JANUARY - 07**

## Happy January Birthdays

Christine Sykalo	01/01/96
Anthony Lee	01/07/94
Jacque Bruechert	01/08/91
Mandy Gray	01/11/89
Victor Claus-Marquay	01/11/93
John Conway	01/15/89
Maddy Savage	01/17/95
Courtney Miller	01/22/89

## Message from the President

### **The best things in life aren't things...**

I hope you all had a great Holiday break. It's after this rush that we appreciate what we have, and to some degree, we're happy to get back to the normal pace of life. Hopefully, soon after the wrapping paper gets cleaned up, we realize that the best things in life really aren't things at all. The best things in life are having fun with our kids and watching them grow up with confidence and grace, and that our schedule is just free enough to stop and appreciate their success. Maybe the best is the way we feel when our own success allows our kids to take just a few more chances in life to reach higher and believe they can accomplish more than they dreamed possible. That's what makes me happy. I don't want my kids to feel pressure, but to find fulfillment in seeing the "impossible" come to be.

So this New Year, take a moment to account for all you have that can't be seen, and what it will mean to the joy in your children as they grow up. May the success you see in 2007 live on for generations to come.

**GO VSC !!!**

**Scott Conley**  
VSC President

## Coaches' Corner

Last month my Coach article was actually a copy of an article written by Neal Romney, the head coach of North Whidbey Island Aquatic Club. I thought it was excellent with many worthwhile points of interest. Anyway, Neal's name somehow got left out last month, so I want to make sure and give credit where it is due. I would like to reprint part of an article here and now that was in a coaches journal and written by Coach John Leonard, the head of the American Swim Coaches Association. It is excellent....please proceed...

"I saw a fabulous quote recently: "If you are willing to do what is hard, life will be easy. If you are willing to do what is easy, life will be hard."

Like most good things, it inspires thought.

If you come home from swim practice (or school) get on the computer to email your friends (or to check on your "my space"), and put off your math homework for 2 hours, your life in math class the next day is likely to be very hard. If you do your homework first, math class will be easy.

If you do your kick sets with intensity in practice, your last 100 of the 400 free with your legs up, will be "easy" at your championship meet.

If you do the hard work in practice, the swim meets are a reward, and a celebration. If you loaf in practice, the swim meets are a test you dread."

One of my peers, the head coach from the Eugene YMCA has a shirt with a quote that has inspired thought on my part..."Don't confuse activity with achievement." Coach Mike and I were discussing this same subject and he had a great quote as well, "jack of all trades, master of none".

Don't be afraid to be GREAT at something. Make a commitment and stick with it. Have high goals and don't stop reaching for them when the going gets tough. ABSOLUTELY you can be involved in other activities. But if you truly want to be great at an activity you WILL have to spend MORE time doing that activity. You may have to say 'no' to another activity at some point. Instead of being afraid of being REALLY GOOD at something, EMBRACE and ENJOY the fruits of your hard labor!

Congratulations to **Kate Duvall, Alyssa Manlow, Jessica Bottelberghe** and **Nikki Cannon** on being recognized at the Top 5 Awards ceremony in November (along with **Will Lawhead**, mentioned last month!). Nice work gang!

Congratulations to **Nikki Cannon** for being selected as a participant in the OSI Pacific All Star Meet to take place in Richmond BC, Canada January 19-27, AND on being invited to take part in the 2007 Zone Select Camp by United States Swimming. This was quite an honor. Twenty eight male and twenty eight female athletes were selected in each of the four Zones of the United States. Nikki will take part in the camp in Salt Lake City Utah May 17-20, and hopefully learn a lot and come back with lots of information to share! Great job!

The season is in **HIGH** gear and it's not going to slow down anytime soon. Make sure you are taking care of yourself, getting your rest, staying hydrated and eating properly to be able to train at your best. Championships are right around the corner! Swim Smart Swim Fast,

HAPPY NEW YEAR!

Coach Vicki

## **Age Group News**

Thank you for the wonderful gifts I received over the Christmas season. As we head into the New Year there are lots of meets to look forward to including our own Superbowl meet.

Keep up the hard work everyone; at school and in the pool.

Happy New Year!

"Novice to Nationals, One Stroke at a Time"

**Coach Sheri**

### **A NOTE FROM THE EDITOR**

We want to encourage all swimmers and parents of swimmers to submit ideas to your coaches and your VSC Board Members for items you would like to see discussed and/or answered in *The Wavelength*. Your input can make this newsletter speak more directly to *YOU*, and your question is very likely something that might be a subject interesting to many VSC members. Whether by phone call or email, get us your subject matter and we will address it.

### **From the Treasurer:**

*Would you like to receive your invoice and/or newsletter by email?* We are now ready to offer this option in order to save volunteer time and \$\$\$ on postage. While considering this option, please keep in mind that swimmers as well as parents want to read the newsletter. Also, please remember that we still need to receive your payments on time. Invoices can be emailed to only one address, while the newsletter can be emailed to multiple addresses.

If you are interested, please send an email to me at [actghouse@comcast.net](mailto:actghouse@comcast.net) and include in the subject line "invoice only", "newsletter only", or "both" and I will add you to our email list.

Thank you,  
Cindy 944-1484

# JANUARY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  <i>Christine S.</i>	2	3	4	5	6
7  <i>Anthony L.</i>	8  <i>Jaquie B.</i>	9  <b>VSC Board Meeting 6:00 pm</b>	10	11  <i>Victor C. Mandy G.</i>	12  <b>Corvallis A/B Open</b>	13  <b>Corvallis A/B Open</b>
14  <b>Corvallis A/B Open</b>	15  <i>John C.</i>	16	17	18	19	20
21	22  <i>Courtney M.</i>	23	24  <i>Maddy S.</i>	25	26  <b>VSC Superbowl Meet</b>	27  <b>VSC Superbowl Meet</b>
28	29	30	31			

## 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
	actghouse@comcast.net	

### 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
	<i>Cliffconway@pacifier.com</i>	

### 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

**Don't forget 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 Members... we'll call you right back!**

### **NEXT BOARD MEETING**

**Tuesday, January 9<sup>th</sup> 6:00 pm at JH Kelly**