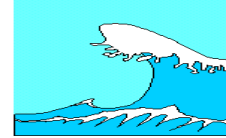




The Wavelength



Vancouver Swim Club, P.O. Box 2604, Vancouver, WA 98668
www.vancouverswimclub.com

MARCH - 07

Happy March Birthdays

Anthony Jenkins	03/02
Nick Pappas	03/05
Sara Taferre	03/10
Rachel Madison	03/12
Lucy Thornton	03/12
Kiah Nelson	03/21
Domi Burpee	03/22
Christianna Nave	03/24
Claire Baker	03/25
Jean Piette	03/28
Bryan Stebbins	03/28

Message from the President

It's almost spring and I can't wait for the weather to turn. I'm ready to put winter behind us and see the sunshine a little more. I'm sure I'm not the only one who finds fresh motivation when the temperature climbs and the days get longer. Be ready when it comes and "seize the day"

Next up on the spring schedule for the club is the Swim-a-thon so we'll be setting a date and location shortly. This event not only raises a lot of money to support the club, it is an opportunity for our swimmers to show their competitive spirit, both in the water and in the community by promoting the event. Last year, there was a great deal of enthusiasm and some great prizes. The event wasn't just a single day of swimming but several weeks where each team marked up their thermometer scales to reach their goals. We'll have to work to make sure that both pools are aware of the progress of the other pool. Maybe a little competition between pools would be fun.

I want to thank Coach Sheri for her tremendous effort last year and for making this event one to really look forward to. Let Sheri, Vicki, or I know how we can make the event more fun and what types of prizes will be even more inspirational.

We're in the process of purchasing starting blocks and the Swim Board has already turned its attention to other investments that will make the club stronger and our events even more exciting. We'll also have financial results from the Super Bowl meet shortly so stay tuned.

GO VSC

Scott Conley

VSC President

Coaches' Corner

Two championships down, 5 to go! Olivia Cox was VSC's lone representative for the 10 & Under state championship held at the Willamalane pool in Springfield the weekend of February 17 & 18. She rocked the house, going 5 for 6 best times and placing in the top 8 in 4 out of 6 events, including a first place in the 8 & Under 25 back! Way to go Livi!

The weekend of February 22-25 9 swimmers participated in the 11-14 state championship meet held in Corvallis. With 6 swimmers scoring, VSC finished in 14th place overall (out of 46 teams). Nathan Schurman swam the 2 butterfly events for his age group (the 100 and the 200) and came away with best times in both, narrowly missing age group sectional cuts. Katie Odiorne discovered that she is quite a butterflyer over the weekend! She went 4 for 5 best times, highlighted by a 6 second drop in her 200 fly and a nearly 5 second drop in her 100 fly! Katie helped out on our 13-14 girls relays that scored 7th and 8th as well. Arisa Laochumnvanit made the long drive to help out on 3 relays! That is what being on a team is all about and it is appreciated by the coaches and the other 3 swimmers that would not have a relay if not for that 4th swimmer! If you've never witnessed Arisa's freestyle when she is flying down the pool it is a sight to see. I have seen very few swimmers that can move their arms as fast as she can!

Our other 4 11 year old swimmers had awesome meets for their first taste of a prelims/finals type of meet. Eliko Hagen went 4 for 5 best times, highlighted by her first individual age group sectional cut in the 50 breaststroke! Carly Cannon highlighted her meet with an 8th place finish in finals in the 50 back, and a morning swim that qualified her for her first individual age group sectional event! Will Lawhead had a great time in his 50 free—a 28.42 for an 11 year old boy! He finished 5th in the event overall. Will dropped time in all 3 of his events and will compete in 2 individual events at the age group sectional meet in Federal Way in March. Monica Bottelberghe proved herself very tough swimming 3 events in finals at night—2 on the same night (100 fly and 200 IM!)! She went 4 for 6 best times in her events. Monica will compete in a full slate of events at the Federal Way age group sectional meet.

Kari Fleischauer went 3 out of 6 best times in her events. She highlighted her meet with a nearly 20 second drop in her 1650 free (and a 7th place finish), and a 6th place finish in her 1000 freestyle on Sunday. Kari also helped out on all of the 13-14 girls' relays.

Jessica Bottelberghe did a great job with her state meet despite being pretty sick all weekend. She went 6 for 6 best times, finaled in all of her events and highlighted her meet by winning the 100 butterfly in a junior national time of 58.13! Nikki Cannon also had a nice meet, going 4 out of 6 best times, making finals in all of her events and winning the 100 and 200 backstroke. Both of these girls have worked especially hard this year averaging 6 to 9 practices every week without exception. They only rested for one day for this meet. These girls will both swim at the senior sectional and the age group sectional meet next month in Federal Way. With a few more weeks of real rest I am looking forward to some REALLY FAST times!

Nice work to all of our swimmers who participated! A big thanks to all of you parents for your help in timing at the meet—not an easy task with the amount of people we had there—and two of us were coaches! It seemed like I always noticed our parents timing! It's nice NOT to be paged for timing! Also, team spirit was AWESOME!

Next up, this weekend (March 1-4) is the Oregon Swimming Senior Championship meet at Multnomah Athletic Club in Portland. VSC has 13 swimmers competing. I will report on this meet next month.

We are nearing the end, but there are still several more big meets to go before we are finished with our short course season for the year. Let's make the most of them!

Marshall Pool Update:

I know that you are all concerned about our return to Marshall Center. There are many questions regarding the date of our return and the times for our practices. After meeting with the folks who schedule the pool here is what our schedule will look like.....First of all the city did not offer us our same time. They feel that they can bring in a lot more revenue running swimming lessons, aqua trim classes and lap swim during what used to be our time. The two time slots they offered us were 3:00 to 5:00 p.m. or 7:00 to 9:00 p.m. To me, first as a coach and second as a parent the late time slot just doesn't work. Of course we all understand that the 3-5 slot is not ideal either. After a little negotiating this is how we will break down our schedule for Marshall this fall:

M/W

Senior group: 3:00 to 4:30 swim, dry land 4:40 to 5:15, (A.M.'s TBA)

Senior Prep: 3:00 to 4:30 swim, dry land 4:40 to 5:15

High School: 3:30 to 4:00 swim

Age Group 1: 4:15 to 5:15

Age Group 2: 4:15 to 5:30 (shared pool from 5:15 to 5:30)—VSC 2 lanes plus diving well

Novice 1: 4:15 to 5:00

Novice 2: 4:30 to 5:30

T/TH/F

Senior group: 3:00-5:00 swim, dry land 5:10-5:45

Senior Prep: 3:30 to 5:00 swim, dry land 5:10 to 5:45

High School 3:30 to 4:30 swim

Age Group 1: 4:15 to 5:15

Age Group 2: 4:45 to 6:00 (shared pool from 5:30 to 6:00)—VSC 3 lanes plus diving well

Novice 1: 4:15 to 5:00

Novice 2: 5:00 to 6:00

As of this time I am hearing that the pool is due to open about Labor Day.

I know that these times will not be convenient for all of us; they certainly are not for me. It will be necessary for us to set up areas of car pools and try and help each other out in order to make this schedule work. We don't want to lose folks and we REALLY DO want to add more!

Swim Smart, Swim Fast

Coach Vicki

Age Group News

Wow! Lots to cover this month. VSC sent 4 individual swimmers to 11-14 champs in Corvallis this past weekend and they did awesome. Vicki covered most of the meet, in her article, but I can't help but to say how proud I am of Carly, Monica, Eliko and Will. They have worked hard all season, kept focused on their goals, supported each other as a team and all four will be competing at Age Group Sectionals in Federal Way at the end of March. Please congratulate them and wish them luck when you see them. Go VSC Go!

Success breeds success and I am excited for the rest of the group to race at the BC championship meet. I feel lots of fast times coming our way.

Now on a more serious note, the team is continuing to have behavior problems in the locker rooms at the Blind School. This has been an on going problem since September. The swimmers know that misuse of the locker rooms results in loss of that privilege for a week for the whole boys or girls team. Unfortunately this punishment has not worked. Coach Mike and I have decided that if it occurs again we will have to ask moms and dads to chaperon the locker rooms. Please talk to your swimmers about respecting public property and help us put an end to the vandalism.

Also I have been noticing that many swimmers are getting dropped off at the Blind School earlier and earlier each day. Swimmers do not need to be dropped off for practice until 10-15 minutes prior to their practice. There is no supervision for these swimmers out in the lobby area of the Blind School. Swimmers also need to be picked up at close to 7pm as possible. There have been nights, especially Friday nights, where we are the last program at the school, and the lifeguards need to lock the building when they leave. This may leave your swimmer alone outside. This can be a scary situation for a young child. Please schedule accordingly.

Overall the swimmers are working hard and doing a great job welcoming new swimmers into our groups. I'd like to welcome back Andy and welcome Drew to the team. Like always any questions please email me at Sheribottelberghe@yahoo.com.

"Novice to Nationals, One Stroke at a Time"

Coach Sheri

Calling All VSC Families !!!

It is time to start thinking about the 2007 Fireworks Stand. This is a very successful fundraiser-last year we made nearly \$20,000 for the team. VSC's Fireworks Stand gives the club tremendous community exposure and is a fun opportunity to get to know one another.

For this year's stand, we are in need of three co-managers to oversee operations. I will be available as an advisor for training and support. We are also dividing up duties by having a chair person for each of the following committees:

- Setup/teardown
- Inventory/stocking
- Cashiering
- Floor sales
- Promotion/flagging
- Security

If you have expertise in any of these areas and are interested in chairing a committee, please contact Cindy.

While this fundraiser brings in much needed revenue for VSC, it also requires a concerted effort from the entire team. Therefore, we ask for a minimum family contribution of at least 10 hours. The dates are approximately June 27th through July 5th, so please mark your calendars. Scheduling will begin once we have designated chair people in place. Be thinking about what committee you would like to work on. Sign-up sheets and more information will be coming soon.

Thank you for helping to make VSC a success. We look forward to another successful fundraiser! If you are interested in assuming a leadership role in this fundraiser or you have any questions, feel free to call or email.

Cindy Manlow, Treasurer
(360)944-1484
actghouse@comcast.net

Swimming is the best exercise:

At a speed of 1:15 per 100 yards, you're likely burning between 15 and 25 kcals per minute of actual swimming time. Therefore, one hour at this intensity would burn roughly 900-1500 kcals. Running on the other hand will burn approximately 11-20 kcals at in 8 minute mile (660-1200 kcals) and cycling between 6 and 10 kcals at a 10 mph pace (360-600 kcals). These values confirm that swimming is one of the best all around exercises available, due to the large number of muscle groups heavily involved. From: Swimdigest.com

March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior SC Championships @ MAC Portland, OR	2 Senior SC Championships @ MAC Portland, OR <i>Anthony J.</i>	3 Senior SC Championships @ MAC Portland, OR
4 Senior SC Championships @ MAC Portland, OR	5 <i>Nick P.</i>	6	7 Senior Sectionals Federal Way, WA	8 Senior Sectionals Federal Way, WA	9 Senior Sectionals Federal Way, WA	10 Senior Sectionals Federal Way, WA East Metro Invite Parkrose Pool <i>Sara T.</i>
11 Senior Sectionals Federal Way, WA East Metro Invite Parkrose Pool Daylight Savings Time Begins	12 <i>Rachel M.</i> <i>Lucy T.</i>	13 Board Meeting 6:00 pm (Location to be determined)	14	15	16	17
18	19	20	21	22 <i>Kiah N.</i>	23 Age Group Sectionals Federal Way, WA	24 Age Group Sectionals Federal Way, WA <i>Christiannna N.</i>
25 Age Group Sectionals Federal Way, WA <i>Claire B.</i>	26	27	28 <i>Jean P.</i> <i>Bryan S.</i>	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
	acthouse@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.....	(503) 572-7821
Jeff Piette	(360) 574-8676
____Vacant_____	(360) _____

Swimmers' Representatives

Alyssa Manlow
Courtney Miller

**VSC BOARD MEETING – March 13, 6:00 pm
OPEN TO ALL MEMBERS (Location to be determined)**

**Remember the Club's 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... and we'll call you right back!**

Attention Parents:

We have an opening for a board position of "Member at Large". This is a great opportunity to experience being a part of the Swim Board for only a half year and see if you like it. Your responsibilities would be attending a once a month meeting and speaking your mind about how we can make the club the best in town. Parent participation is vital to our success. Remember, without "U" there is no success. Contact **Scott Conley at 944-1VSC option #3**