



The Wavelength



December 2007 – January 2008

www.vancouverwimclub.com

360-944-1VSC

Happy December & January Birthdays!!

<u>Name</u>	<u>Birthdates</u>
Seyer A.	1/21
Jaquie B.	1/8
Jocelyne F.	1/17
Anthony L.	1/7
Tessa R.	1/14
Michael A.	12/29
Ari B.	12/9
Tala K.	12/25
Dezi R.	12/22
Heidi S.	12/22
Katherine V.	12/6
Ashley W.	12/6

President's Message

Once again, its Super Bowl meet time! And it's bigger and better than ever. This year we are hosting a three day meet starting on Friday, January 25th and running through Sunday, January 27th.

You should have received several emails reminding you to sign up for volunteer hours. So, if you haven't already, log on to www.vancouverwimclub.com . There are still opportunities to sign up. Remember, it's volunteers like you that help make the Super Bowl such a success! Your volunteer time is in addition to your responsibilities for timing. Non-participation fess will apply for those who can't find the time to volunteer.

Scott Odiorne is spearheading this event and he's been busy making contacts throughout the city. Other swim parents have been working on the initial planning stages and now we are asking all swim parents to help make this meet a success.

I hope everyone had a good time at the Winter party. It was great to see so many turn out! Looking forward to seeing everyone at the Super Bowl!

Hope everyone had a safe and wonderful holiday!

Nancy Golden - VSC President

Coaches' Corner

December proved to be an extremely busy month! We had 4 swim meets scheduled for that month. The weekend of Dec. 7-9, I attended a short course senior sectional meet at Mt. Hood. This was the first meet held under the bubble, which is now covering the 50 meter outdoor pool. The pool is fast—really deep and great gutters. The meet was pretty small (a little over 200 swimmers), but very competitive. It was great to attend a prelim/finals meet this early in the season. Jessica Bottelberghe made the “B” finals in 4 of her events and the “C” finals in her other event. Nikki Cannon made the “B” finals in both of her backstroke events. Kate Duvall made the “C” final in her 100 backstroke and had best times on 2 of our 3 relays. Katie Odiorne helped us out on the 800 freestyle and 400 medley relays and Shelby Allman helped out on the 400 freestyle relay. Both the 800 free and the 400 free relays scored points. It turned out to be a pretty good meet this early in the season, especially since all of these girls competed for their high schools at the state championship meet.

The next weekend I took a group of 7 swimmers to Corvallis for the CAT Senior Open. Cassi and Mary had a big group of swimmers at the Tigard/Tualatin Holiday Invitational. Two weekends later we had 11 swimmers attend the Canby Animal or Animal Junior meet. Swimmers in this meet swam the 200 fly, 1000 free, 400 IM or the 100 fly, 500 free, 200 IM. All swimmers swam all three events and the times were totaled with just one winner (one male/one female) for each meet. It is definitely a challenge, but one our swimmers have fun with.

VSC had 5 swimmers take part in the Canby Ford Mile Invitational on Saturday, November 17th. Katie Odiorne swam her first mile in competition and found that it gets a LOT harder after the first 500! Bryan Stebbins dropped 30 seconds! Nathan Schurman dropped 48 seconds!

On Sunday November 18th VSC had 4 swimmers recognized at the Oregon Swimming Top 5 ceremony held at the Multnomah Athletic Club. Congratulations to Olivia Cox, Alyssa Manlow, Nikki Cannon and Jessica Bottelberghe!

It was great to see such a large turnout for our Holiday party on December 6th. The venue was great, the food was tasty and the entertainment was very enjoyable. I think it's great that our swimmers are not afraid to perform their talents in front of such a large group of people, and that their peers are so supportive of their talents.

This is a busy time of the year and it is easy to become distracted from your goals. Keep your eye on the prize! February/March will be here before you know it along with all of our championship meets.

All Friday practices for the month of December will be at Marshall Center. Hough swimmers are welcome to come from 5-6 p.m. or from 4-5 p.m. We will have practice every day over the holiday break except for Christmas eve, Christmas day, New Years eve and New Years day. Seniors will have practice on the morning of Christmas eve and New Years eve. We will probably add in a few other mornings as well (for senior/senior prep swimmers). These will be announced on deck.

Hough practices will be from 5:30 to 7 over the holiday break (December 26 through January 4th except where noted above). Remember to look to the website for changes in schedule and upcoming events. A big thanks to Coach Sheri for taking on the duties of webmaster.

We still have several swimmers who have not turned in meet schedules. Please talk to your coach and get this remedied before it causes you to miss out on meets you wish to attend (like the VSC Super Bowl!).

Have a great holiday!

Swim Smart, Swim Fast

Coach Vicki

Congratulations to November's Biggest Losers!

- | | |
|-------------------------|-------|
| #1. Arisa Laochumnvanit | -69!! |
| #2. Carly Cannon | -58!! |
| #3. Heidi Stewart | -49!! |
| #4. Nathan Schurman | -48!! |
| #5. Jaquie Bruechert | -38!! |
| #6. Eliko Hagen | -36!! |
| #7. Michael Ash | -33!! |
| Anthony Lee | -33!! |
| #8. Bryan Stebbins | -30!! |
| #9. Monica Bottelberghe | -22!! |

Great job swimmers! Your hard work is paying off! Keep it up!

SUPERBOWL MEET 2008!

January 25th – 27th

Time is growing near and spots are filling up for the Super Bowl Swim Meet. There are still some empty slots to fill on the sign-up sheet. If you haven't done it already I would like to encourage you to visit the web site and find your way to the event sign-up form and click on a job. The original deadline has passed, however a new deadline has been established and I encourage you to fulfill your obligation to the club by signing on the website. This is how your volunteer hours are tracked. The website automatically assigns the non-participation fee. The only way to avoid this is to sign on the online sign-up form. If you require some assistance, please do not hesitate to contact Scott Odiorne to arrange an alternative method.

Scott has sent an additional email to those who have not signed up yet, encouraging everyone to sign up ASAP. Individuals not responding to this email will receive a phone call to ensure that we have not missed you.

The table below shows when each age group is competing. This may assist you in coordinating your schedule.

<u>AGES</u>	<u>Fri. Jan. 25th</u>	<u>Sat. Jan. 26th</u>	<u>Sun. Jan. 27th</u>
8&U		8: am – 12: pm	8: am – 12: pm
11-14	5: pm – 9: pm	1: pm – 4: pm	1: pm – 4: pm
15&O	5: pm – 9: pm	8: am – 12: pm	8: am – 12: pm

These times are subject to change and may not necessarily line up exactly with the posted times on the sign-up form. We will work with you to accommodate your schedule and appreciate your efforts to help accommodate the needs of the meet. This is one of our major fundraisers for the year, and our opportunity to show off the newly remodeled Marshall pool.

Many thanks to Scott Odiorne for taking on the enormous project of coordinating this meet! Let's make this a terrific meet for our swimmers who have worked so hard this past year, and a great kick-off for 2008!

Scott Odiorne
Scott.odiorne@motion-ind.com
503/572-7821

VSC CALENDAR – January 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 HAPPY NEW YEARS! No Practice	2	3	4 NO Practice @ Hough Pool	5
6 PAC Snowflake Meet	7	8	9	10	11 CAT AB Meet No Practice @ Hough Pool	12 CAT AB/All Star Meet
13 CAT AB/All Star Meet	14	15	16	17	18 NO Practice @ Hough Pool	19
20	21 MLK DAY No Practice @ Hough Pool	22	23	24 NO Practice @ Hough Pool	25 VSC SUPERBOWL MEET!! 5:00-9:00PM Setup Starts @ 3:00PM NO Practice @ Hough Pool	26 VSC SUPERBOWL MEET!! 8:00AM-6:00PM
27 VSC SUPERBOWL MEET!! 8:00AM-6:00PM	28	29	30	31		

WHO'S WHO IN VSC

Coaches

Head Coach _____ Vicki Gordon _____ (360) 750-4550 _____ swimcoachv@yahoo.com
Age Group Coach _____ Cassi Manlow _____ (360) 608-9079 _____ cmae106@comcast.net
Novice Coach _____ Mary Cox _____ (360) 574-3402

Club Officers

President _____ Nancy Golden _____ (360) 695-6315 _____ nagolden53@hotmail.com
Vice President _____ Scott Odiorne _____ (503) 572-7821 _____ scott.odiorne@motion-ind.com
Secretary _____ Shawn Ash _____ (360) 737-2839 _____ sash960830@aol.com
Treasurer _____ Cindy Manlow _____ (360) 944-1484 _____ actghouse@comcast.net

Committee Chairs

Meet Entries _____ Coach Vicki _____ (360) 750-4550 _____ swimcoachv@yahoo.com
Swim Apparel _____ Angie Shannon _____ (360) 571-7264 _____ mandashann@msn.com
Membership Chair _____ Kelli McCulloch _____ (360) 694-2377 _____ kellimcculloch@msn.com

WaveLength

Editor _____ Annie Carmichael _____ (360) 576-4107 _____ annieoakley72@yahoo.com

Members at Large

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Swimmers' Representatives

Shelby Allman _____ (360) 695-6315 _____
Nikki Cannon _____ (360) 750-4550 _____

Next Board Meeting

Tuesday, January 15th @ 5:30pm

Small Conference Room, Marshall Center

Vancouver Swim Club, Inc. – PO Box 2604 – Vancouver, WA 98668

(360)944-1VSC

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