



# The Wavelength



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

APRIL - 07

## Happy Month Birthdays

Katherine Shannon	04/04/96
Arissa Laochumanvanit	04/08/96
Meaghan McCulloch	04/16/97
Nathan Schurman	04/22/92

## Message from the President

### ***Communication....***

I am pleased to know that many parents have expressed opinions about club issues and we appreciate your input. Our club survives and thrives because parents, coaches, swimmers, and board members truly care and communicate to make the club better. We hear you and appreciate you taking the time to call, e-mail, or stop in personally to the pool to let us know what you're thinking.

The Blind School administration continues to frustrate us on issues like the recent last minute closure due to over-chlorinization of the pool. It was unsafe, but we are asking them to let us know before the moment we arrive to swim (when possible). We are taking steps to both get information from them in a more timely way, and to disperse it out to families more quickly and effectively.

On that note, the board will be sending out new forms to all families and we ask you to fill them out promptly and return them. These forms will help us better communicate with you in emergencies, give you information and clarification on club policies, and make changes to some costs for new swimmer applications and late fees. All these efforts are intended to insure everyone's VSC experience is positive and rewarding. Again, please give us your feedback if you have any questions on these forms.

We are also aware that the Marshall Center swim times are not ideal for some families and we continue to work with the City to make it work for as many of our families as possible. Please work with us as we continue to prepare for the return to the New Marshall Center this summer. We have officially purchased the new starting blocks and installation of the post anchors will take place soon. The coaches are excited to have blocks easily available for practice whenever they need them. Our swimmers' start times are sure to drop significantly with the extra practice time.

Thank you all for your support. We are looking forward to a great summer season.  
GO VSC!!!!!!

**Scott Conley**  
VSC President

## Coaches' Corner

From where I am sitting today, spring has definitely sprung. The temperature is mid-sixties and the sun is shining—a beautiful day! Hopefully some of this will last through spring vacation next week.

March was an extremely busy month full of championship meets. **OSI Senior Championships** were the first weekend. VSC had 15 athletes compete. Shelby Allman went 6 for 6 in best times and helped out on every single relay! One of those, the 800 free scored a second place finish! Of our 8 male swimmers, 4 of them swam on all 5 relays, and the other 4 swam on 4 out of 5. A highlight was Edwin Yip, Bradley Fresch, Alex Limoges and Bryan Stebbins winning the 800 free relay! They scored plenty of points in their individual events as well. Edwin Yip finaled in 4 of his 6 events. Bryan Stebbins finaled in his 200 back and the 1000 free. Bradley Fresch finaled in all 6 events highlighted by a 15 second drop in his 1000 free and a first place finish in his 500 free. Alex Limoges also finaled in all of his events topping off his performances 3<sup>rd</sup> place finish in the 200 fly, 2<sup>nd</sup> place finish in the 100 back and a 1<sup>st</sup> place finish in the 100 fly. John Conway had best times in 4 of his 5 events highlighted by a 9<sup>th</sup> place finish in the 50 free and a 12<sup>th</sup> place finish in his 100 free. Nicole Conley had an outstanding meet, dropping 27 seconds in her 1000 free and 16 seconds in her 1650 free (always a lot of fun on Sunday afternoon when you're REALLY tired). She also had a great 100 backstroke swim. Kate Duvall was 1<sup>st</sup> in the 1000 free (dropping 11 seconds along the way), and 1<sup>st</sup> in her 200 backstroke. She made finals in all of her events and won the high point award for girls! Our team finished in 2<sup>nd</sup> place (and earned a nice plaque). This would not have been possible without the swimmers mentioned above, PLUS, Jacob Benjamin, James Gray, Alyssa Manlow (1<sup>st</sup> place in the 200 IM), Courtney Miller, and Ross Milne who helped out tremendously on relays, besides competing in their own individual events. Quite often this meant coming back for finals or coming on a day when they didn't have any individual events. A great team effort! Thanks also to parents George Stebbins and Todd Duvall for helping with officiating. I think Todd worked every single day and hour of the meet!

Next up was the **Senior Sectional Championship** meet in Federal Way. This is always an extremely fast meet, and it was bigger (900 + swimmers) and faster than ever this year. Jessica Bottelberghe qualified for 6 individual events this March, after being a "relay only" swimmer the last two Sectional meets. Alex Limoges qualified for his first ever Senior Sectional meet. Kate Duvall swam in 5 events, Nikki Cannon in 4 events and Alyssa Manlow qualified in all kinds of events and had to narrow it down to 6 for the meet (the maximum allowed). We did not have any swimmers make finals. We did see some amazingly FAST swims, some best times (from us) and our relays went 4 for 5 best times. This summer the meet will be out at Mt. Hood Community College the second week in July (10-14).

We returned to Federal Way the weekend of March 23-25 for **Age Group Sectionals**. Again, a HUGE meet (1300 some odd swimmers), and an extremely fast meet (though a step down from the senior meet). Both of these sectional meets have qualifying times, and once you are 15 and have achieved a senior qualifying time you may not go back to age group sectionals. We did have 14 year olds that competed in both meets. VSC had 10 swimmers participate in the meet. Kari Fleischauer and Katie Odiorne came up to help out with our 200 free and 200 medley relays (along with Nikki Cannon and Jessica Bottelberghe). Both relays got best times and narrowly missed out on scoring (9<sup>th</sup> place in the free, 10<sup>th</sup> place in the medley). Our 4 age group swimmers that participated (Will Lawhead, Monica Bottelberghe, Eliko Hagen, and Carly Cannon) all stood up to the pressure of a 3 day meet that was bigger than any other meet they've experienced. Monica had 6 events and some outstanding times—4 out of 6 were best times. Carly and Eliko both improved in their events and Will narrowly missed a best time even though he pushed off the turn wall with one toe nail! I have no doubt these swimmers will return to this meet many times over the next several seasons. This experience will pay off for future meets.

Edwin Yip and Bryan Stebbins competed in the 15 and over age group. Edwin had a best time in his 200 free and Bryan had a best time in his 500 free. Nikki Cannon competed in 5 events highlighted by a 3<sup>rd</sup> place finish in the 200 back (2:06.06) and a 2<sup>nd</sup> place finish in her 100 back (58.80). Jessica Bottelberghe competed in 6 events and made finals in all of them. She had an outstanding 200 IM (2:10.59) finishing 3<sup>rd</sup>. She also broke the 54.00 second barrier in her 100 freestyle going 53.98 in the

finals on Sunday. That 100 free race was amazing—from 1<sup>st</sup> through 6<sup>th</sup> place the time difference was 4 tenths of a second—1 one hundredth difference between 1<sup>st</sup> and 2<sup>nd</sup>!

One other championship meet that took place during all of this “March Madness”, Alyssa Manlow traveled to Orlando, Florida to compete in the **NCSA (National Club Swimming Association) Junior National** meet March 20-24. Alyssa traveled to the meet with the Corvallis Team and swam under the watchful eye of Coach Rick Gunther. Alyssa had a successful 100 freestyle, getting back to her 52 that she swam at high school state in 2005. She also had a best time in her 100 fly. She had a great experience and set herself up for some nice swims this summer. Way to go Lyss!

I also have solved a mystery.....the mystery of WHO has been submitting our results to the Columbian Newspaper. **THANK YOU SANDY CHARLSON!**

All in all, this was a very successful (and tiring) short course championship season. Congratulations to all participants and a big thank you to all that helped with timing and officiating at these meets. Remember, participation and success in these meets is directly connected to effort and practice time.

Ryan Lochte (University of Florida, Olympic finalist and World Championship finalist) had a great quote in the last issue of Splash Magazine. His quote was, “You have to understand that at my level, it takes a lot of hard work, dedication and commitment. Most people want the success, but they’re not willing to work at it. Or if they are, it’s not for the long haul. You constantly have to push yourself to a higher limit than others. That’s the difference in great athletes.”

It is nearly April 1<sup>st</sup> and time for spring vacation. I have already asked my swimmers to take some days off during the past couple of weeks and into next week. This is the time to recover from the short course season and to start gearing up and planning out goals for long course (which will be here and then over in the blink of an eye!).

**ATTENTION:** During spring vacation all groups will be together at Hough Pool during the 4:30-6:30 time slot. This is a great opportunity for our young swimmers to work with our senior swimmers. We will spend a lot of time working on technique and playing games and swimming relays.

Meet schedules have been handed out and were due back by March 28<sup>th</sup>. Please get yours in ASAP if you have not returned it already. Long course meets fill extremely quickly. You may miss out on meets you wish to attend if you don’t get your schedule in on time. Don’t let that happen—return your schedule!

Have a great spring break and we will be back to our regular schedule and back to work as of April 9<sup>th</sup>!

### **VSC BIGGEST LOSERS**

<b>FEBRUARY</b>		<b>MARCH</b>	
#1 Kari Fleischauer	-20!!	#1 Nicole Conley	-50!!
#2 Katie Odiorne	-16!!	#2 Brad Fresch	-20!!
#3 Christian Ray-Jones	-13!!	Daniel Kelly	-20!!
#4 Kevin Thov	-12!!	#3 Sara Taferre	-16!!
#5 Monica Bottelberghe	-9!!	#4 Kate Duvall	-12!!
		Paddy Wu	-12!!
		#5 Christian Ray-Jones	-11!!

Swim Smart, Swim Fast

**Coach Vicki**

## Age Group News

March came in like a Lion and roared loud all month long with fast swims from our Age Group swimmers.

We started the month off with the East Metro Invitational at Parkrose pool. I do not have a copy of the results so I will do my best from memory. This meet was a little different format for us with prelim swims on Saturday and finals swims for the top 8 on Sunday in some events. We had several top 8 swims: John Conway who went head to head with James Gray in the 100 Fly with John narrowly coming out on top. Ross Milne, Nathan Shurman, Paddy Wu, who made two new A-times 100 Fly and 100 Back, Christian Ray-Jones who continues to drop time every time he swims, Connor Shannon also had a great meet. The girls were fast as well making the top 8 were: Katie Odiorne, Nicole Conley, Courtney Miller, Kiah Nelson, Shelby Allman, who recorded a 57 100 Free, Olivia Cox, Arisa Laochumanvanit, Katherine Shannon, Nicole Woodbury and Meagan McCullouch. It was a fun meet for everyone with several swimmers racing 50's and 25's and the 100 Free Relay. Thank you to all the parents who helped time.

The final meet for our Age Group Swimmers was Age Group Sectionals in Federal Way. I know Vicki mentioned this meet but I wanted to congratulate Monica, Eliko, Carly and Will for some awesome swims. It was fun to show you off to all my coaches from the past including my college coach.

On another note, I would like to ask that parents who are dropping swimmers off for practice to wait to make sure the pool is operating normally each day.

We had a fast short coarse season and I know this will carry over into long coarse season. I am encouraged each time I drive past Marshall Center and construction is moving right along. It has been nice to have more sunny, warm days. Ahhh...summer.

"Novice to Nationals, One Stroke at a Time"

**Coach Sheri**




### **Please note...**

I have heard some of the rumblings and grumblings about the VSC website. "It is not set up very well; it is not current, etc". At this point in time the man who maintains our web site is doing it as a favor for a friend; he has no direct connection to our swim team. Personally, I am extremely grateful for the time he has given us, especially since he receives very little in return.

So my question to you, VSC families, is would it be better to have no website? Or is there someone out there that can help? Staying behind the scenes and complaining does not help. Please consider getting involved. Your help and expertise would be greatly appreciated and fill a **BIG** need for communication with our club.

-Coach Vicki-

# VSC CALENDAR – APRIL, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  April Fools Day	2 <b>Spring Break Everyone @ Hough Pool 4:30-6:30 pm</b>	3 <b>Spring Break Everyone @ Hough Pool 4:30-6:30 pm</b>	4 <b>Spring Break Everyone @ Hough Pool 4:30-6:30 pm</b> <i>Katherine S.</i>	5 <b>Spring Break Everyone @ Hough Pool 4:30-6:30 pm</b> <i>Arissa L.</i>	6 <b>Hough Pool</b>  <b>Good Friday</b>	7
8  Easter	9	10	11	12	13	14
15	16  <i>Meaghan M.</i>	17	18	19  <b>Board Meeting</b> (location to be determined)	20	21
22  <i>Nathan S.</i>	23	24	25	26	27	28
29	30					

## WHO'S WHO IN VSC

### Coaches

Head Coach..... Vicki Gordon..... (360) 750-4550  
Age Group Coach..... Sheri Bottelberghe ..... (360) 571-3475  
Novice Group Coach ..... Abe Wright..... (360)

### 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 . Angie Shannon ..... (360) 571-7264  
Membership Chair ..... Kelli McCulloch ..... (360) 694-2377

### WaveLength

Newsletter Editor ..... Cliff Conway ..... (360) 254-4104  
*Cliffconway@pacifier.com*

### Members at Large

Mark Fleischauer ..... (360) 576-7125  
Nancy Golden..... (360) 695-6315  
Scott Odiorne..... (360) 572-7821  
Jeff Piette ..... (360) 574-8676  
- - Vacant- - .....

### Swimmers' Representatives

Alyssa Manlow  
Courtney Miller

**NEXT BOARD MEETING**  
**Thursday, April 19<sup>th</sup> @ 4:30 pm**  
**(Location to be determined, please call if you would like to attend)**