



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## A LOT TO BE PROUD OF!

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By Coach John

Our team has a lot to be proud of. We had another successful short course season that saw 6 of our swimmers place in the top 8 at Regional/Sectional competition, 2 swimmers participate in USA Swimming Winter Junior Championships (Jr. Nationals), one swimmer compete at USA Swimming Winter Nationals, winning the Team Spirit Award at Junior Champs, a 10 & U age group division high point at IES Champs, an individual high point winner at IES Champs, several Jr. Champs Champions, several IES Champs Champions and 1<sup>st</sup> place relays at both meets out of several different age groups. In addition, there were two IES records broken, several new Age Group and Senior Zone qualifiers, a new Futures Championship Qualifier, a new Summer Junior National qualifier, and finally a new Winter Junior Nationals qualifier.

These are certainly lofty accomplishments for our team and we can all be proud of what the team has accomplished. While these are all *awesome*, it is evident that the sport of swimming is getting faster across the board. It is almost as if the quality of swims has jumped back an age group so that 10 & U are swimming times that used to be fast for 11 & 12 year olds, 11 & 12 year olds swimming times that we used to see from the 13 & 14 year olds and so on. It is imperative that we continue to progress and push each other to do even better. That means better and more practice sessions from coaches and swimmers, better nutrition and rest expectations for swimmers enforced by parents at home, and a constant effort by everyone to learn more about what it takes to perform well as an athlete-swimmer.

As we move into the Long Course season, I am looking forward to helping all our team to achieve loftier goals. All swimmers should be thinking about goals for themselves for the summer and discuss these with their coach in order to map out plans to attempt to reach them. The formula is fairly simple though: swimmers must work hard to master technique, attempt to move through the water better every day, get stronger through dryland training, and successfully manage the intangibles like rest, hydration, and nutrition at home.

This spring as a team we will embark on a fundraising campaign through our Swim-A-Thon on April 22<sup>nd</sup>, host a Developmental Swim Meet on April 29<sup>th</sup>, participate in Apple Blossom activities as a community service on May 6<sup>th</sup>, host and participate in one of the largest swim meets in the State of Washington in the Apple Capital on June 2<sup>nd</sup> – 4<sup>th</sup>, and then cruise hopefully into the heat of summer. Finally, we will graduate five of our swimmers to their future—these are swimmers that have been a very big part of the progress of our team. Our current graduating seniors have participated at a higher level than any group before them (highest level of USA Swimming Competition noted); Rebecca Bay--Senior Sectionals, Gabrielle Davy--IES Champs, Isabelle Dressel--Winter Nationals, Kaleb Pringle--Senior Sectionals, and Jessica Wierzbicki—Winter Junior Championships, will leave behind a legacy that we can all be proud of. They have helped the team to have high expectations and exemplify the HAA attitude. **High Aiming Achievers** is what Velocity is all about. We certainly have a lot to be proud of as we move into another new season and another phase for our Velocity family. Keep up the great work!

*Velocity HAA!*

### UPCOMING EVENTS!

#### SPRING IES HOD

Sunday, April 9<sup>th</sup>  
Tri-Cities Court Club

#### SWIM A THON

WHS Pool  
Saturday, April 22<sup>nd</sup>  
Group 1: 7-9 AM  
Group 2: 9-11 AM

#### MAYFLOWER DEV MEET

WHS Pool 2:00 PM  
Saturday, April 29<sup>th</sup>  
Entries due Friday, April 21<sup>st</sup>

#### APPLE BLOSSOM DAY!

ACTIVITIES TBA

#### APPLE CAPITAL OPEN

Wenatchee City Pool  
June 2<sup>nd</sup> – 4<sup>th</sup>  
Entries due Friday, May 19<sup>th</sup>

## 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.

**Haily Payne!** Miss Haily became the 3<sup>rd</sup> Velocity Swimmer to qualify for the Winter Junior National Championships while taking 2<sup>nd</sup> place in the 200 Fly at the NWAG Championships last weekend. Congratulations Haily!

**Sr. Sectionals/AG Regionals:** Velocity swimmers performed well at both Sr Sectionals and the NWAG Championship Meets. A Finalists (top 8 finishers) were: Sr. Sectionals: Jessica Wierzbicki. NWAG: Rae Ann Dressel, Benjamin Grigsby, Sierra Hartley, Ben Madson, and Haily Payne. Rae Ann Dressel was the NWAG Champion in the 100 Breast!

**APPLE CAPITAL JUNE 2<sup>nd</sup> - 4<sup>th</sup>**  
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.

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 20<sup>th</sup> of the month before you are taking time off! Contact [billing@velocity-swimming.com](mailto: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/velocityal>  
This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

#### IES JR CHAMPS & CHAMPS ACCOMPLISHMENTS

**JR CHAMPS:** *Team Spirit Award!* Jr. Champions: 10 & U Girls Medley Relay-Hailey Gutzweiler, Ada Bonnett, Lindsay Sutton, and Hannah Merrill; 8 & U Girls 100 Free Relay-MacKenzie Titus, Madelyn Critchell, Haile James, Rhowyn Stroud; Andy Hobson 200 Free; Violet Madson 50 Breast; Rhowyn Stroud 25 Free, 50 Free, 25 Fly; Lindsay Sutton 100 Fly; Wyatt van der Merwe 50 Breast.

**CHAMPS:** *3<sup>rd</sup> Place Team, 10 & Unders-1<sup>st</sup> Place Age Group.* Haily Payne-High Point Award. IES Champions: Boys 19 & U 400 Medley Relay-Connor Elwyn, Tage Madson, Kaleb Pringle, Braden Dilly; Girls 14 & U 400 Medley Relay-Haily Payne, Sophie Black, Sierra Hartley, Brooklyn Dressel; Boys 14 & U 400 Medley Relay and 400 Free Relay- Will Neer, Christian Cutter, Andreas Broxson, Simon Madson; Boys 12 & Under 200 Medley Relay-Benjamin Grigsby, Leif Broxson, Trenten Calloway, Rami Escure; Girls 10 & U 200 Free Relay-Elora Neer, Haidyn Stroud, Hailey Gutzweiler, Rhowyn Stroud; Christian Cuter 100 Breast; Connor Elwyn 200 Back; Ben Madson 50 Free, 100 Fly, 50 Fly, 100 IM; Haily Payne 500 Free, 400 IM, 200 IM, 200 Fly, 100 Free, 200 Breast, 100 Fly; Haidyn Stroud 200 IM, 100 Fly, 50 Fly; Jessica Wierzbicki 200 Fly and 100 Fly.

### VELOCITY GROUP GAB & BLAB

#### COPPER GROUP GAB & BLAB:

Hey Copper Group! You are doing amazing! Keep up the hard work! That said, there is a meet coming up we think all of you should attend. This is the Mayflower meet on 4/29/17, and we are the host team. Entries are due on 4/23/17, so commit now and we will help assign events.

Also, there has been a lot of anticipation and excitement about group moves, and we want you to know that our coaching staff work together to find the right time to move you. There are several factors we consider, but most of all we want you to be successful in the next group! We can tell when swimmers are ready to move because we see them consistently attending practice, consistently using good technique and consistently showing up with a great attitude. Our website lists the qualifications for the Steel group under the "Team information" tab (then "swim groups"). I found the following article helpful to explain the importance of moving swimmers at the right time.

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=5760&mid=8712>

--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!**

Rebecca Bay: Legacy—hard work and dedication.

Benjamin Grigsby—Cool (head) in the pool! And amazing effort.

Adrianna Turner—Pride in our pools! Picking up equipment without being asked.

Sophee Mott—Great Attitude!

## VELOCITY GROUP GAB &amp; BLAB Continued...

## VELOCITY HAA!

**Silver and Gold Group Gab and Blab:**

Yesterday I talked with the Gold and Silver swimmers at practice about practice habits and legacy. We had an excellent post season with some remarkable performances that propelled some of our swimmers to the next level. Those performances came from hard work, dedication, and a desire to improve.

I talked yesterday to the group about how their work ethic and habits help to set the culture for the team. Their efforts are watched and witnessed by our younger athletes and our younger athletes want to be like our top group. This sets the High Aiming Achiever (HAA) attitude and values that we want to see from our team.

Practice habits must be approached and purposefully thought about every day! I challenged them to ask the question within a practice and within a set, "What am I going to do to improve my swimming in this practice? What am I going to do to improve my swimming in this set?" "Pick one thing and work on it and get a bit better at it every day—you as a swimmer are responsible for your own improvement!" Great short course season everyone—looking forward to outdoors!

--Coach John

**Steel Group Gab and Blab:**

Phew! Our busy champs season is over and what a season it was. At Champs Velocity won the 10 & under age group, with all but 1 of them coming from Steel. Steel group had the only qualifying relay for AGR's. What a testament of all the hard work they put into practice. So, as we move into long course season I want to tell you the things that I have appreciated about the Swimmers in Steel:

- Steel group swimmers show up with GREAT Attitudes
- Every day they come to practice, they come to work hard and get better!
- They ask what they could do to be better
- They challenge me to be at my "A" game always!
- They make working hard fun for everybody in Steel

Great Job Steel keep up the all the hard work!!!!

--Coach Steph

**Bronze Group Gab and Blab:**

Eight swimmers represented Bronze Group at Age Group Regionals last weekend at KCAC in Federal Way. Continuing the trend set by our Junior and IES Champs swimmers, every swimmer posted Personal Best Times.

Trenten led off the first day with a PB in the 500 Free, coming close to a Zones Cut. Day 2 of competition saw Brooklyn Dressel and Rami Escure posting bests in the 50 Free. Rami made a Zone Cut by .01! On day 3, the most dramatic swim was Benjamin Grigsby in the 50 Back. After a starter mistake in Prelims, Benjamin was granted a re-swim. Swimming by himself in the re-swim, he posted a PB, AND qualified for the finals! In finals he swam to an eighth place finish. He had everyone in the crowd standing and cheering for him. Way to go Benjamin! In her first swim ever in the BIG pool, Haidyn Stroud posted a PB in the 200 IM and 50 Fly (remember Haidyn your eleven now! You can't swim with the 10 year olds in meets anymore!). We can't forget Ben Madson who swam top 4 finishes in 5 events (3<sup>rd</sup> in 50 Back, 100 Back, 50 Free, 100 IM, and 4<sup>th</sup> in 100 Fly). Ben made Zone Cuts in 50 Free, 50 Back, 100 Back, 100 Fly). And finally, Ben was joined by Andrew Hobson, Aiden Grigsby, and Quinn Escure in the 200 Free Relay. For their first swim in the BIG pool they did fantastic!

As my tenure with Bronze Group comes ends, I have to say that I enjoyed working with them. It has been fun seeing the improvement the group has made. The success of Bronze at three championships was fantastic with over ninety percent of individual stated goals were matched or bettered. Of those swimmers who went to the championship meets, all had at least three Personal Best swims. I will look forward to working with some of you in the future and all of you keep those time improvements coming.

--Coach Joe