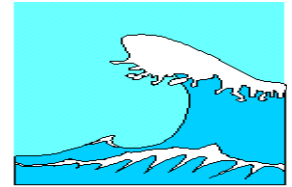


The Wavelength



<http://www.vancouverwimclub.com>

September 2008

360-944-1VSC

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Birthdays September

- 3rd Carly C.
- 3rd Alyssa R.
- 8th Brooke B.
- 13th Collin G.
- 13th Spencer G.
- 17th Jacobson W.
- 19th Kristen G.
- 21st Katie R.
- 22nd Nikki C.
- 23rd Craig J.
- 29th Alyssa M.
- 29th Rachel J.
- 30th Arisa L.

Biggest Losers

July

- #1 Nicole Woodbury -42!!
- #2 Jocelyne Foresman -39!!
- #3 Ashley Woodbury -38!!
- #4 Michael Ash -24!!
Katie Remington -24!!
- #5 Christian Benson -23!!
Sam Walker -23!!
- #6 Heidi Stewart -16!!
- #7 Emma Strieby -12!!
- #8 Heather Stewart -11!!
- #9 Alyssa Rice -10!!
- #10 Carly Cannon -9!!

August

- #1 Michael Ash -32!!
Christian Ray Jones -32!!
- #2 Collin Glantz -30!!
- #3 McKinley Theobald -25!!
- #4 Sam Walker -18!!
Livi Cox -18!!
- #5 Shea DeWald -16!!
Carly Cannon -16!!
- #6 Quin McLaughlin -15!!
- #7 Makaela Kinzer -14!!
- #8 Meaghan McCulloch -13!!
Anthony Lee -13!!
- #9 Katie Remington -12!!
Nicole Woodbury -12!!
- #10 Kevin Thov -9!!

Congratulations!
Coaches Vicki, Cassi,
Mary, and Christian

President's Message:

I hope everyone has enjoyed the break and survived the start of the school year! It's always important to be able to step back, take a breather and regroup before the next season begins. We're looking forward to having all the swimmers back at Marshall. I love to see the interaction between the groups of swimmers. Our swimmers are truly an example of the VSC mission: "To be great citizens by establishing an environment that fosters positive team attitudes, encourage self-discipline, sportsmanship, responsibility, and friendships."

Nancy

Coach's Corner:

As I mentioned in our last newsletter, we had many of our long course championship meets at the end of the long course season.

Olivia Cox was VSC's lone participant in the 10 & Under State Championship meet. Livi placed in the top 16 and scored points in 5 of her 6 events. Livi would very much like to have a few more swimmers join her this spring!

The next week VSC had 4 swimmers participate at the Northwest Senior Sectional Meet at Mt. Hood. VERY fast meet! Roeland Schoeman and Lyndon Fern both participated with Ford Aquatics from Arizona, and then, the next month, both represented South Africa at the Olympics in Beijing! Really awesome to watch these two race. VSC was represented at sectionals by Kate Duvall, Nikki Cannon, Alyssa Manlow and Jessica Stacy. The girls improved their times in all 4 relays they swam. Nikki made the bonus final in the 200 backstroke.

At the 11 and Over State Championship the next week in Eugene VSC had 12 athletes participate. Christian Benson, competing in his first State Meet dropped 6 ½ seconds in his 100 butterfly and got a 6th place medal! Carly Cannon got best times in 4 of her 5 events highlighted by a 3rd place finish in her 100 back and a 2nd place finish in her 50 back. Katie Odiorne made the consolation finals in her 200 fly dropping nearly 4 seconds and snagging 11th place. Kate Duvall finished scored in 3 of her 6 events including a tough double—the 400 IM! She was 11th in her 100 back and 7th in her 200 back. James Gray had a very nice 100 breaststroke, dropping 1 second in the morning, nearly 2 more in the finals, and finishing in 12th place (moving up from 16th in the morning!). Nikki Cannon had best times and made finals in 5 out of 6 of her events. Her highlight events were the backstrokes where she was 2nd in the 200 and 1st in the 100.

All of our participants did an awesome job of supporting their team and cheering. Arisa Laochumanvanit, Eliko Hagen, Jacob Benjamin, Edwin Yip, Maddie Green and Nathan Schurman came back every night for finals and encouraged their fellow swimmers! Some of these athletes had a tough meet—they did not perform as well as they had hoped. Yet they did not hesitate a second when it came to encouraging and yelling for their fellow swimmers! You cannot force that type of participation, and it is definitely helpful for our team! NICE EFFORT SWIMMERS!

Of course once the championship meets were finished it was time for our last meet of the season—Newport! We had great participation—both from our swimmers and our parent supporters. We had some great time drops and some great improvements. Shaylin Breen competed in her first VSC competition. She did a great job! Sam Walker participated in his first meet at the Newport meet one year ago. His first event was a 100 IM and I think he got disqualified about 14 different ways for just that one event! This year was a whole different

Next Board Meeting

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

Upcoming Events

College Planning
Seminar, September 15th,
Hudson's Bay HS.

At a Glance

Important Fundraiser
Dates:
Order Forms go home
September 11th.
Orders and money due
by September 24th.
Products must be picked
up at Marshall Center
parking lot October 15th

Schedule Reminder

The new practice
schedule begins this
week. Age Group I and II
times have changed, and
all practices are now at
Marshall Pool.

story! Sam had an awesome meet (continuing on as he has all summer) getting 3 best times, and dropping 18 seconds along the way! You will see from our "biggest loser" list that many of our swimmers had great meets. This is always a fun way to finish the season—a short course pool and the beach—what more could we ask for?!!

Thank you to all of you senior swimmers who came to practice and gave your time to our age group and novice swimmers the last two weeks of the season. You really have a huge impact on these younger teammates.

I hope you all enjoy a GREAT break and come back fired up and ready to get after it on September 8th! After watching the Olympics I don't know how anyone could not get excited! A quick side note---Cassi Manlow, Jacob Benjamin and myself all participated at the Masters National Meet at Mt. Hood in August. We all brought home medals, and, Jacob is the Master National Champion in his age group in the 400 freestyle! It was a lot of fun and I think we are all fired up to do it again!

Watch for short course meet schedules to come home the first week back in the pool!

Swim Smart, Swim Fast,
Coach Vicki

Looking for a little extra help for your swimmer (or a sibling or maybe even yourself)? Coach Cassi, Coach Vicki and Coach Polly all do private lessons away from VSC. Our contact information is on the website.

New Fundraiser!

Our club is sponsoring a Cookie Dough and Frozen Treats sale during the month of September. We are asking that every family work to sell at least \$200 worth of items which will earn the club a \$100 profit. Order forms and information will be going home with swimmers on Wednesday, September 11th, and are due back with the money on September 24th. Swimmers will pick up their products in the Marshall Center lower parking lot between 3:00 and 6:30 pm on October 15th, and then deliver them to the individual buyers. Our club has no storage so we cannot be responsible for any orders that do not get picked up on that day.

There will be prizes for the number of orders taken.

- Each 3 lb tub of cookie dough is \$12 or \$14 for premium, plus we are also offering Cheesecakes, jumbo soft pretzels, delicious churros, cheese filled pretzel snacks or mozzarella sticks for a delicious family treat.
- Choose from great items Boston's Best Coffee too.

Watch for the information coming home on September 11th!

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		swimcmiller@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

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	

[August](#)

September 2008

[October](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>
	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 Cookie Dough Fundraiser Kicks Off!	11	12	13
14	15 College Planning Seminar	16	17	18	19	20
21	22	23	24 Cookie Dough Orders Due	25	26	27
28	29	30				

[September](#)

October 2008

[November](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>	<u>*FOCUS</u>
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15 Cookie Dough 3-6:30pm	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	