



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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EXCITING NEWS, and WE NEED YOUR HELP!

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By Coach John

Happy New Year Everyone! The team recently received some exciting news from Competitor Lane Lines and USA Swimming that is a big gift for 2018. The backstory is that the team had committed a large sum of money to research and purchase new lane lines that would aid in the quality of running and attracting new teams to our summer meets. Our old lane lines are at least 12 years-old and are showing signs of wear and tear. Enter a little-known USA Swimming program that donates lane lines used at high level national and international competitions. The program was discovered by Jeff Sutton and he quickly filled out a form for the program while our search for new lane lines continued (Larry Dressel and Jeff Sutton). Estimates for nine new lane lines and associated storage carts ranged from \$13,000-\$18,000. Then, the news came. We were awarded the lane lines from the 2017 FINA World Junior Championships that were held last summer in Indianapolis, Indiana! The lane line, that will be delivered soon and held in storage until we hot the outdoor pool, are official international competition colors and will heighten our summer training and meet experiences. Thanks Jeff for finding this exciting program! Aren't we blessed? Here they are in the picture below!

UPCOMING EVENTS!

January Storm

Walla Walla, WA Whitman
January 5th-7th

WA SENIOR OPEN

KCAC, Federal Way, WA
January 11th-14th

TCCC Winter Open

January 27th-28th
Moses Lake, WA MLHS
Entries Due January 8th

IES JUNIOR CHAMPS!

February 9th-11th
Lewiston, ID, Asotin Co Pool
Entry Deadline January 29th!
****This meet is for all of our 14 & Under swimmers who do not have USA "BB" motivational times and for ALL 8 & Under swimmers. This is a great meet for our new families and all of our new swimmers are encouraged to attend! Please speak with your group coach!**



YOU CAN HELP VELOCITY SWIMMING EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to **Velocity Swimming** at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number **82490**
- Then, every time you shop and use your Rewards Card, you are helping (non-profit) earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

TEAM RAMBLINGS

NEWS and NOTES

Inclement weather is here! With snow in the forecast, keep in mind that practices could be canceled due to facility closures, or by coach's decision based on the health and safety of our members. Please sign up for Remind (see text to right) to get instant practice status updates

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.

WE'RE HERE FOR YOU!

As coaches, we are concerned about your child and their development on many levels. There are so many benefits to swimming, but perhaps the most important thing is having other adult role models in their lives. You as a parent are the #1 for sure, but we as coaches see things in your swimmer that you may not. Please know that we are here for you! Should you ever have a question about your child's performance at meets, in practice, or how they are interacting socially on the team please don't hesitate to have a conversation with your swimmer's group coach. Partnering together between coach, swimmer, and parent is the best recipe to get the most out of your swimmer's talent.

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.

SWIM MEET OPPORTUNITIES RUNNING SHORT:

Chances for our team to earn qualifying times for the Championship season are running low. We have only two options remaining for IES Champs (BB Times) Qualifying, if you aren't attending Walla Walla. For this reason, I am highly encouraging our team to make every effort to attend the TCCC Winter Open at Moses Lake. The great thing is that it is easy to commute back and forth to save lodging expense. The final chance for 14 & Under swimmers to qualify for Champs will be at Junior Champs. Take a minute to check out our swim meet sign ups and see if you can make it!

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:

Save the date for Junior Champs February 9-11 in Lewiston Idaho! This is our championship meet for the short course season, and culminates all we have learned this season. This is a great meet for our Copper swimmers to attend, and our Team Care committee is working on a very cool theme this year!

Happy New Year to you and your family! We are looking forward to another great year. Thank you for supporting your swimmers and our team.

--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!

Copper: Natalie Kelly for enthusiasm and hard work!

Steel: Nora Bauman for Determination!

Bronze: Ben Payen, see Bronze Group Gab for details.

Gold/Silver: Jordan Hartley for staring adversity in the face and overcoming obstacles!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

We had a great December for our senior-level swimmers in Gold and Silver groups. I am extremely pleased with the work ethic of the swimmers, and their attention to changing their strokes as we work together to do so. We had some extremely fun swims and best times at Washington Senior State Champs, with Connor Elwyn, Sophie Black, Rae Ann Dressel, and Haily Payne earning finals swims. Both Haily and Rae Ann placed in the top 8, with Rae Ann having the highest place at 2nd. Two of our girls' relays placed 10th and two others placed in the top 16. Congratulations to all who swam in this high-level meet. It is a big accomplishment to qualify for it!

The team will be training hard for the next senior-level meet in Federal Way, the Washington Open. The team will have a chance to welcome a few Bronze swimmers to senior competition, and I know the Gold and Silver swimmers will be great role models for them.

Reminder: Gold and Silver level swimmers need to have hand paddles (Speedo Power Plus), a swim snorkel, and regular fins. Personal pull buoys, kickboards, and "Foil" Monofin are recommended. Most practices are designed for use of this equipment—it is difficult for athletes to positively contribute to practice and improve their own skills without them. Thanks!

Finally, congrats to Haily Payne on her first Winter Juniors participation! Iowa was cold—brrrrrrrr!

--Coach John

Steel Group Gab and Blab:

Wow what a year 2017 has been... The Steel group swimmers have worked so hard to improve over the year...While I was coaching last night the swimmers were doing a kick set that was fairly challenging, I was really impressed at how hard they were working all of that Christmas sugar off. What made my coaches heart filled with joy was Madeline Sutton said to Maddie Critchell, "You were kicking really hard during our kick set, I thought I was ahead of everyone but then I turned and looked at your lane and there you were keeping up with me. Way to work hard in practice." "Thanks! I was working really hard to keep up with you." What struck me about this comment was in a sport like swimming is that it is so easy to focus on other people's accomplishments as a negative towards our own swimming. But here these eight-year-olds not only gave a great compliment but received it well. These moments are what make coaching fun. I recently found this article on Swim Swam titled "Why are they Better than Me" I found it to perhaps be helpful.

<https://www.swimmingworldmagazine.com/news/why-are-they-better-than-me/>

--Coach Steph

Bronze Group Gab and Blab:

Happy Holidays, Bronze Group. We had a great holiday winter training camp! The mixture of dryland training into the swim sets was a challenge I knew we were capable of facing. For those that attended, great job! Let's make this a great 2018!

The character of the month is Ben Payen. Ben has been giving it a consistent effort and great attitude during his workouts. Let's have all that hard work and positive attitude pay out in 2018. Congrats, Ben!

--Coach Atiba

Team miscellaneous:

SAT JAN 6th: Practices next Saturday, January 6th are limited due to the away swim meet in Walla Walla. Here is the skinny... There will be one practice on Saturday from 9-11 AM at WHS for Gold and Silver groups. Bronze swimmers who are home may attend this practice, but keep in mind that it will be a Gold/Silver level of swimming. There will be no Steel or Copper practice on this day so get your swimming in during the week! Any questions, please ask.

JUNIOR CHAMPS/CHAMPS--What's the difference? Junior Champs is for any of our swimmers age 14 and under that don't meet a "BB" time in any event. Swimmers must have a "BB" time in an event to swim it at Champs. Junior Champs is fun for our newer swimmers because our more experienced swimmers typically don't attend unless there is something that they haven't swum this season. This means that our newer swimmers get to show off as the big shots for a change. We are proud off our development of athletes and this is a great place for swimmers to experience Championship swimming success. Ask your group coach which meet is best for your swimmer!