



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Welcome to the Team! HAA Style...

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UPCOMING EVENTS!

MRA SPRINTS

Moses Lake, WA
September 23
Entries due Monday, Sept. 4th

Inland Empire HOD

Moses Lake, WA
October 7th Team Devlpnt.
October 8th HOD Meetings

VERY SCARY OPEN

Wenatchee, WA WHS
October 21 & 22
**Team Members will be automatically entered in this meet by coaching staff. If your swimmer cannot attend, please email Coach John.*

CAST FALL SPLASH

Coeur D'Alene, ID
November 17-19
Entries due Monday, Oct. 30th

By Coach John

I was reading an article the other day and a coach said in the article that “every season is a clean slate, we start over from scratch because there are new people involved and we all need to be on the same page.” I liked some of what he said, but what went unstated in the article, that I know is a part of the process, was that the returning players, personnel, and support folks all work together to help new teammates learn the system. I hope that is what our team is all about as we welcome our new families to the Velocity Team.

We will have many new faces joining our team over the next two months. And I know from experience that the new families will be welcomed with open arms! From the Board members with solid advice and technical team talk, to the parent on the deck just smiling and saying hello, to the swimmers that welcome their new teammates in a similar fashion, and to the coaches that will work on creating a clean slate for everyone to start from—the Velocity HAA culture (High Aiming Achievers) will be on full display.

For you veteran families and swimmers, you will hear things that you may have heard before. The important piece of this is that when we hear repeated positive and team-oriented expectations again, and again—the culture can begin to self-perpetuate. I think we are at that point in our teams’ growth where this is the case, but we can never forget that we have to get back to basics again, for the good of our new teammates, and friends.

Please be patient with us if it seems like we are saying things we have already said, if we are re-introducing things that you saw in summer or heard last fall. All of this is designed to keep our positive culture alive and flourishing. It is designed to grow our team. The evidence that it is working is that our team continues to attract new families and swimmers into the program.

The coaches are excited to see the new families come on board, and we hope you are too. The fruit of that culture working can be seen in our outgoing seniors. All of whom have secondary education goals, with four of the five moving on to swim intercollegiately. Our mission is to “Promote the development of life skills through the sport of swimming.” The opportunity to do so has never been greater, and it starts with each of us showing the way to those that make a choice to join us! Please help me welcome our new families as you see them. Your efforts may help in seeing that new swimmer move on like our last five. And a fond farewell—but not goodbye—to Rebecca Bay, Gabrielle Davy, Isabelle Dressel, and Kaleb Pringle. A big “*Velocity HAA!*” goes out to, and along with each of you!

TEAM RAMBLINGS

NEWS and NOTES

TEAM CAPTAINS AND JR CAPTAINS: *This year's team captains are: Charlie Cutter, Christian Cutter, and Hannah VanHeyningen. Junior Captains are: Benjamin Grigsby, Jamie Hobson, Abby Mott, and Kyle Sutton.*

No Practices: There will be no practices on the following dates: September 2nd and 4th, Labor Day Break; September 8th and 9th, Coaching Clinic in Spokane. Also, we will not be holding traditional practices on Age Group meet days. Bronze and Steel swimmers not attending the meet may attend a "lap-swim style" practice during the scheduled Gold/Silver group practice. The Gold/Silver coach will supervise and provide a workout but will not be providing stroke instruction to Bronze and Steel swimmers.

Coaching Clinic in Spokane: Coach John, Coach Atiba, Coach Stephanie, Coach Kathy, and Coach Carolyn P will be in Spokane to attend the USA Swimming Regional Coaches Clinic. They are looking forward to learning new things to bring back and continue to foster a great swimming environment for our athletes!

Become an Official! Part of the fun of our sport is the ability for parents to become volunteer officials! Please speak with Genie Lutz, Larry Dressel, or Jeff Sutton if you are interested in becoming more involved with the swim meet operation.

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.

REGISTRATION FOR THE NEW YEAR:

All families will need to re-register their swimmers beginning tomorrow, September 1st. New families must register their swimmer appropriately prior to attending practices. Returning families have until September 15th to register their swimmer(s). Please pay attention to the membership agreement as this is the guide for being a positive team member! If you are wondering what group you should register your swimmer for, please contact your Summer group coach. Hopefully they have contacted you in person or by email if your swimmer is moving up.

MRA SPRINT SWIM MEET:

The first swim meet of the year is September 23rd! Entries are due by Monday, September 4th. Unfortunately, only returning swimmers or new swimmers who have fully committed to the team may compete (one-month trial swimmers may not compete). This meet is an excellent way to kick off the short course season. Coach Atiba will be attending as the Coach for this meet. Remember that there will be no practices for Bronze, Steel, and Copper for this day. Bronze and Steel swimmers may attend "lap-swim" style practice from 9:00 – 11:00 AM this day with Gold Group at WHS. A coach will supervise but will not provide stroke instruction.

VELOCITY GROUP GAB & BLAB

COPPER GROUP GAB & BLAB:

Great job this summer, Copper swimmers! We enjoyed watching your improvements and enthusiasm, and are excited to add new swimmers to the group this fall. This past year we graduated nearly 20 swimmers to the Steel group, which was more than last year. We have several more swimmers that are very close to moving up, and a few just waiting until they are old enough to advance. One change we made this year that really helped our group was adding more coaches during practice, which allowed us to give each swimmer more individual help. As we start to rebuild our group, we will slow down and focus of stroke technique. We have had several swimmers try out for Copper, and a few are siblings of past Copper swimmers. We have some great ideas that we will try this year to make our practices even better, and our awesome team captains have started planning activities to make this a fun year! Thanks Captain Christian, Charlie and Hannah for your leadership to our group!

--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!

Hannah Roche— Positive Attitude & Leadership

Abbey Roach and Gracie Files--Determination

Olga Murillo—Overcoming Adversity with a Positive Attitude

Hannah VanHeyningen—Never Say Die Attitude & Gritty Stickwithitness!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

I was really impressed with our Gold and Silver group swimmers in the final meets of the summer. Whether it was Champs, Senior Zones, or Age Group Zones, we saw drastic time drops from many swimmers! Congratulations to our new Futures Qualifier, Connor Elwyn. Connor becomes the first boy from Velocity to qualify for an upper-level USA Swimming Championship he made it in the 100 Backstroke, but also just missed it by two one-hundredths of a second in the 400 IM. Big congratulations go out to Haily Payne, Rebecca Bay, and Connor Elwyn who all made scoring finals in individual events at Zone competition. A special shout out to Rebecca for gaining her first scoring final in a Championship meet outside of the Inland Empire, way to go out in style!

Our team can be proud of all of our Zone Competitors and the class, and dignity that they display at these travel meets. I had comments from both Coaching staff that our kids are, "so great, well behaved, and fast!" That's what we are supposed to be about and I am really pleased to have such great athletes to work with. On to short course!

--Coach John

Steel Group Gab and Blab:

What a great summer we've had. I want to thank the parents that have brought their swimmers to practice all summer long.

Now that we have started school and have later practice times, please make sure to check the team's Google Calendar for practice times and locations and if you have any questions feel free to ask. The Calendar for fall is almost complete, and it looks as though most practices are input with the exception of Saturdays which should be done shortly. We won't be having an official practice on swim meet days so please pay attention to that! Also, on some holidays this year, if we have practice, all practices will move to WHS and times may change.

I loved that the steel swimmers swam so tough this summer they put the work in and I was pleased with their results. They are so eager to learn that they definitely make me a better coach.

Thank you for sharing your swimmers with me I truly appreciate it.

--Coach Steph

Bronze Group Gab and Blab:

Great job to all the swimmers who swam at Champs! We had a lot of best times, finals qualifiers, and winning the spirit award was the "icing on the cake". Our effort in the pool, sportsmanship, and friendship was on full display. Way to go!

Olga Murillo is the character of the month. Olga overcame adversity, learned from her experience and competed to the best of her ability. Congrats, Olga!

--Coach Atiba

Recipe – Satisfying Bacon-Stuffed Sweet Potatoes**Ingredients**

- 4 medium sweet potatoes or garnet yams, baked and cooled
- 4 eggs
- ½ teaspoon minced rosemary (fresh or dried)
- ½ teaspoon sea salt
- ¼ teaspoon cracked black pepper
- ½ cup finely chopped cooked clean, pastured bacon or sausage
- 2 tablespoons finely chopped shallot

Method

Set the oven temp to 350°F and line a baking sheet with aluminum foil. Using a sharp knife, cleanly slice off the very top of each baked potato and set aside. Carefully scoop out the flesh and set aside for another use – a melon baller works well for this. Leave enough flesh inside the skin for the potato to hold its shape well.

Arrange potatoes open-side-up on the prepared baking sheet. In a small bowl lightly whisk together the eggs, rosemary, salt and pepper. Add the meat and shallot and stir with a fork to thoroughly combine. Carefully spoon the egg filling into the cavity of each potato until it is nearly full. Bake for 20–25 minutes or until the centers are nearly solid, but the mixture is still soft. Do not over-bake.

Yield: 4 servings