



# VS NEWS

A Newsletter for Velocity Swimming, 2015 IES SC Champs!

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## What A Summer, Velocity Champions of IES Again!!!

*By Coach Pringle*

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### UPCOMING EVENTS!

#### **ANNUAL TEAM MEETING**

August 23<sup>rd</sup> 5 PM, at  
Hydro Park

#### **2015-2016 Registration**

August 24<sup>th</sup>, Team Website

#### **MANDATORY SEASON PARENT MEETINGS**

Sept 8<sup>th</sup> or 11<sup>th</sup> (attend 1 please) 7-9 PM @WHS

#### **IES FALL HOD**

Oct 10-11  
Kennewick, WA

#### **VERY SCARY DEVELOPMENT MEET**

October 10  
Wenatchee HS Pool

The summer of 2015 has pretty much come and gone and school is just around the corner. I always think that summer goes so fast—and it does as it reflects only 3 ½ months of our 12 month calendar. Soon we will be cheering on our lady swimmers at all of the areas' high schools and before you know it we will be competing indoors again. What a summer though!

The summer of 2015 began with a lot of hope and optimism for our team. I think we were all anxious about whether we could repeat as Long course Champions, and threepeat with Long Course-Short Course-Long Course championships. Turns out there wasn't much to be anxious about. Our team was the star of the show at the IES Champs in every way. With all due respect to CAST, our team was more spirited over the weekend, outswam everyone in the pool, and our parent volunteers again proved that we have no peer when it comes to timing, officiating, and helping a meet run smoothly.

In the end, our team was well over 700 points better than our nearest competitor, the Spokane Waves—and it was a complete team effort! I was so impressed by all of our new families who made the commitment to come to Spokane—and even more impressed by the efforts of those new swimmers. Several of them scored many points for our team. We had three age group high point winners in the meet: Aiden Grigsby (8&U Boys), Sierra Hartley (11&12 Girls), and Connor Elwyn (13&14 Boys) and several others that were close. We had one IES Record (13&14 Boys 400 Free Relay) out of Connor Elwyn, Tage Madson, Cameron Wheeler, and Braden Dilly. And we had one new Age Group Zone Qualifier sending our total to 11 swimmers in Maui as Simon Madson joined brother Tage, Braden Dilly, Connor Elwyn, Hannah VanHeyningen, Rae Ann Dressel, Sierra Hartley, Haily Payne, Andreas Broxson, Jack Wierzbicki, and Trenten Calloway for the exciting trip. I cannot stress enough what a team effort it was. We had many individual IES Championships team records fell in the process, with many relay teams doing the same. Many of our athletes (in fact nearly all) scored at least one point for the team.

We continued the fun in Fresno, California sending our largest contingent ever to the Senior Zone Meet in Fresno. Rebecca Bay, Jordan Hartley, Jessica Wierzbicki, Hank Bergstrom, Kaleb Pringle, and Jared Vargas represented Velocity on the IES All Stars. Our team members contributed greatly to the IES winning the All Star Championship at the meet. Jordan Hartley, Jessica Wierzbicki, and Jared Vargas all earned finals swims for Velocity and each athlete has best times at the meet. Several team records were broken at this meet as well. That same weekend Isabelle Dressel competed and earned best times and team records at the Future Championship in Gresham, OR.

At Age Group Zones, we had several swimmers reach the top 16 and our athletes contributed to some really good relay performances as well. Additionally, several team records were broken, new higher level meet time standards were achieved. Earning individual top 16's were: Sierra Hartley, Haily Payne, Hannah VanHeyningen, Braden Dilly, and Connor Elwyn. Congrats to our entire team! What a summer, 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 Matt Bruggman. Our team is known for its diligent and focused work in providing officials at meets both home and away. We are required to provide a number of officials according to our number of athletes at any meet.

**ALERT! All current Gold and Silver group swimmers please register for "Silver Group" during team registration for 2015-2016.** We are reformulating our team to include an upper-level training group that will carry forward our "Gold" group name. This is not a move down! The new Silver will be the same as the current (2014-2015) Gold in every way except the name. The current (2014-2015) Silver Group format is being eliminated from team offerings. Team members being invited to sign up for the new Gold will receive an email by Sunday, August 23<sup>rd</sup> describing the group and the expectations for membership. For more information, please contact Coach John at (509) 884-8917.

**MADATORY PARENT MEETINGS COMING!** These will be Tuesday, Sept 8 or Friday, Sept. 11 from 7-9 PM at WHS. We will be having mandatory parent meetings to discuss membership, changes for the coming year, from volunteering, coaching philosophy, and more! Please plan on attending *one* of these dates!

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!

#### **ANNUAL TEAM MEETING:**

The annual team meeting will be held at Hydro Park on Sunday August 23<sup>rd</sup> at 5:00 PM. This annual meeting is a required business meeting for our non-profit status. It deals with team budget, board member voting, and more. IES Champs Awards and Zone/Futures recognition will also take place.

#### **NEW SWIM YEAR REGISTRATION COMING AUGUST 24.**

Registration for the 2015-2016 swim year well begin on the team website on August 24<sup>th</sup>. The new registration will include several changes to administrative processes so please be sure to read all documents before checking the boxes. Silver and Gold group members please see the news note at the left titled "Alert!"

#### **SWIM A THON**

Our annual Swim-A-Thon brought in a whopping \$26,308! This is well over our goal of \$17,500. Great job swimmers and families! What a terrific way to give back to your team and sport.

#### **SPECIAL THANK YOU!**

I would like to thank all of this year's Board Members and Committee Chairs for their contributions to our team this year. Your extra effort and work behind the scenes helps our team grow. Being a Board Member is a big responsibility and a sacrifice of hours of meetings and planning. Several of this year's Board Members are moving aside and I look forward to working with our new Board that will be voted on at the Annual Team Meeting. An additional shout out to outgoing Board Member Julie Broxson for her work with me on the Mental Toughness Training class last winter.

### Velocity Character Awards

"Marathon Man" Award: Kyle Sutton

"Positive Attitude" Award: Abbey Mott

"Zeal" Award: Trenten Calloway

"Encourager" Award: Jack Wierzbicki

"Never Quit/Perseverance" Award: Henry Bergstrom, Kayli Brown

"Doin It Right": Marcus Lolos, Charlie Cutter

"Helping Hand": Trenten Calloway, Christian Cutter, Leif Broxson, Tyler Vanderpool