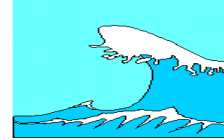




The Wavelength



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

www.vancouverswimclub.com

FEBRUARY - 07

Happy February Birthdays

Edwin Yip	2/18/89
Katelyn Berry	2/18/89
Sara Johnson	2/24/92
Quin McLaughlin	2/25/96

Message from the President

Wow, what a great weekend of swimming at Super Bowl XIII. It was only a couple months ago when we were thinking we might not have an '07 VSC meet because of lack of a pool, and difficulty coordinating with parents at two practice pools. If we hadn't had the event, I would be sad today knowing we should have and could have. So congratulations to everyone for helping keep the tradition alive and successful.

Thank you all who stepped in to help when we didn't necessarily know where to put you. We set up less volunteer needs than in past years by farming out the concessions. It was just too much to pull together without having the Marshall hallway sign up sheet. Those who did jump in made things go so smoothly. I hope you all felt like the event went well. We asked each family to pay a small amount to cover the food for hospitality and concessions. In past years we have had parents bring food items in a pot luck style to serve at the event. The \$10 option is a good way to make it equitable, easy to manage, and OK with the County Health Dept. I hope you all are comfortable with this method.

On to the Marshall construction. I am continuously amazed at how slow the city moves in administering the construction project. I sit in lots of meetings where the city hashes over trivial things and slows the project down. Sadly, I think we need to be more pessimistic in when we will return to Marshall. Maybe mid summer is a better bet at this point. I'll keep you informed. So as a counterbalance to that news, we are negotiating pool times at Hough and at Marshall upon our return, to make our VSC families' swim experience the best it can be. Stay tuned for that news shortly from coach Vicki.

We now turn fully to starting blocks. We are hoping to make that purchase very soon. The goal is to get the best starting blocks available but find a way to lower the cost or find a donor/sponsor to deflect some of the cost. I want to know that 20 years from now, they will still be unblemished, easy to install, and a confidence builder for swimmers looking for those great start times. I think you'll be pleased when we're all done. If you want a sneak peak of what might be: www.srsmith.com/commercial/quikblox-recordquest.html

Please communicate with your swim board at 944-1VSC. We want to hear from you, both good and bad. We are looking forward to a great spring swim season with lots of best times at the meets.

Go VSC

Scott Conley

Coaches' Corner

Congratulations to our "Biggest Losers" for December & January:

<u>December</u>		<u>January</u>	
1. Eliko Hagen	-40!!	1. Shelby Allman	-100!!
		(See #8 Dec.!!)	
2. Jessica Bottelberghe	-32!!	2. Bradley Fresch	-57!!
Kari Fleischauer	-32!!	3. Nicole Conley	-49!!
Katherine Shannon	-32!!	4. Heidi Stewart	-42!!
3. Rebekah Altig	-26!!	(See # 7 Dec!! Way to go Heidi!)	
4. Nathan Schurman	-25!!		
5. Bradley Fresch	-24!!	5. Arisa Laochumnvanit	-37!!
Monica Bottelberghe	-24!!		
Will Lawhead	-24!!	6. Kate Duvall	-34!!
Thomas Kelly	-24!!	(See # 6 Dec.!!)	
6. Kate Duvall	-23!!	7. Nikki Cannon	-32!!
Kevin Thov	-23!!	8. Quin McLaughlin	-31!!
7. Heidi Stewart	-19!!	(see # 9 Dec.!! Way to go Quin!)	
8. Shelby Allman	-18!!		
9. Quinn McLaughlin	-17!!	9. Thomas Kelly	-26!!
10. Alyssa Manlow	-11!!	10. Bryan Stebbins	-24!!

Vancouver Swimmers continue to improve as we move towards our championship season. February 11th we will participate in the "Last Chance" Valentine's invitational in Canby. The weekend of the 17th and 18th is the 10 & Under State Championship meet in Springfield, Oregon. So far, Olivia Cox and Josh Bottelberghe have qualified for the meet. The following weekend is the 11-14 state championship meet in Corvallis, Oregon. So far our qualified swimmers are Kari Fleischauer, Jessica Bottelberghe, Nikki Cannon, Will Lawhead, Nathan Schurman, Monica Bottelberghe, Eliko Hagen, Carly Cannon, and Katie Odiorne.

Senior Championships will take place the weekend of the March 1 through 4 at the Multnomah Athletic Club in Portland. So far the following swimmers have qualified for individual events: Alyssa Manlow, Edwin Yip, Bradley Fresch, Courtney Miller, Shelby Allman, Nicole Conley, Bryan Stebbins, John Conway, Jean Piette, and Kate Duvall.

The next week in March will be the Senior Sectional swim meet in Federal Way, along with our seasonal finish for swimmers not swimming at age group sectionals—we have changed the meet to the East Metro Championship meet which will be the same weekend as the Oregon City meet that was in our meet schedule. The weekend will be March 10 & 11 and the meet will probably be at the Park Rose High School pool. The last weekend in March is the Age Group Sectional Meet in Federal Way, and we will have one swimmer participating in the National Club Swimming Association Junior National Meet in Orlando, Florida.

A quick note on picking events for swim meets. My philosophy as a coach is to expose our swimmers to all of the 4 racing strokes, the IM's and different distances on a regular basis. If a swimmer enters a meet I try to make sure they are entered in the maximum # of events they are allowed. It is our coaching philosophy to train our swimmers for IM (100's, 200's, 400's, depending on age and ability level), and for the long free style races (the 500's, 1000's, 1650's). We do not believe in a 10 year old who is a "specialist" in the "50 breaststroke". That isn't to say that it may not be one of their "favorite" events.

I don't know of too many swimmers that would choose to do a 200 butterfly in a swim meet. But I do know of many a swimmer that tried it because their coach made them try it and (eventually) it became a "favorite" event. The college coaches that I know and that I have heard speak at various coaches clinics emphasize training age group swimmers for the 400 IM and the Mile. That way they can specialize in any # of events once they head to college—they become much more valuable to their team.

It is natural to want your child to do well. However, let's not teach them to fear certain events. Always encourage them to do their best regardless of the events they are competing in. They have the best chance at improving in their "worst" events!

Super Bowl meet was a SUPER SUCCESS! Thanks to all of you who put in countless hours getting this organized (George, Dwight, Scott C. Lynn, Scott O., etc.), Thanks to the AWESOME pool staff at Park Rose (Michelle and her crew), Thanks to the Head coach from Park Rose (John Billings) for the use of his equipment, and Thanks to all of you who helped set up, tear down, sell heat sheets, time or WHATEVER! It was a great team effort.

An EXTRA SPECIAL thanks to our stroke and turn official Todd Duvall and our electronic timer Dwight Gray and computer gal Cindy Manlow for all your time!

Swim Smart, Swim Fast

Coach Vicki

AGE GROUP NEWS

Just a quick note this month. I wanted to thank everyone for their patience during the snow week. There were many times during that week when last minute decisions were made about whether it was safe for all our families to travel to practice. It was difficult at best to get the word to everyone. We are working with the School for the Blind to better communicate with everyone. It would be extremely helpful if you have an email address to send it to me at sheribottelberghe@yahoo.com. This is the best way to get a hold of me and me to get a hold of you for any question or concern that may arise.

Thanks.




Novice to Nationals, One stroke at a time,

Coach Sheri

Attention: SWIM SUIT ORDER

A large swim suit order will be placed early this month. If your child needs a suit or other apparel, please call 944-1VSC and pick option #1 to leave a message for **Kelly McCulloch**. Your prompt response is needed to insure your order gets included. The next suit order will be late Summer based on demand.

FEBRUARY 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day 	3
4	5	6	7	8	9	10
11 “Last Chance” Valentine’s Invitational Canby, OR	12	13 Board Mtg. 6:00 pm @ JH Kelly	14 Valentine’s Day 	15	16	17 10 & Under State Championship Corvallis, OR
18 10 & Under State Championship Corvallis, OR	19 Presidents’ Day  <i>Washington</i>	20	21	22	23	24 <i>Sara J.</i>
25 <i>Quin M.</i>	26	27	28			

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
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

NEXT BOARD MEETING

February 13, 6:00 pm @ JH Kelly

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!