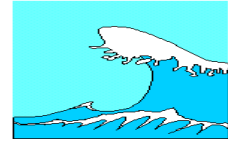


The Wavelength



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

www.vancouverswimclub.com

JUNE - 07

Happy June Birthdays

Alex L.	06/05
Cameron G.	06/10
Katie O.	06/13
Nicole C.	06/22
Livi C.	06/22
Brian P.	06/28
Kari F.	06/30
Paddy W.	06/30

Message from the President

Summer is a great time of year. Who can have a bad attitude when the weather is warm, the grass is bright green, and the end of the school year is just around the corner. I hope you're all making plans to have a memorable summer, both in the pool and out. It seems that the Fourth of July is always here and gone and it's time for fall sports and back to school sales. So, get started early with those back yard family barbeques and trips to the beach.

Speaking of Fourth of July, we are all geared up and ready to make the third annual fireworks sale our biggest ever. As we've said before, make your best effort to arrive early for your shift, get reacquainted with the parents you haven't seen in awhile, and learn the response to the ever-popular question "what does this one do".

The Marshall Center project is moving fast now but there's still lots to be done between now and opening day. Your patience is appreciated as we await the reopening in just a few short months. One thing that I'm excited about is the City just awarded my company an add to our controls contract to provide electronic pool water temperature control. So, we'll be able to schedule temperature changes for our events, track and control the pool temperature to exact set point, and make them wonder what's happening when we change the temperature over the Internet. OK, just kidding on that one. Our starting block anchors will be installed in the next few weeks, and the pool will be filled soon thereafter, for testing and certification. We'll keep you informed as we get closer to seeing an opening day posted. Rest assured that the City can change things at any time but we'll be ready when they call.

We look forward to seeing you all at the Fireworks stand and having a great fund-raiser for the club. Thanks again for all your support.

GO VSC!

Scott Conley

VSC President

Coaches' Corner

CONGRATULATIONS TO VSC'S BIGGEST LOSERS FOR THE MONTH OF MAY!!

#1	ARISA LAOCHUMNANVANIT	-82!!!
#2	Nathan Schurman	-69!!
#3	Meaghan McCulloch	-63!!
#4	Monica Bottelberghe	-61!!
#5	Bryan Stebbins	-58!!
#6	Christian Benson	-51!!
#7	Jessica Bottelberghe	-46!!
#8	Katherine Shannon	-41!!
#9	Eliko Hagen	-34!!
#10!	Carly Cannon	-31!!

EXCELLENT EFFORT! KEEP IT GOING!!

Long course season got off to a quick start with 3 meets on our schedule for the month of May. Tualatin Hills was first up and WOW did some of our "novice" swimmers have some great drops in their times from a year ago!

Meaghan McCulloch led the way with 5 best times and dropping 54 seconds along the way! Quin McLaughlin over came some shaky nerves and dropped 13 seconds in her 50 fly! Christian Benson had 4 best times and dropped 51 seconds! Livi Cox had 3 best times and dropped 44 seconds! Josh Bottelberghe, Jocelyne Foresman, Seyer Amiri, Rose Caughie, Shea DeWald, Anthony Jenkins, Justin McCarthy, Kevin Thos, and Ashley Woodbury came through their first long course experience just like experienced pros.

Of course, the old timers had their share of successes as well. Bryan Stebbins dropped 21 seconds in his 1500 free! Katherine Shannon went 5 out of 6 best times and dropped 41 seconds! Nicole Woodbury dropped 7 seconds in her 100 fly! Monica Bottelberghe went a perfect 6 for 6 in best times and dropped 29 seconds total! Nikki Cannon dropped 10 seconds in her 200 IM! Kelcy Charlson went 5 for 6 best times and dropped 19 seconds total! Jessica Bottelberghe had a great meet with 5 best times and a 10 second drop in her 400 IM and an 18 second drop in her 1500 free! Eliko Hagen dropped 13 seconds total and achieved her first A time for the 400 free (definitely NOT her first A time ever! I hear she REALLY likes this event!)

Daniel Kelly dropped 27 seconds in his 200 backstroke! Arisa Laochumnvanit had a great meet with a perfect 6 for 6 best times and a total drop of 30 seconds! Anthony Lee dropped 8 seconds in his 100 back! Katie Odiorne had some nice time drops—9 seconds each in her 100 fly and 200 free, and 11 seconds from her 200 IM!

Two weeks later we had swimmers competing in Gresham with the Mt. Hood Swim Team in a small dual meet and swimmers competing at the A/B meet in Corvallis.

VSC had just 6 swimmers participate in the dual meet. They had a great experience, and saw many best times and high finishes. Justin Miles, Spencer Glantz and Collin Glantz competed in their first meet with VSC along with veterans Rose Caughie (who is still fairly new), Justin McCarthy (who is still fairly new) and the real "old timer", Meaghan McCulloch. They were a

small group but had great team spirit and were great in helping each other out during the meet. Great job!

VSC had 19 swimmers at the CAT Open. Shelby Allman had an outstanding meet, helping out with several relays, 3 best times and a 23 second drop in her 200 breaststroke! She narrowly missed the A times in the 50 and 100 frees. Monica Bottelberghe dropped 13 seconds each in her 200 IM and her 200 free! Carly Cannon dropped 13 seconds in her 200 free! Kari Fleischauer dropped 12 seconds in her 200 IM! Eliko Hagen went 5 for 7 best times! Arisa Laochumanvanit also went 5 for 7 best times including a 17 second drop in her 200 IM! Will Lawhead went 5 for 6 best times! Nathan Schurman had an amazing 40 second drop in his 200 IM and an 18 second drop in his 400 free—he dropped a total of 69 seconds for the meet! Bryan Stebbins dropped 11 seconds in his 400 IM and had 5 best times!

Overall our meets have been successful—at least for the swimmers that are consistently attending practice and working hard. This is an easy time of the year to become distracted—school is coming to an end and summer is looming large. Today is June 10 which means it is exactly one month until the Senior Sectional Championship meet in July. The OSI 11 and Over State Championship is just 2 weeks after the conclusion of the Sectional meet. If you are going to swim in the 10 and Under OSI Championship meet it is even earlier! Are you going to be ready? NOTHING takes the place of consistent practice attendance and good work ethic during that practice.

NEED FOR OFFICIALS: Recently, the Albany Aquatic Association ran a swim meet, and, due to a lack of officials for one of the sessions, the times the swimmers achieved during that session will not be “official times”. In other words, the times do not count. The exact same thing nearly happened in Corvallis for the Friday evening session. This is an extremely frustrating situation for everyone concerned. The solution is for every team to provide officials, but this often proves elusive. I am currently serving in the capacity as “Age Group Chair” for Oregon Swimming and as such am required to attend OSI board meetings. At the board meeting the other night, this issue was discussed and it may come to pass that Oregon Swimming adopts some of the measures being used in other LCS’s...things like fining teams that attend meets without providing any officials, teams without a certain percentage of officials not being allowed to run swim meets, teams that don’t provide officials swimmer’s times will not be counted, etc. These are all punitive measures that no one would be happy having to enforce. But our sport can not survive and thrive without these people. Please consider becoming involved as an official, especially if you have young swimmers. You would truly be making a difference for your child, for their team and for their sport.

Swim Smart, Swim Fast
Coach Vicki

Age Group News

Can you believe school has ended and we are headed full force into the summer swim season? Wow... I feel confident though as we briefly look back at all the learning experiences May had to offer us. First was the Thunderbolt Invitational, our first Long Course meet of the season, second was the banquet, where we had a chance to hear what a profound impact swimming has had on the lives of so many of our seniors who are headed off to college, third was the swim a thon in which all our Novice swimmers swam over 100 Lengths! and our Age Group Swimmers swam all 200 lengths! And fourth we welcomed a new coach, Cassie Manlow, with 10 years experience swimming for VSC who is committed to helping our young swimmers reach the senior level on our team.

As we move forward into June and July I am excited to continue to use the new skills and tips I received at the Western States Swim Clinic. Due to low attendance at the clinic this year I had the opportunity to sit down one on one with Olympic coaches Richard Quick and Mark Schubert among many top college coaches and Olympic medalists and ask questions about strokes and racing strategies. I would like to thank the board for supporting this amazing experience. I looking forward to the MAC meet and the MT Hood meet which are right around corner and continue to encourage you and your swimmers to:

1. Show Up.
2. Honor your team and team mates with your effort
3. Do things correctly

"Novice to Nationals, One Stroke at a Time"

Coach Sheri

CALLING ALL VSC FAMILIES!

It's less than a month until our Fireworks Fundraiser. We are calling on everyone in order to make this sale a success. **HAVE YOU SCHEDULED WITH LISA?**

Not only is this a very successful and worthwhile fundraiser, but VSC's Fireworks stand gives the club tremendous community exposure, as well as an opportunity for parents to get to know one another.

We are still in need of a few volunteers on the following days: July 2nd, 3rd, 4th, & 5th. If you can help, please contact Lisa. A flyer will be coming home with swimmers in a few days. Please share these with anyone you know who might interested in supporting our stand.

Reminder - this is one of our three mandatory fundraisers, so check your schedule, clear your schedule, and call or email.

It's FUN, EFFECTIVE, and a GREAT CAUSE . . . for our VSC Swimmers.

Lisa Duvall

(360)750-9030

copymant@comcast.net

VSC CALENDAR - JUNE, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		<i>Alex L.</i>				
10	11	12	13	14	15	16
<i>Cameron G.</i>			<i>Katie O</i>	 Flag Day		
17	18	19	20	21	22	23
Father's Day		Board Meeting 5:00 PM @ JH Kelly			<i>Nicole C. Livi C.</i>	
24	25	26	27	28	29	30
		Fireworks Setup	Fireworks Stand	Fireworks Stand	Fireworks Stand	Fireworks Stand
				<i>Brian P.</i>		<i>Kari F. Paddy W.</i>

WHO'S WHO IN VSC

Coaches

Head Coach Vicki Gordon (360) 750-4550
Age Group Coach..... Sheri Bottelberghe (360) 571-3475
Novice Group Coach Cassi Manlow (360) 608-9079

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 . Angie Shannon (360)
New Swimmers..... Kelli McCulloch (360) 694-2377

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..... (360) 572-7821
Vacant (360)

Swimmers' Representatives

Alyssa Manlow
Courtney Miller

NEXT BOARD MEETING
June 19th, 5:00 PM @ JH Kelly