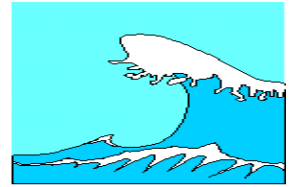


The Wavelength



www.vancouverwimclub.com

August 2008

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Birthdays

July

1 st	Julia S.
1 st	Nicole W.
9 th	Kevin T.
17 th	Kelcy C.
20 th	Elena L.
20 th	Rebekah P.
27 th	Justin M.

August

7 th	Jessica S.
10 th	Eliko H.
11 th	Julian S.
12 th	Samantha Y.
13 th	Shelby A.
20 th	Jamie P.
21 st	Christian B.

Biggest Losers

June

Katie Remington	95
Tala Karmy-Jones	-88
Heather Stewart	-46
Christianna Nave	-45
James Gray	-39
Kevin Thor	-38
Nicole Woodbury	-36
Jocelyne Foresman	-31
Meaghan McCulloch	-30
Nathan Schurman	-25

July

(Coming next month)

Congratulations from Coaches Vicki, Cassi, Mary, and Christian

Wavelength Editor's note: This has been a busy summer for us all, and this issue of the Wavelength is a mixture of bits and pieces. You can look forward to a full Wavelength packed with fresh information in September.

President's Message:

I would like to thank everyone for all their volunteer time at the fireworks stand. I know it was very different this year, and we really appreciate everyone's commitment to the club. We will be thinking of additional fundraisers for this coming season, so if you have any suggestions, the next board meeting will be Monday, August 11th at 5:30 at Marshall Center. We'd love to hear from you! With the pool closing for maintenance and the club taking a break, take some time for family. Enjoy the remaining days of summer.

Scott Odiorne is working on the college seminar and should have more information coming out to you. This is a wonderful workshop for parents and swimmers. You can't start too early planning for college! I hope everyone has had a chance to check out the logo wear on the website. A big thank you to Kelli McCulloch and Jack Burpee for spearheading that endeavor.

Nancy Golden

Coach Vicki prepared this awesome Coach's Corner for the July Wavelength, which failed to happen. Thanks, Vicki.

Coach's Corner:

You can see from our "biggest losers" list that our swimmers had some awesome time drops at the MAC B/C Invitational and the Mt. Hood A/B and C Meets. Many of our swimmers dropped over 10 seconds during their meet(s). It took BIG #'s to make the list this month! It is great to see your commitment and hard work paying off!

Thank you to all swimmers and families who stepped up and helped out with our fireworks fundraiser the week of the 4th. The location and the economy both played a role in keeping our profit down this year. With the new rules and regulations placed on fireworks sales by the state we were lucky to be able to participate this year. A HUGE thank you is due to Steve and Cindy Manlow for their connections and their willingness to work with VSC in keeping us involved. Our club has come to rely heavily (maybe a little TOO heavily) on this fundraiser in order to avoid doing a lot of other fund raising, and in order to help keep our dues at some of the lowest rates in the metro area. We will probably have to look at exploring other options for the coming fiscal year. Ideas are always welcome—please bring them to a board member or to a board meeting!

This fall VSC will be looking at a couple of scheduling changes. First and foremost we will have to relinquish our practice time at Hough Pool. The # of swimmers attending these practice times does not come close to covering our cost for pool rent and coaches' salaries. All regular practices will be at Marshall Pool beginning in September. Hough Pool and its staff have been wonderful to our team—they have bent over backwards to work with VSC and our scheduling needs. We will continue to have our (senior) morning practices at Hough and our Saturday practices at Hough. I am also hoping they will continue to help us out when Marshall is closed for cleaning or repairs.

Next Board Meeting

Tuesday, September 9th
5:30PM
Marshall Center
Small Conference Room

Upcoming Events

August 4-9
USA Junior Nationals
August 5-9
Western Zone Champs
August 14-17
Masters Nationals
Aug 23-Sept 7
Summer Break
September 1
Hood River Crossing
September 8
Practice Resumes

News item

Effective immediately, all practices will be at Marshall Community Center Pool. We thank the staff and lifeguards at Hough pool for their generous support over the last three years.

Schedule Reminder

Summer Break begins on August 22nd. Practice resumes on September 8th, with all practices at Marshall Pool. See the updated Practice Schedule for the new times.

The practice schedule for our High School Group, High School Senior Prep and Senior, Novice 1 and Novice 2 groups will remain the same. Age Group 1 will practice Monday through Friday from 4:00 to 5:00. Age Group 2 will practice from 4:15-5:30 on Monday and Wednesday, and, from 4:45 to 6:00 on Tuesday, Thursday and Friday. We are hoping to separate these groups a little more and to be able to work on specific skills and time standards for the different groups. Middle School Senior prep will practice from Monday through Friday from 4:00-5:30. We feel like these changes will help us utilize our pool space more effectively.

Championship meets got underway this weekend with the 10 & Under State Championship meet in Springfield. Olivia Cox is swimming representing VSC in 6 events. The Northwest Senior Sectional Championship begins on Tuesday the 15th and running through Saturday the 18th. This meet will be at Mt. Hood Community College. It should be a fast meet, with many swimmers just returning from the Olympic Trials in Omaha. Kate Duvall, Nikki Cannon, Jessica Stacy and Alyssa Manlow will be racing for VSC. Next up will be the 11 & Over State Championship at Amazon Pool in Eugene. The meet begins on the 24th and runs through the 27th. Representing VSC will be Christian Benson (FIRST State Championship!), Carly Cannon, Eliko Hagen, Arisa Laochumnvanit, Maddie Green, James Gray, Kate Duvall, Katie Odiorne, Nikki Cannon, Jacob Benjamin, Nathan Schurman and Edwin Yip. Good luck swimmers!

VSC may also have swimmers qualify for the Western Zone Championship Meet at Mt. Hood Community College August 5-9th, and for the United States Swimming Junior National Meet the same week at the University of Minnesota. Swimmers must make qualifying times in order to swim in these meets, and, in the case of the zone meet, they must apply and be selected as part of the Oregon Zone All Star Team.

Our last meet for the summer will be in Newport the weekend of August 1-3. A few of us "old folks" (19 and over—in my case WAY, WAY over!) are planning to participate at the Masters Nationals which will be held at Mt. Hood Community College August 14-17.

VSC's last practice for the summer will be on Thursday, August 21st. We will resume practice on Monday, September 8th.

Swim Smart, Swim Fast,

Coach Vicki

On the VSC Website:

If you are in High School and have an eye toward college, you'll want to stop by the VSC website. Click the "College Bound" link on the "VSC Members" tab. You'll find many resources to help you plan for swimming in college. Whether you want to earn a scholarship or just keep swimming while earning a degree, you'll find tools to help you make good choices now.

The Team Store is open. There are three stores in one, really

- 1) The Team Unify store has swim gear from Finis.
- 2) The Spirit Store has VSC apparel from Fired-Up Graphics. Get there by clicking the "Logo Gear" tab in the Team Unify store.
- 3) Team swim caps can be ordered at the bottom of the "Logo Gear" page.

The "VSC Hall of Fame" has been opened on the VSC website. If you know of former VSC swimmers whose names are missing, please let your webmasters know.

From the Board:

Here is a reminder to all VSC parents that timing at swim meets is not only fun and exhilarating it's your duty. When you have a child swimming at a meet, you are obligated to make sure there are enough timers to cover the lanes assigned to VSC. In keeping with VSC's commitment to good sportsmanship, some parents have even volunteered to time in other lanes or for extended shifts to keep a meet going smoothly. Unless each lane has two timers, the meet must be halted.

There are many great reasons to time. It's easy to learn and fun to do. Time passes quicker if you are 'doing' something. You can get rid of your bleacher seat and stand at the finish line for a while. You will bond with other parents. You can cheer for young swimmers you've never seen before and witness their smiles as they climb out of the pool, knowing they've done their best. You will also be fulfilling one of the requirements you agreed to when you joined VSC. As stated in the VSC Registration Agreement:

E. Volunteer Timing at Swim Meets requirement– this is to be fulfilled at any meet that your swimmer(s) is participating in.

1. Lane timing provides a manual backup to the electronic timing system and is critical for making the swimmers' times official.
2. Clubs are assigned lane timing responsibilities based on the number of swimmers entered in the meet. There are generally sign-up sheets posted behind the lanes with one (1) to two (2) hour shifts typically noted.
3. All VSC parents are responsible for ensuring that VSC's lane(s) have timers and that relief is provided for other VSC parents in a timely manner.

Who's Who in VSC

Coaches

Head Coach	Vicki Gordon	(360) 750-4550	swimcoachv@yahoo.com
Age Group Coach	Cassi Grier	(360) 608-9079	cmae106@comcast.net
Novice Coach	Mary Cox	(360) 574-3402	davedwkah@netscape.net
Dry Land Coach	Christian Miller		swimcjmiller@hotmail.com
Pre-Novice Coach	Polly Hill		

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	Robynn Woodbury	(360) 882-1419	rlw@r-c-s-inc.com
Membership Chair	Angie Shannon	(360) 571-7264	mandashann@msn.com
Wavelength	Jack Burpee	(360) 694-7390	jacknmc@comcast.net
Fundraising	Kelli McCulloch	(360) 694-2377	kellimcculloch@msn.com

Members at Large

	Kelli McCulloch	(360) 694-2377	kellimcculloch@msn.com
	Scott Conley	(360) 546-5801	scottc2517@comcast.net
	Dave Kahler	(360) 574-3402	davedwkah@netscape.net
	Kim McLaughlin	(360) 571-3415	kim@mclaughlin.cc
	Jack Burpee	(360) 694-7390	jacknmc@comcast.net

Swimmers' Representatives

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

July

August 2008

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 Seahorse Invitational, Newport	02 Seahorse Invitational, Newport
03 Seahorse Invitational, Newport	04 USA Swimming Junior Nationals	05 Western Zone Champs, Gresham / USA Swimming Junior Nationals	06 Western Zone Champs, Gresham / USA Swimming Junior Nationals	07 Western Zone Champs, Gresham / USA Swimming Junior Nationals	08 Western Zone Champs, Gresham / USA Swimming Junior Nationals	09 Western Zone Champs, Gresham / USA Swimming Junior Nationals
10	11 VSC Board Meeting	12	13	14 Masters Nationals, Mt Hood Comm College	15 No Practice - Masters Nationals, Mt Hood Comm College	16 Masters Nationals, Mt Hood Comm College
17 Masters Nationals, Mt Hood Comm College	18	19	20	21 Last Practice Before Summer Break!	22 VSC Summer Break - No Practice!	23 VSC Summer Break - No Practice!
24 VSC Summer Break - No Practice!	25 VSC Summer Break - No Practice!	26 VSC Summer Break - No Practice!	27 VSC Summer Break - No Practice!	28 VSC Summer Break - No Practice!	29 VSC Summer Break - No Practice!	30 VSC Summer Break - No Practice!
31 VSC Summer Break - No Practice!						

August

September 2008

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 VSC Summer Break - Hood River Cross River Swim	02 VSC Summer Break - No Practice!	03 VSC Summer Break - No Practice!	04 VSC Summer Break - No Practice!	05 VSC Summer Break - No Practice!	06 VSC Summer Break - No Practice!
07 VSC Summer Break - No Practice!	08 VSC Short Course Season Practice Starts Today!!!	09 VSC Board Meeting	10	11	12	13
14	15 College Planning Seminar	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				