



VS NEWS *speedo*

Newsletter for Velocity Swimming, 2015 IES SC & LC Champs!

AUGUST, 2016

Volume 16 Issue 7

Velocity Swimming, PO Box 2791, Wenatchee, WA 98807
<http://www.velocity-swimming.com> info@velocity-swimming.com
(509) 884-8917

LONG COURSE CHAMPS 2016! #3PEAT! And More...

INSIDE THIS ISSUE

- 1 IES CHAMPIONS!
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 2 Welcoming New Families

UPCOMING EVENTS!

VERY SCARY OPEN

October 1st & 2nd
Wenatchee HS, entries due on Sept. 16th.

FALL SPLASH

November 18th & 20th
KROC Center, Couer D'Alene
entries due on November 4th

CHRISTMAS OPEN

December 2nd & 3rd
Home site TBD
entries due, November 25th

WINTER JUNIOR NATS

December 7th - 10th
College Station, TX
entries due, November 25th

WASH SR STATE CHAMPS

December 15th - 18th
Federal Way, WA
entries due, December 2nd

By Coach John

Wow! What a finish!! Some incredible things occurred during our year and we are now looking on to our Short Course season. Here is a look at highlights of the team accomplishments of 2015-2016 before we move forward to a new season. We also want to say a final goodbye to senior swimmers moving on to college swimming.

DEC 2015:

- Jessica Wierzbicki places 20th in the 200 Fly at Winter Juniors in Texas.
- Velocity finishes 10th overall in the Senior State Championships with Isabelle Dressel finishing 1st in a meet record time in the 50 Breast. Many other swimmers placed in the top 16 scoring points and the relays were excellent!

FEB 2016:

- Our contingent of Junior Champs swimmers take first place in Lewiston with solid efforts and excellent team spirit!
- IES Short Course Champs-within 80 points of victory and outmanned due to injury and illnesses, Velocity finished 3rd place behind TCCC and Champion SWAT.

MAR 2017

- AGE GROUP REGIONALS: Velocity sent 18 to Federal Way and saw excellent relay performances and several top 8 finishes at the meet. Andreas Broxson, Leif Broxson, Trenten Calloway, Christian Cutter, Brooklyn Dressel, Rae Ann Dressel, Connor Elwyn, Benjamin Grigsby, Danny Gutzweiler, Sierra Hartley, Emma Knott, Simon Madson, Tage Madson, Olga Murillo, Audrey Parrish, Haily Payne, Cameron Wheeler, and Jack Wierzbicki represented Velocity.
- SR SECTIONALS: Rebecca Bay, Henry Bergstrom, Braden Dilly, Isabelle Dressel, Connor Elwyn, Jordan Hartley, Kaleb Pringle, Hannah VanHeyningen, Jared Vargas, and Jessica Wierzbicki qualified for the meet. 10 Swimmers is the most that Velocity has qualified for this high level competition.

JULY 2017:

- SR SECTIONALS: We took a smaller group to this meet for a variety of reasons. But the attending swimmers were: Braden Dilly, Connor Elwyn, Kaleb Pringle, Hannah VanHeyningen, and Jessica Wierzbicki.
- IES LC CHAMPS! Velocity earned its 3rd summer championship in a row with a large margin of difference between 1st and 2nd.

AUG 2017:

- USA SWIM MEETS: Futures/SR Zones/Age Group Zones-Velocity sent a combined 10 athletes to upper level summer meets. Connor Elwyn earned 2 Zone Championships, while Jessica Wierzbicki, Haily Payne, and Christian Cutter earned 2nd swims at their respective meets. Many Velocity swimmers had excellent relay performances at Age Group Zones. Also attending meets were Isabelle Dressel, Rebecca Bay, Brooklyn Dressel, Rae Ann Dressel, Sierra Hartley and Ben Madson.

SWIMMING IN COLLEGE: Kayli Brown will be swimming for the University of Puget Sound Loggers this fall, Jared Vargas will join Bob Bowman at Arizona State, while Audrey Parrish will be joining Dixie State in Utah. Velocity wishes these outstanding teammates well in their continued swimming careers!

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 according to our number of athletes at any meet.

Jessica Wierzbicki was selected as a USA Swimming Scholastic All-America for the 2015-2016 School Year. This is a prestigious honor and very few swimmers ever achieve the time/grade combination that is required. Congratulations Jessica!

SPEEDO--official Swim Wear of Velocity Swimming: Velocity has a relationship with SPEEDO Swim Wear as our team suit sponsor. Our team is supposed to be outfitted in SPEEDO suits, SPEEDO sweats, and SPEEDO bags. When making your purchases, please make sure you are helping us fulfill the terms of our contract with them. The team will be doing an order this month so watch for that!

IES WEBSITE: As a part of me being elected General Chair of IES, one of my goals was to improve the IES website. Our own Noelle Grigsby has been making changes already and it is looking sharp! This is a volunteer effort so thank you Noelle! It looks fabulous!

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

TEAM EQUIPMENT AND SWIM SUIT ORDERS: A team suit and equipment order is being undertaken this month! Watch for more details as they come available. All Velocity swimmers need to be in Speedo Swim suits at our meets. The team gets some good kick-backs from SPEEDO that benefit our coaches and our team as a whole. It also helps our team to look sharp and cohesive and a team that looks good often swims good! HAA!

TEAM SAFETY:

It is highly recommended that all athletes take USA Swimming Athlete Protection Class on the USA Swimming website. This should be done with a parent. There is also a parent version of this (watch it first). For the summer, it is important that we keep a close eye on our kiddos, especially the little ones. Don't be afraid to identify strangers amongst us during practice. We rent the facility so after a short period of cross-over into our time, there really shouldn't be non-Velocity folks hanging around.

WELCOMING NEW FAMILIES!

We will have many new families joining us this fall due in part to our own success, and also in large part due to the Olympic Games. Please help and do your part as a parent welcoming other parents and taking time to get to know them, but also please talk to your swimmers about being welcoming to our new swimmers. Talk to them about strategies like saying "hi!" and including them in small group conversations. Perhaps even introduce them to other swimmers as they interact.

It is our goal to create a warm welcoming environment for all. This helps us with retention in particular but this expectation also helps us in keeping disciplinary issues on the team to a minimum.

Our team has earned a good reputation in the community and we need to keep that reputation at the forefront of our thoughts as we welcome these new members to our team!

Thank you!

Characters of the Month: Congratulations and great job!

Madeline Sutton: Team Champs Contributor (Spirit and Performance).

Sam Hobson: Team Champs Contributor (Spirit and Performance).

Ben Madson: Performance—1st Steel Swimmer to make AGZ

Connor Elwyn: Performance AGZ Champion in 2 Events

The following swimmers get the "Ironman Award" for swimming the 1500 Free at Champs: Marie Brangwin, Katya Kazulina, Lauren Marquis, Rachel Marquis, Sophie Black, Karlyn Kelly, Olga Murillo, Rosie Ramos, Grace Van der Merwe, Jackson Calloway, Ian Walsh, Cameron Wheeler, Simon Madson, Gabrielle Davy, Hannah VanHeyningen, and Charlie Cutter.