



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

December, 2016

Volume 16

Issue 10

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What Can't We Do?

INSIDE THIS ISSUE

- 1 What Can't We Do?
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab

By a Velocity Parent

This is from a Velocity parent who witnessed first-hand what our athletes bring to the community outside of swimming and felt compelled to share. Our team is amazing—and reflective of our coaching, parenting, and friendships. HAA! is a lifestyle, not just in the pool—but in life!

"Hi Coach.

Tonight I had the pleasure of watching 3 of our own Velocity swimmers take the stage in The Nutcracker production. There was not a doubt in my mind that they would be amazing and, of course, they did not disappoint.

However, it really got me thinking. Swimmers truly are an amazing breed. I am in constant awe of what they do in the pool. The constant drive to swim faster. The endless practicing back and forth in a pool staring at a black line. And then I go to something like this and I realize how much more there is to all of them than just swimming. These kids are amazing! Every time I turn around I am seeing them dressed up and performing in Concerts...Choir, Band and Orchestra. I see them on the Basketball Courts, Football and Baseball Fields. They are in every kind of academic club imaginable. They are ASB presidents, Math is Cool geeks and Robotics nerds. The list is truly endless!

And that's when I realize how proud I am to be a swim mom. To be raising such amazingly talented and hard-working kids. And sure...that doesn't come easy...for them OR for us. There's always going to be the battle of, "Get to bed" and "Oh...you're going to practice" and "What do you mean you still have homework to do?". But then, you find yourself sitting in the audience at a local event and you realize it all seems worth the battle when you see the kind of people we are raising. And then the reward makes the hard work seem...well...not so hard all of a sudden.

High Aiming Achievers every step of the way. Just wanted to share."

Thank you! We are so blessed to have the awesome support and contributions from all of our Velocity Family—parents, swimmers, coaches, and sponsors!

UPCOMING EVENTS!

January Storm

January 6th, 7th & 8th
Whitman College Pool,
Walla Walla, WA

WA SR OPEN

January 12th-15th
KCAC, Federal Way, WA

WINTER OPEN (TCCC)

January 28th & 29th
Moses Lake High School Pool
entries due on January 13th

IES JUNIOR CHAMPS

February 10th – 12th
Kroc Center
Couer d'Alene, ID
entries due on January 30th

IES SC CHAMPS

March 3rd – 5th
University of Idaho Pool
Moscow, ID
entries due February 13th

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.

VELOCITY GEAR! Team shirts, sweat shirts, parkas, and more are available by placing an order form (available in our EYAC kiosk) in the gray box at EYAC. Your items will be ordered and your account will be billed!

SPEEDO--official Swim Wear of Velocity Swimming: Velocity has a contractual relationship with SPEEDO Swim Wear. 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.

CHRISTMAS OPEN HIGH POINTS: Congratulations to each of these Velocity Swimmers who earned high point awards at the Christmas Ope: Rhwyn Stroud, Sam Hobson, Haidyn Stroud, Ben Madson, Jaime Hobson, Trenten Calloway, Olga Murillo, Andreas Broxson, Gabrielle Davy, and Jackson Calloway.

VELOCITY HAA!

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.

LEVEL 3 CLUB EXCELLENCE:

Velocity recently received its Level 3 Club Excellence Certification from USA Swimming! This is a reflection on the team's operation from Board business, to coaching, to athlete safety and more! You can check out our new level 3 logo on the team's website.

His is a remarkable accomplishment considering Velocity was not a part of the Club Excellence rankings before 2011. With the guidance of our dedicated board, and the vision of our coaching staff Velocity has earned a new level in each of the last three years. This along with several LSC Championships, high performing athletes, and wonderful sponsors make this team an example of small town excellence!

Velocity is now eligible for potential recognition as a medal team in 2017. Swimmer performance will determine if this is a possibility.

A special thanks to Noelle Grigsby who did most of the groundwork in making this a possibility.

VELOCITY GROUP GAB

COPPER GROUP GAB:

"It's not who I am underneath, but what I do that defines me." -Batman

Unleash your Super Powers at Junior Champs!

The IES Junior Champs meet is scheduled February 10-12 in Coeur d' Alene, ID. More information about this exciting meet will be out soon! Last year, our team won the spirit award for the most spirited team. We may also have a special guest attending the meet with us!

The short course championship season is coming soon, and our swimmers have been working hard to prepare. We encourage all our Copper group swimmers to attend this meet, even if it is for only one day. This meet will be held at one of the best facilities in the Inland Empire, and it is a fun meet with great competition.

--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!

Kelly Tucker,
Trenten Calloway,

Christian Cutter,
Thomas Bergren

Charlie Cutter,

*All names will be put into a drawing for a Velocity Prize!

VELOCITY GROUP GAB Continued

VELOCITY HAA!

Silver and Gold Group Gab:

December saw many of our Gold and Silver swimmers attend high level championship meets. Isabelle Dressel was the busiest of our swimmers attending Winter Nationals in Atlanta Georgia, Junior Nationals in College Station, Texas and then a day of competition in Federal Way at the Senior State Meet. Isabelle's performance in the 100 breaststroke in Atlanta was the fastest 100 Breast swum by a Velocity Athlete in the team's history. Isabelle was joined in College Station Texas by Jessica Wierzbicki who had a season best in the 200 Fly. A group of swimmers then swam at the Washington Senior State Championships. Jessica was the highest finisher in the meet placing 2nd in the 50 Fly, while also performing a season best time in the 100 fly. Hannah VanHeyningen set a team record in the 1650 Free and many of our relays also performed well. Connor Elwyn won the C Final of the 200 Back.

Earlier, the Winter Open saw three Gold/Silver swimmers earn high point awards. Congrats to Jackson Calloway, Gabrielle Davy, and Andreas Broxson.

--Coach John

Steel Group Gab:

I am so excited that most of the steel group has all of their equipment. We have been able to do sets with fins, snorkels, etc. with everyone being able to participate. Thank you parents and Santa for helping them to all get their gear. We will be able to do more stroke technique sets with everyone being able to join in. Steel is focusing on getting ready for junior champs.

I hope everyone who is eligible will be able to attend this meet. In my opinion, this is the very best meet of the season for most of the steel swimmers. Please plan now to attend this meet on Feb. 10-12 in Coeur d' Alene, ID at the Kroc center. This is such an outstanding facility, built for fast swimming. I can't say enough to encourage everyone to attend this meet. I love the enthusiasm and support everyone has shown over the Christmas break in getting your swimmers to practice even at this busy time. May you all have a wonderful New Year and keep on swimming.

Coach Carolyn MaGee

Bronze Group Gab:

I am amazed at the resilience and work ethic of this group. As I have been able to coach them from time to time, I see the look in their eyes that they want to do well. And they do! Their performances at the Christmas meet and before that at the Kroc Center in Idaho were good with some Age Group Regional qualifying performances and a lot of good competition. The thing that I maybe liked most was their resilience. A swim that wasn't a best time didn't equal a bad day, and many bounced back from those kinds of swims. This is grit, toughness, and resilience—all qualities of a champion.

Moving forward as we continue our search for a new assistant coach, the staff and I have made a decision to move toward a more consolidated coaching situation for Bronze. Coach Joe Black will take on a more central role with the Bronze group and will help guide them with their swimming goals that they started with Coach C. At this point, we feel like more consistency will be a positive step for the group and help to provide that goal focus that they are needing to finish up the short course season. Our coaching search will continue in the meantime!

The group will be preparing for Champs the first weekend in March and some will swim at Walla Walla next weekend. I would like the rest (and most of the team) to swim at the TCCC Winter Open which is in Moses Lake this year. The fact that the meet is so close to home should make at least one day a possibility for everyone. This meet a good chance to qualify for the IES Champs meet and to set times prior to the "B" or Junior Champs meet. For those that don't qualify for the Champs meet in Moscow, the Junior Champs meet in Idaho will be the last opportunity to get a Champs time. Anyone on our team up to the age of 14—and especially our 8 and under swimmers-- should swim at Junior Champs if they need qualifying times for Champs. It is a fun meet and we have seen some really awesome performances.

So, as we head in to the last phases of our short course season I am excited for the Bronze Group and what they can do. Judging from their work ethic—it will be something to look forward to!

--Coach John