



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Swim A Thon, Why Fundraise?

By Coach John

INSIDE THIS ISSUE

- 1 A Lot to be proud...
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab & Blab

UPCOMING EVENTS!

APPLE BLOSSOM DAY!
May 6th See email for specifics! Hike, Breakfast, Parade

APPLE CAPITAL OPEN
Wenatchee City Pool
June 2nd – 4th
Entries due Friday, May 19th

FIRECRACKER CLASSIC
Splash Montana, Missoula
June 22nd – 25th
Entries due Friday, May 26th

STARLIGHT OPEN
Wenatchee City Pool
July 7th – 9th
Entries due Friday, June 23rd

SIZZLIN SUMMER OPEN
Moses Lake City Pool
July 14th – 16th
Entries due Friday, June 30th

Two weekends ago, we had our annual Swim A Thon. It was a great morning and our swimmers seemed to have a lot of fun. Through the course of Swim A Thon the Board and I heard some feedback and some questions surrounding the team’s need to fundraise as well as the timing of the fundraising activity. Hopefully I can attempt to answer those here.

WHY FUNDRAISE? Our team’s budget has traditionally been based on a model of 50% dues, 25% Swim Meets, and 25% Fundraising (Corporate & Swim A Thon). This model has worked extremely well for our team and when put together, the 3 revenue sources have made it possible for our team to stay financially healthy since the fall of 2012. This also enables the team to keep training dues low. Expenses have increased over the years through increased pool fees at the YMCA, and the City Pool, as well as other expenses related to meet travel and expenses. When the team fundraises, the kids typically exceed expectations and bring in more money than what would be brought in from simply having each member paying \$250. If the team were to eliminate Swim A Thon, dues would actually need to go up by more than the \$250 requirement in order for the team to balance the budget. By having our swimmers involved, they are learning to contribute to the well-being of their team and to their activity. The argument is that this helps to develop a sense of belonging and importance to the team for every team member. Additionally, our efforts help to send a portion of our money to the USA Swimming Foundation and their efforts to prevent drowning deaths across our country. This larger cause helps to give our team a cause to support and be a part of. We are proud of our involvement, and these programs have helped to establish scholarship programs for swim lessons in the Wenatchee Valley.

TIMING: Swim A Thon has been outdoors on the 2nd weekend of June for the past three years (2014-2016), last year it was a windy and very cool morning and not a lot of fun for anyone. Before then, it was always held in April. Over the course of the past three years, the team was finding that we were dipping into savings to offset a revenue/expense difference from February-May. By having the Swim A Thon in April, our revenues match or exceed our expenses and we don’t have to borrow money from our savings account to make it all work. Quite simply, it is just more financially prudent and responsible for the team to not have to borrow money from the team’s savings account.

MISCELLANEOUS: The team provides several options for families to not have to fundraise. First, families can just elect to pay the additional \$250 per swimmer. The team also has a SCRIPT program where gift cards can be purchased—the portion earned that the team gets from the card sale is credited toward the family fundraising obligation. There is a corporate option for families that own a business or have a good relationship with a local business owner, and finally, there is a no fund-raising billing option that increases dues appropriately. The team has developed these methods from feedback that the team has received over time. If you have other ideas or input regarding fundraising, the Executive Board is happy to listen to you! Your Executive Board is President Larry Dressel, Past President Jeff Sutton, Vice President Brant Madson, Secretary Genie Lutz, and Treasurer Noelle Grigsby.

Velocity HAA!

TEAM RAMBLINGS

NEWS and NOTES

OFFICIALS! THANK YOU!!!! Our presence was noticed and needed at this summer's IES Championship in Spokane. Our official crew is bigger and better all of the time. We appreciate you! If you would like to become an IES/USA Swimming certified official, please call Genie Lutz. Our team is known for its diligent and focused work in providing officials at meets both home and away. We are required to provide officials per our number of athletes at any meet as a part of our membership in IES.

AGE GROUP ZONES, ROSEVILLE, CA: Age Group Zone Applications are past due. Please see the IES Website if you have questions.

Sr. ZONES Clovis, CA: While it seems far away, planning for the Senior Zone Meet is underway. If your swimmer is interested in going, please answer Coach John's email on the subject. IES will again be fielding an all-star team this year.

APPLE CAPITAL JUNE 2nd - 4th
The Apple Capital Open is coming! All hands are needed on deck to make this an awesome meet for our swimmers and our visitors. Velocity Swimmers will be automatically entered in the meet and coaches will select events. If you cannot make it, you will need to email Coach John with your reason. Please remember that home meets are required per the membership agreement.

MAKING GOALS MEANINGFUL!
Coach Brian Hoffer of Maximum Velocity Swim Camp will host a seminar on making goals meaningful on Saturday, June 17th. The cost is \$10 and it will be held 5-7 PM. More info to come!

Velocity character awards for their examples of team spirit, attitude, trustworthiness, compassion, daring, and/or hard work. This is not an all-inclusive list of traits! If we see it, we'll recognize it! Anyone can nominate a swimmer for this recognition. Email Coach John if you catch a swimmer doing it right!

AVOID CHARGES!!! All team members need to inform billing if you will be taking time off. This needs to be done by the 20th of the month before you are taking time off! Contact billing@velocity-swimming.com

REMIND AUTO TEXT EMERGENCY COMMUNICATION

Link up for our most urgent team communications, practice changes, emergency notifications etc. by joining in at <https://www.remind.com/join/velocity>
This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

COACH JOHN REPRESENTS IES/VELOCITY at WESTERN ZONE MTG.

Coach John traveled to Scottsdale, Arizona last weekend to attend the Western Zone Meeting. The trip was mutually paid for by Inland Empire Swimming and USA Swimming. Coach John represented Inland Empire Swimming as its General Chair, but the meeting provided insights as to the direction of USA Swimming programs and structures that will impact Velocity in the future. Knowing that things are on the horizon in the future helps to enhance team planning.

One of the developments is a desire to include more athletes as IES athlete representatives. It is quite possible that this direction will include an athlete representative from each team.

Other items that were discussed included the potential for LSC's combining to share a full-time administrative employee, Safe Sport issues, Diversity and Inclusion issues, the potential for a restructure of the USA Swimming B.O.D., and planning for the 2018 Age Group and Senior Zones Championships.

VELOCITY GROUP GAB & BLAB

COPPER GROUP GAB & BLAB:

Welcome new swimmers, Ollie, Abby and Gracie! We are excited to have you as part of our Velocity family.

Congratulations Copper swimmers! Job well done at the Swim-A-Thon! We noticed a lot of determination in the pool with swimmers from our group setting and achieving goals. You will discover that goal setting is a valuable part of success in swimming, and one of the many life-long skills you will learn from this sport. We also noticed the confidence build at many of you neared and surpassed the 100-length mark! All of you have come a long way since joining Velocity, and should be proud of your accomplishments.

Thank you to those who participated in the Mayflower meet! We had some excellent swims and swimmers in a meet for the first time! Keep in mind that a DQ slip is a way to learn and to help coaches assist your swimmer to improve their stroke technique!

We have enjoyed working with you this short course season, and we are looking forward to transitioning to the outdoor pool for long course swimming. Our first meet for the long course season will be Apple Capital, and I will try to meet with each swimmer and parent prior to when entries are due to discuss this meet with you. As Coach John says, "Velocity HAA!" And as Dory says, "Just keep swimming, just keep swimming, just keep swimming!"
--Coach Kathy

Characters of the Month: Congratulations and great job!
These swimmers exemplify team spirit, being a great teammate, growth-mindset, leadership, courage, helpfulness, perseverance, honesty, and more!
Developing these lifelong skills is a source of pride for our team!
Madeline Sutton-HAA Award (High Aiming Achiever)
Evan Bonnett—Good Teammate Award
Karlyn Kelly—Dedicated Award
Jackson Calloway—Practice Animal

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

With the hiring of Coach Atiba, Coach Joe has joined me as the Group Assistant Coach for Silver Group. This is allowing us to provide for increased coaching opportunities for all of our Senior-Level swimmers. May 22nd, we will see an influx of swimmers from the Bronze Group. I am impressed by the incoming group's efforts in Bronze Group and we are looking forward to continuing their swimming development.

The team is looking for team captains age 13 and up! Watch for the new application in your email very soon!

On Saturday, June 17th the team will offer a "Making Goals Meaningful" seminar from 5:00 to 7:00 PM. The seminar will be given by Coach Brian Hoffer, the Head Coach of Maximum Velocity Swim Camp. Save the date! I would like **ALL** our Senior Level Swimmers to attend. Coast will be \$10.

Just a reminder that ALL Senior Swimmers must have a snorkel, hand paddles, pull buoy, kick board. Swimmers without all equipment interfere with the expected practice performance level.

--Coach John

Steel Group Gab and Blab:

Welcome to Steel for those of you who have just moved up to our group. I am extremely proud of both the veteran steel swimmers and the new steel swimmers. We have a lot of little bodies in the water in steel, we now get to have a second coach to help with all these eager swimmers and I appreciate Coach Trent and Coach Tommy for their knowledge and their excitement they bring to our group. We are doing some dry land during practice to work on our core strength and stretching our muscles. They might come home with stretching homework so that we can be a little more prepared to swim our best. With spring in full swing thank you for getting your swimmers to as many practices they can. Great job at Swim-A-Thon! I was so proud of all of the steel swimmers getting here and swimming all of those laps. Remember that hydration is really important! Please remember to send you swimmer with water and remind them to stay hydrated during the day. Keep up the hard work Steel swimmers!

--Coach Steph

Bronze Group Gab and Blab:

Welcome Coach Atiba Wade! Our new coach has been hard at work beginning the tasks of assisting me manage the Age Group piece of our team. Additionally, I have assigned him to be the Lead Coach of the Bronze Group. Coach Atiba will also oversee our Team Captain Program, Coaches Schedules, some website related responsibility, team records, and Swim Meet entries for our "OPEN" and Age Group Swim Meets. Here is his "bio".

Coach Atiba Wade comes to us with a tremendous amount of experience a swim coach, certified fitness trainer and athlete.

Born and raised in Philadelphia, PA, Atiba began swimming for the Philadelphia Department of Recreation (PDR) swim team. The story of his swim team was later made into the movie "PRIDE". With almost 20 years of coaching expertise, he has worked with swimmers from the learn to swim level, to swimmer at the National level. Atiba also coaches adaptive swimming in support of Warrior Care and Transition (WCT). This a program that helps wounded, injured and ill soldiers and veterans.

Some highlights of Atiba's swimming career include High School All-American honors, Division I NCAA All-American honors, and two-time Olympic Trial Qualifier (2000 and 2008).

Atiba graduated from the University of Georgia with a degree in Studio Art.

I have been pleased with the degree that Atiba has started the process of getting to know his swimmers, and his knowledge of dryland training and using it to reach total athlete development. Some things might be a bit different, but I am pleased with the overall direction and enthusiasm of the Bronze Group.

Welcome!

--Coach John