



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Summer Swim Meets and IES Long Course Champs

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UPCOMING EVENTS!

Mayflower Intrasquad
Saturday April 28th 2:00 PM
at WHS Pool

Apple Blossom Parade Day:
Saddlerock hike 7:15 AM
Pancake Breakfast 8:30 AM
Form up at Parade 10:15 AM
Parade Start: 11:00 AM

SWIM A THON BOWLING
PARTY: Saturday May 12th
TBA

APPLE CAPITAL OPEN:
June 1-3, 2018
Coaches will sign ALL
swimmers for this meet, it is
a requirement of
membership to participate.

SWEET ONION OPEN:
Walla Walla, WA
June 23rd-24th
Entries Due June 7th

By Coach John

The Summer swim meet season is just around the corner and I want to talk about my expectations for the team for attending competition. The summer swim schedule can be daunting, and I realize that there are other activities and family vacations to work between. That said, Velocity is a competitive swim team. We race. It is important that our swimmers are exposed to racing for a few reasons. First, racing brings out the successes of practicing, and perhaps some failures as well. Until a swimmer is competing under stress, the fruit of all the work of practicing getting to practice isn't necessarily evident. Swim meets give swimmers tangible things to work on to improve as well as setting a baseline for improvement. Because we race, we always want to be getting faster. Second, swim meets are a time when team bonding from both a swimmer perspective and a family perspective occurs. Our families sit together, dine together, and cheer for our swimmers together. The community that is created and fostered at swim meets is measured by the life long relationships that are witnessed in past swimming family's ties. For instance, I am still good friends with many of my former teammates and their families to this day. Finally, at swim meets, coaches get to look at swimmers a bit more closely than may be possible at practice which means athletes get immediate and relevant feedback related to their swimming when compared to large group practices.

That said, I would like to see all our swimmers make every effort to attend at least three swim meets this summer. Two are required for all members, our home meets Apple Capital and Starlight. The 3rd that I highly recommend is the IES LC Championship as everyone on our team is eligible to swim something. At that meet, the 50's of every stroke are no time standard for 8&U, 9-10, and 11-12 swimmers. For 13 and over swimmers, the 100's of each stroke are no time standard. For all other events, the USA Swimming "B" motivational standards are used as qualifying targets. Other meets are icing on the cake for us and if you can go—even for one day—that would be fantastic. My advice is to make summer swim meets like a mini family vacation and have some fun visiting other towns in and out of our great state. If you can only make one day at an away swim meet, that's fine—and encouraged! Don't be weighted down by feeling you have to go for an entire weekend. "Give us one," has always been a philosophy for beginning swimming families and meet travel. Moses Lake's Sizzlin Summer is an excellent opportunity for this.

The path of some of our senior swimmers is different than above. For this group of swimmers, the home meets are required, then there is Senior Sectionals, and the Senior Zones and Futures Championships which are on the same weekend. A significant population of our Silver and Gold swimmers has qualified for Senior Zones which is awesome!

The summer will soon be right on top of us, and it will be busy! Plan ahead and help our team be closer, stronger, and faster in the process. See you around the pool!

VELOCITY HAA!

TEAM RAMBLINGS

NEWS and NOTES

VELOCITY HAA!

You've heard it shouted at swim meets and practices, but just what is HAA anyway?

HAA is an attitude that we want all our swimmers to carry with them from their experience with us. It is the notion that we are High Aiming Achievers in all that we do.

Coach John to Denver for USA Swimming Leadership Conference

Coach John will travel to Denver April 27th-29th for USA Swimming's Western Zone Leadership Conference. Inland Empire Swimming and USA Swimming pay for the trip.

Congratulations Charlie Cutter!

Our own Charlie Cutter was selected as this year's Wenatchee High School Mr. Panther! This event is part excellent student and part performance. Charlie's videography talent was on display and his Jedi-style theme and saxophone were a big hit that won the judges over. Great job Charlie!

Congratulations Jordan Hartley!

Our own Jordan Hartley was a member of the Wenatchee High School Sports Medicine team that earned a 2nd place overall finish at the Sports Med State Competition.

PARENTS! Your involvement at home swim meets is needed! Please watch for meet job sign ups and do your part in helping our team put on an awesome event for our visitors and our own swimmers too! Volunteering is a part of your membership agreement.

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/velocityal>
This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

APPLE CAPITAL OPEN: A REQUIRED PIECE OF MEMBERSHIP

The Apple Capital swim meet is a part of Wenatchee/East Wenatchee swimming lore for over 50 years. The operation is immense, and we will host over 700 swimmers at our own Wenatchee City Pool June 1st – 3rd. Families have volunteer requirements and all swimmers are expected to be entered in the meet. This meet brings in a huge sum of money for our team, and for the community through tax dollars in dining and lodging taxes. Please be prepared to do your part. Younger swimmers start their events earlier in the day on Friday and may need to miss school. Job signups will be available closer to the meet.

USA SWIMMING LINKS:

Age Group Time Standards: <https://www.usaswimming.org/Home/times/time-standards>

Safe Sport: <https://www.usaswimming.org/resources-home/resource-programs-services>

VELOCITY GROUP GAB & BLAB

COPPER GROUP GAB & BLAB:

We would like to welcome LilyAnn as she tries out the team! Help us spread the word that registration is open again and we are ready to accept new swimmers into our awesome Copper group! Just one last short-course meet this weekend, then we start transitioning to the long course season (which means practicing at the outdoor pool!). This always bring excitement because school is out, and we get to practice under blue, sunny skies instead of a cement ceiling! This also means entries for Apple Capital are due soon. For those new to us, this is a positive entry meet where everyone is entered unless we receive an email stating your swimmer is not able attend. If you have any questions about entries, please let us know soon. Apple Capital is a fun meet, and I have many great memories here in of swimming at Apple Capital growing up Wenatchee. Thank you, parents, for your support of Velocity and your swimmers!

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!

Copper: Issac and Joseph Scott for Great attendance!

Steel: Hannah Roche for

Bronze: Nate Carmack, see Bronze Group Gab for details.

Gold/Silver: Katya Kazulina and Zane Hernke for their Butterfly Challenge success!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

I am so proud of Katya Kazulina and Zane Hernke for participating in the “Butterfly Challenge” for Swim A Thon. They completed the 5,000-yard distance doing only butterfly the entire time—Amazing! For this they are the Gold and Silver group swimmers of the month.

Challenging yourself and going the extra mile are part of what the HAA mentality should be about.

Thank you to those older swimmers swimming in the Mayflower meet this weekend. Please remember that you are an example to your younger teammates!

The Gold and Silver groups have been working on basics over the past few weeks. Specifically, I have been teaching on buoyancy and core involvement in the things that we do. Specific work has gone into engaging the core using our “spiny erector” muscles. This technique can be used in starts, push offs, and in our swimming strokes.

We will be moving outdoors, Monday, May 21st.

Swimmers should check their “smoke” and mirror goggle situation as the bright sun can be hard on the eyeballs.

Apple Capital is coming! All Gold and Silver swimmers will be asked—as a goal--to swim either the 400 IM, or the 1500 free at this meet.

--Coach John

Steel Group Gab and Blab:

Wow! This year has gone by so fast. We have lots of new faces in the Steel group.

Just a few quick reminders, we will be going to long course next month, so we have been getting ready by increasing how much swimming we are doing. Hopefully your swimmers have been coming home extra tired.

With the all these new faces just a reminder on the equipment your swimmer needs for practice (this is also on our website). Long fins, snorkle, kickboard, and a pull buoy. You can find all these things on Swim Outlet or Swim 2000. I am looking forward to moving outdoors and seeing your swimmer’s improvements.

Swimmer of the Month

Hannah Roche!

--Coach Steph

Bronze Group Gab and Blab:

It’s been another FANTASTIC month for the Bronze group. After our well-deserved spring break, we had our annual Swim A Thon. We had a nice turn out and everyone did a good job supporting each other. Another congrats goes to all of this swimmers that did the butterfly Swim A Thon challenge! Let’s carry this positive energy into our long course training.

The Bronze Group Character of the Month is Nate “The Great” Carmack. Nate has been performing consistently well with a more demanding training load. Way to go, Nate!

--Coach Atiba

ANNUAL VELOCITY at APPLE BLOSSOM DAY! Saturday, May 5th

On Saturday May 5th, Velocity will participate in the annual Apple Blossom festivities with a number of different activities. This is a fun and exciting day that we encourage everyone to be a part of! An email with more specifics should have gone out about this earlier, but here is a brief synopsis.

At 7:15 in the morning the team heads up Saddlerock for our annual team picture at the top (wear your parade shirt or pack it to the top and put it on for the picture!). Then, after we are down the team participates in the Kiwanis Pancake breakfast as a way to give back to our community. Finally, we form up at the parade head at 10:15 AM where our swimmers carry the parade award banners for the individual award winners for the different categories in the parade. Afterwards, the kids love to head to the food fair and enjoy the scene and friends. **PARENTS ARE REMINDED...At the end of the parade route you are responsible for your swimmer. Coaches will not be available at the end of the parade route for supervision. JOIN US!**