

WAVELENGTH

VSC NEWSLETTER

August 2010

COACHES CORNER

-COACH VICKI

Well, another swim season is just about in the books. VSC has one swimmer competing at the Junior National Meet in Irvine California next week. Most of our swimmers are racing at Newport this weekend for their summer finale.

We scored 25 more points this year at the 11 & Over State meet. Our team finished in 17th place. We had 16 swimmers participate. Some of the highlights were . . . definitely NOT the weather! Swimming outdoors this summer has proved to be quite a challenge. Chilly mornings make for slow swimming! By the time finals rolled around the sun was out and the swimming was hot!

Katherine Shannon dropped 39 seconds in her 800 free and 18 in her 400 free! She finished in 8th in the 800 and 7th in her 1500.

Katie Remington swam in her final meet with VSC (she is moving to Colorado this month) and finished in great style. After a bit of a rough start on Thursday, K-Rem came back with a new attitude and some quiet determination. She had an outstanding 400 free--dropping nearly 9 seconds and scoring 8th place from the prelim heats. She finished 7th in her 100 fly and 5th in her 50 fly. Katie will be living in a different state, but we will continue to see her at the sectional meet(s) in the spring. I know that she will continue to excel and I look forward to watching her progress!

Katie Odiorne made the most of her 3 events, with best times in all 3 and a 7th place finish in both of her flies.

Quin McLaughlin had an outstanding meet! She was a perfect 6 for 6 best times (even in her "scary" events--the 400 IM and the 200 fly!). Quin did not make finals but I know that if she continues on the path she is on she will have many finals in her future! She has really learned to work hard this year, even when she is hurting! Remember...those A times happen in practice--not at a swim meet!

Daniel Kelly went 4 for 5 best times. He finished 5th in his 100 and 200 backs.

Coach Cassi got in to the act as well...swimming the 100 and 200 breaststrokes and helping out on our open relays. She also broke the Masters record in the 50 breaststroke (pushed on by her team mate, Nikki Cannon).

Shea DeWald participated in her first long course state meet and got a best time in her 200 breaststroke.

Eliko Hagen drove out and helped with all of the 13-14 girls relays (THANK YOU!).

Maddie Green had a very nice meet, getting best times in both her 100 and 200 back races, and, helping with all the 13-14 girls relays.

Carly Cannon made finals in 4 of her 6 events including an 8 second drop in her 400 free and a 3rd place in the 100 back and a 4th place in the 200 back.

Kate Duvall swam in her last meet with VSC before heading off to college this month. She went out in style going 5 for 6 best times. She finished 6th in the 800 free, 4th in the 200 back, 5th in the 400 IM, and 5th in the 200 fly.

A very successful meet for our individual swimmers. Now we need to get our relays scoring points!

Katie Odiorne and **Daniel Kelly** will participate in the Western Zone Meet as part of the Oregon Swimming Team next week in San Jose, CA.

Nikki Cannon will finish up next week at the Junior National Championship Meet in Irvine, CA. Congratulations, and fast swimming!

VSC's last day of practice will be on Friday, August 20th. That Friday we will have a family swim (that's right parents--get those speedos out of the closet!) from 4 to 5 p.m.

Then we will have a barbecue in the park.

VSC will provide hamburgers and hot dogs and buns. We ask families to bring a dish to share.



We will resume practice on Monday, September 13th at the Washington State School for the Blind. That week we will be in the water on Monday (13th) and Wednesday (15th) from 6:30 to 8 p.m., and on Saturday from

COACHES CORNER**-COACH VICKI (CONT)**

8 to 10 a.m. There is a \$20.00 fee for this week of practice and that money is due on Monday the 13th. Please bring a check or correct cash amount.

We will be back at Marshall beginning on Monday, September 20th. Normal practice times will resume. Swimmers who swim the last two weeks in September will be billed 1/2 month dues.

Short course meet schedules will be on the website by the end of August--be on the look out!

It's been a great year for our team! We are bigger than we have ever been and our swimmers have excelled (at least the ones that come to practice on a regular basis!). I am looking forward to having some time off to relax. I hope that you will all do the same. Enjoy yourself and get out and have some fun doing all those things you usually can't do because you have "practice".

Swim Smart, Swim Fast,

Coach Vicki

COACHES CORNER**-COACH CASSI**

Several VSC swimmer competed at the T-Hills Summer Classic on July 9th and 10th. For many, this was their first long course meet ever. Our newer swimmers stepped up to the challenge, and approached

the (sometimes intimidating) long course pool like old pros.

Olivia Chastenev, Benjamin and Rebecca Chis, Marissa and Michael Hall, Daniel and Keiko Inouye, John Paul Burpee, Hailey Lassiter, Lily Nash, Gabby O'Dell, and Colin Sowul all made their long course swimming debut and did a great job! Our veteran swimmers also had a great showing with some fast times:

Michael Ash dropped an incredible 15 seconds in his 100 fly, another 8 seconds in his 200 free and also got a best time in his 100 back!

Alexa Bryant-Capellas had an awesome 100 backstroke race and was only 2 tenths of a second off her A time!

Domi Burpee dropped a significant amount of time in her 100 free...a total of 85 seconds!

Addie Dillon dropped over 2 seconds in her 50 free!

Maddie Green achieved 4 best times and had the opportunity to swim in the finals heat of the 50 back, getting yet another best time!

Ben Grubb achieved A times in his 200 fly and 400 IM and earned the chance to swim in the finals heat of the 50 free!

Eliko Hagen had a great 200 and 100 fly, dropping a total of 9 seconds from her previous times!

Monica Krubeck had 3 out of 3 best times, dropping almost 4

seconds in her 100 back and managed to negative split her race in the process!

Hannah Luffred had a great meet and achieved 6 out of 6 best times dropping over 27 seconds during the meet!

Josh Luffred dropped over 6 seconds from his 200 breaststroke time, achieving his A time in the process!

Katie Remington had a great 200 fly race and achieved the 13 year old A time in the event!

Connor Shannon had 4 out of 7 best times, and dropped an impressive 42 seconds in his 200 IM!

Heather Stewart had a great meet with 4 out of 7 best times. Heather also earned the opportunity to swim in the finals heat of the 50 back and had a smoking time!

Heidi Stewart had 3 out of 6 best times, and took off nearly 4 seconds in her 200 free!

AWESOME JOB, SWIMMERS!

Last weekend, we had the 11 and Over Championships at Mt. Hood Community College.

Ben Grubb and **Josh Luffred** each represented VSC and did a great job! Ben got all best times and placed in the top 8 in 5 of his 6 events! 400 free- 4th 200 Back- 7th 200 free- 4th 400 IM- 8th 100 free- 7th and 100 Breast- 9th.

In all but one of his events, Ben earned a second swim in the finals heat and bettered his prelim times. Josh earned his way to the champs in the 100 and 200 breaststroke. This was Josh's first championship meet and he did a great job despite having fallen ill the week before the meet. I know that we will see Josh achieve many more A times in the near future! These swimmers earned their way to the championship meet by coming to practice on a very regular basis and working hard. They did an awesome job and we are very proud of their achievements!

It has been a great long course season and I am very proud of all the hard work our swimmers have put in! I am looking forward to a fun filled weekend in Newport where we will have almost 60 swimmers representing VSC!

See you at the pool,

Coach Cassi

REQUIRED EQUIPMENT FOR AGE GROUP SWIMMERS

- **Water Bottle**
- **Fins**
- **Snorkel (recommended for Age Group 1, required for Age Group 2)**
- **Paddles**
- **Equipment mesh bag**
- **Kick board and pull buoy (There are a limited number of kick-boards and pull buoys available on the pool deck for those that do not have their own)**

COACHES CORNER

-COACH NADINE

The novice swimmers have been working really hard this season and it has paid off. We have quite a few swimmers working on moving up to Novice 2 as well as Age Group 1. Brian Miller and Colin Sowul have already moved up to Age Group 1 and Hailey Lassiter has switched to Novice 2 along with Kiana Scott. Coming three times a week really pays off great results.

10 and Under State Champs happened the weekend of July 10th and was attended by Sam Walker, Madisyn Morin, Kara Nofstker, Lydia Dillon, Gabe Nickels, Makena Wilcox and Sidney Boyle.

Sam Walker placed 8th in his 200 Freestyle with a personal record, 22nd out of 33 in his 50 back. With a best time Sam placed 14th in his 50 Free, 13th in his 100 Back. He also placed 18th in his 50 Fly, and 10th in his 100 Free with best times in both events. Excellent job Sam!

Madisyn Morin placed 15th in her 100 Fly and 15th in her 50 Back with a best time in both events. She also placed 19th in her 50 Fly. Way to go Madisyn!

Kara Nofstker swam 8th in her 50 Breaststroke and placed 9th in her 50 Free achieving best times in both events. She also placed 15th in her 50 Fly and 12 in her 100 Free again achieving best times in both events. Excellent swims Kara!

Lydia Dillon achieved a best time in her 50 Free and placed 18th and placed 23rd in her 50 Fly.

Makena Wilcox placed 9th with a best time in her 50 Free. Great work ladies!

Teammate **Gabe Nickels** had an excellent swim in his 50 Fly earning 19th place. Good job Gabe!

Sydney Boyle placed 11th in her 50 Breaststroke 14th in her 50 with best times in both events. In her 50 Free she placed 9th and in her 50 Fly she placed 17th again with best times in both events. Way to go Sydney!

Please remember with the days being hot we NEED to REMEMBER WATER BOTTLES EVERY DAY. Swimmers get dehydrated just like bikers and runners we just don't realize it because we are already wet. I have had quite a few swimmers complain of headaches and cramps and when asked about water they are missing a bottle. Each swimmer should have their own on the pool deck filled. My kids tend to play harder during the summer than the school year so we try to be sure to have a small snack before practice as well so their bodies have fuel to swim on.

Our last meet for the summer is just a few days away and looks like it will be very exciting for everyone. It will be back in the yard pool so our times are sure to be personal records for all. Then we have just a couple short weeks and a break in time to get those last minute things for school. It has been a great season and I am looking forward to the next one.

Coach Nadine

BIGGEST LOSER'S FOR THE MONTH OF JULY

- 1. Domi Burpee -85!!
- 2. Katherine Shannon -57!!
- 3. Connor Shannon -49!!
- 4. Kara Noftsker -46!!
- 5. Hannah Luffred -26!!
- 6. Ben Grubb -25!!
- 7. Michael Ash -24!!
- 8. Carly Cannon -21!!
- 9. Katie Odiorne -18!!
- 10. Quin McLaughlin -17!!

Many of these time drops occurred during championship meets! It's great to see your hard work pay off, isn't it?! Keep it up!

WAY TO GO LOSERS! KEEP THOSE TIMES DROPPING!

SWIMMERS OF THE MONTH

- Senior: Carly Cannon
- Age Group 1: Makena Wilcox
- Age Group 2: Ben Grubb
- Novice 1 : John Paul Burpee
- Novice 2: Brooklyn Nash

Your coaches salute you for your commitment, hard work, and your leadership.

Keep up the good work!

UPCOMING BIRTHDAYS

- 2-Aug Gaby O'Dell**
- 4-Aug Madison Nickels**
- 10-Aug Eliko Hagen**
- 12-Aug Sydney Boyle**
- 13-Aug Orion Shaver**
- 21-Aug Josh Luffred**
- 23-Aug Haydn Farmer**
- 24-Aug Mary Anne Royle**
- 3-Sep Carly Cannon**
- 4-Sep Kayla Bradshaw**
- 5-Sep Madisyn Morin**
- 11-Sep Mark Chen**
- 15-Sep Michael Bingle**
- 18-Sep Nicholas Burton**
- 18-Sep Britt Bevard**
- 21-Sep Katie Remington**
- 22-Sep Nikki Cannon**
- 22-Sep Di-Adra Gerbracht**
- 22-Sep Tereasa Gerbracht**
- 23-Sep Mal Hreniuc**
- 24-Sep Brian Miller**
- 24-Sep Zander Shaver**
- 24-Sep Makena Wilcox**
- 28-Sep Jonah Colagross**
- 30-Sep Liam Noftsker**
- 30-Sep Arisa Laochumnanvanit**
- 30-Sep Nick Finley**

UPCOMING EVENTS

August 9 - 13, 2010

USA Swimming Junior Long Course Nationals

August 20 Family Swim and Team BBQ (last day of practice)

September 13th, 15th, and 18th - Practice at Wash. School for the Blind (\$20)

September 20th - Normal Practice schedule resumes at Marshall

WHO'S WHO

COACHES

Head Coach	Vicki Gordon	360 750 4550	swimcoachv@yahoo.com
Age Group Coach	Cassi Grier	360 608 9079	cmae106@comcast.net
Novice Coach	Nadine Gerbracht	360 993 5096	kiwimum@live.com
Dry Land Coach	Jacob Benjamin	360 834 6569	rcjrben@comcast.net
Basic 4/Technique Coach	Polly Hill	360 687 3309	pollyhilly@gmail.com

CLUB OFFICERS

President	Nancy Golden	360 695 6315	nagolden53@hotmail.com
Vice President	Scott Odiorne	503 490 2132	sbxmeetdirector@yahoo.com
Secretary	Shawn Ash	360 737 2839	sash960830@aol.com
Treasurer	Cindy Manlow	360 944 1484	actghouse@comcast.net

COMMITTEE CHAIRS

Meet Entries	Vicki Gordon	360 750 4550	swimcoachv@yahoo.com
Swim Apparel	Kim McLaughlin	360 571 3415	kim@mclaughlin.cc
Membership	Angie Shannon	360 571 7264	mandashann@msn.com
Wavelength	Cheryl Walker	360 571 0248	cheryl1101@comcast.net

MEMBERS AT LARGE

	Jack Burpee	360 694 7390	jacknmc@comcast.net
	Michelle Ray-Jones	360 695 5029	r.ray-jones@att.net
	Steve & Kim McLaughlin	360 571 3415	kim@mclaughlin.cc
	William & Anne Stewart	360 256 7850	stewgals@comcast.net
	Michael & MaryAnn Green	360 450 5107	michael@mzgreen.com

SWIMMERS' REPRESENTATIVES

	Katie Odiorne Elika Hagen Carly Cannon Alexa Bryant-Capellas		
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< July **August 2010** September >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 EVENT OSI 11 & Over Long Course Championships	2	3	4	5	6 EVENT Seahorse Invitational	7 EVENT Seahorse Invitational
8 EVENT Seahorse Invitational	9 EVENT USA Swimming Junior Long Course Nationals » No Practice 3-4pm	10 EVENT USA Swimming Junior Long Course Nationals » No Practice 3-4pm	11 EVENT USA Swimming Junior Long Course Nationals » No Practice 3-4pm	12 EVENT USA Swimming Junior Long Course Nationals » No Practice 3-4pm	13 EVENT USA Swimming Junior Long Course Nationals » No Practice 3-4pm	14
15	16 » No Practice 3-4pm	17 » No Practice 3-4pm » VSC Board Meeting	18 » No Practice 3-4pm	19 » No Practice 3-4pm	20 » No Practice 3-4pm » Team Picnic	21
22	23 » Summer Break	24 » Summer Break	25 » Summer Break	26 » Summer Break	27 » Summer Break	28 » Summer Break
29 » Summer Break	30 » Summer Break	31 » Summer Break				

< August **September 2010** October >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 » Summer Break	2 » Summer Break	3 » Summer Break	4 » Summer Break
5 » Summer Break	6 » Summer Break	7 » Marshall Center Pool Closed » Summer Break	8 » Marshall Center Pool Closed » Summer Break	9 » Marshall Center Pool Closed » Summer Break	10 » Marshall Center Pool Closed » Summer Break	11 » Summer Break
12 » Summer Break	13 » Marshall Center Pool Closed » Summer Break	14 » Marshall Center Pool Closed » Summer Break	15 » Marshall Center Pool Closed » Summer Break	16 » Marshall Center Pool Closed » Summer Break	17 » Marshall Center Pool Closed » Summer Break	18 » Summer Break
19	20	21	22	23	24	25
26	27	28	29	30		