



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## JUNIOR CHAMPS-WE GOT SPIRIT!

### INSIDE THIS ISSUE

- 1 JUNIOR CHAMPS
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab & Blab

### UPCOMING EVENTS!

#### IES SC CHAMPS

March 3<sup>rd</sup> – 5<sup>th</sup>  
University of Idaho Pool  
Moscow, ID

#### Short Course Farewell

March 10<sup>th</sup>-12<sup>th</sup>  
Moses Lake HS Pool  
Moses Lake, WA

#### SPEEDO SR SECTIONAL

March 16<sup>th</sup>-19<sup>th</sup>  
KCAC  
Federal Way, WA  
Entries due March 6<sup>th</sup>

#### NWAG Championships

March 23<sup>rd</sup> – 26<sup>th</sup>  
KCAC  
Federal Way, WA  
Entries due March 13<sup>th</sup>

**Future:** HOD April 9<sup>th</sup>;  
Mayflower, April 29; Apple  
Blossom May 6<sup>th</sup>.

*By Coach John*

It is with very great pleasure that I say—“We got spirit, yes we do!” The Junior Champs team of about 35 Velocity swimmers traveled to Coeur d’Alene, Idaho and the Kroc Center to participate in the IES Jr. Championship swim meet. The meet was a big success by many standards with well over 85% best times, some new IES Champs qualifications, and a recapturing of the coveted Spirit Award. Velocity now has the Spirit Award from Long Course Champs as well as the Jr Champs meet in hand. We definitely have spirit, and I am appreciative of that. The spirit represents the fun and joy our team has in competition. And we have it win or lose—always giving our best whatever the overall outcome.

The team finished 4<sup>th</sup> behind 1<sup>st</sup> place host CAST, TCCC, and the Spokane Waves in sequence, but none of them could match our joy and super hero mantra. We don’t always have to win for a meet to be a success. And I think this meet was an example of that “growth mindset,” attitude that we want to see from our team at every level. Improving ourselves in the pool every day—from where we are being the critical philosophy that must continue to drive the team forward—each team member improving themselves on a daily basis. When each team member is doing this—we all get stronger.

Many kiddos dropped time at the meet, but maybe more impressive is the performances of our newer swimmers who dramatically decreased their disqualification rate at the meet. Our swimmers are swimming the strokes legally at a young age which will form a critical foundation for their progress later. Consistency in stroke development is the fuel for success at the Senior levels of our team.

Perhaps even more telling is the commitment of our team to send one of our team captains to the meet. Jessica Wierzbicki attended the meet with the team and led the cheers and inspired atmosphere for our participating athletes. Her leadership was noticed and appreciated by many as word came back to me about the experience. She was supported by two Silver Group swimmers, Marie Brangwin and Grace van der Merwe who lent their enthusiasm and leadership to the meet according to the coaches.

This was perhaps the last official Velocity meet for Coach Carolyn Magee who was at the meet in the Lead Coach role, helping coaches Carolyn Petersen and Stephanie Critchell to learn the ropes of a championship swim meet. Coach Magee will still have a role with our team moving forward, helping us out whenever she can—but her focus will change to assisting the Eastmont HS Team in the future, leaving her freeing up her summers to do things with husband Pat. I am sure I can speak for everyone associated with our team in saying we all have been positively impacted by Coach Carolyn’s coaching and presence. My son Kaleb had her for a short while when at 13 years old, he was in the Steel Group learning to swim. I know that the positive encouragement he received while with her enabled him to be a State HS Swimmer and a Senior Sectional and Zone qualifier during his time with Velocity.

Finally, there was some pretty good swimming going on! Earning individual first place finishes at the meet for Velocity were: Rhowyn Stroud, Lindsay Sutton, Violet Madson, and Wyatt van der Merwe. Congratulations!

We got spirit, yes we do.....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 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 as a part of our membership in IES.

**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 & we will bill your account!

**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.

#### SPEED SUITS?

Most of our 12 and over swimmers should wear a Speed Suit at the Champs meet. Exceptions would be those swimmers who are fully qualified for one of the upcoming Regional/Sectional meets. As a rule, speed suits are completely optional for 11 & Under Swimmers as there is great debate about their effectiveness vs. cost for our younger swimmers. Remember that our Speed Suits should be **Speedo** per our team contract with them. Ask a coach if you're not sure!

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! The phone app is available on several operating systems.

#### CHAMPS MEETING!

We will have a meeting to answer questions and provide information about the IES SC Championship meet on Wednesday, March 1<sup>st</sup> at 7 PM at EYAC. This meeting is for swimmers and parents!

#### SWIM A THON IS COMING--SAVE THE DATE! APRIL 22<sup>nd</sup>

Our annual team fundraising event is just around the corner! Swimmers gain pledges to swim 200 lengths of the pool in 2 hours or less (or as many as they can complete in that time). We make a big day out of it and have some refreshments and fun as well. Swim A Thon will be Saturday, April 22<sup>nd</sup> at the Wenatchee High School Pool!

#### APPLE BLOSSOM PARADE—SAVE THE DATE! May 6<sup>th</sup>

Each year, our team carries the award banners in the Apple Blossom Festival Parade. The team makes an event of it and we hike Saddle Rock, and join in on the Pancake Breakfast before marching. The Parade is May 6<sup>th</sup>! Be ready!

## VELOCITY GROUP GAB & BLAB

### COPPER GROUP GAB & BLAB:

Congratulations Copper swimmers for a successful Champs meet in Coeur d'Alene! Our group had 11 swimmers participate in the meet, and all of them showed their SUPER POWERS! Velocity proved our SUPER POWERFUL dominance by bringing home the SPIRIT AWARD this year. This award not only reflects the fun we had at the meet, but the sportsmanship and team support we demonstrate amongst our team and others. Some fun facts that show our groups improvement are the following:

- We scored 77 points for team.
- We had at least 32 best times!
- We had the least amount of DQ's of any other meet this season.
- We helped the team fill the time drop jar to earn an ice cream party for the team.

The Copper coaches are proud of the improvements the swimmers made at the meet, and the improvements we are seeing in practice. Keep up the hard work, and remember the following:

All the best heroes are ordinary people who make themselves extraordinary. -Gerard Way  
--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!**  
Marie Brangwin and Grace van der Merwe: Team Spirit and Leadership  
Hailey Gutzweiler, Violet Madson—Determination  
Jena Daley—Practice Focus and Effort!  
--All names will be put into a drawing for a Velocity Prize!

## VELOCITY GROUP GAB &amp; BLAB Continued...

## VELOCITY HAA!

**Silver and Gold Group Gab and Blab:**

I was proud of our Silver group swimmers Grace van der Merwe and Marie Brangwin and their efforts at Junior Champs. Grace placed 6<sup>th</sup> in the 400 IM and earned a best time in the 200 Breast while Marie placed 8<sup>th</sup> in the 500 free and dropped 3 seconds in the 100 fly while placing 7<sup>th</sup>! To top it off their enthusiasm and leadership helped team Captain Jess Wierzbicki to lead the team in reclaiming the Spirit Award for 2017. Great job ladies!

IES Champs is this weekend and all swimmers need extra rest and good food and hydration habits to perform well. While some of our swimmers have bigger meets down the road, we want all our swimmers to have a chance to swim fast this weekend. A Psych Sheet, Meet Event List and Timeline was sent out to the team yesterday via email.

Finally, a feel-good story about two Gold swimmers--Hannah VanHeyningen and Rebecca Bay. They are helping some Special Needs Middle School swimmers enjoy a season of Middle School Swimming. It is a great testament to them to give back in this way!

--Coach John

**Bronze Group Gab and Blab:**

The Bronze Group started the championship season with a bang. Ninety-one percent of our swims at Junior Champs were Personal Bests. Led by Kyle Sutton, who improved a total of 57 seconds for his events, every swimmer posted at least three Personal Best Swims. Rami, Danny, Zane, Jamie, Violet, and Rachel not only posted Personal Best Swims, but also swam fast enough to move on to the IES Champs. Way to go Bronze, I knew you could do it!

For those swimmers going to the IES Champs this week, a word of advice. Come prepared to swim. Be rested and well-fed. During the meet, stay focused on what you want to accomplish. Remember, you want good starts, good turns, fast splits, and hard finishes. Remember to eat and hydrate during the day. Don't forget that this meet will be ran in the Prelim/final format. All 11 & Over swimmers swim in the prelims in the morning. The fastest eight swimmers and *all* 10 & Unders in each event come at night for the finals.

Parents, your job is to be positive and supportive. Make sure your swimmer is hydrated and has something good to eat. We are ready for some great swims. I know you can do it! Just believe in yourself. I'm so positive about the outcome of this meet, I've put the water polo ball in the truck. GO VELOCITY!!!!!!

--Coach Joe

**Steel Group Gab:**

JR. Champs all I can say is WOW! There were so many good things to say about this meet, swimmers were dropping times, cheering on their teammates, and winning the Spirit Award, just to name a few. I am so impressed with how hard these Steel swimmers are willing to work and it is showing. As we finish our Champs season and start prepping for long course, I found a great article from Michael Phelps the GOAT and I found his wisdom very enlightening:

*From "5 daily habits Olympian Michael Phelps swears by," By: Catherine Clifford Thursday, 16 Feb 2017*

While Phelps spent most his days in either the pool or his bed, here are five habits he follows outside the water that made him a powerhouse:

**HE WRITES DOWN GOALS AND KEEPS THEM ON HIS NIGHTSTAND:** Phelps has found it helps to put his goals down on paper and to frequently look them over, especially after a tough day. The swimmer still tracks his long-term goals. At the recommendation of his agent, Phelps sets goals for five, 10 and even 20 years from now. It's been an adjustment to think that far ahead. "I never thought like that. I was always thinking of the next race or the next practice," says Phelps.

**HE NEVER USES THE WORD "CAN'T":** Phelps' coach, Bob Bowman, worked to take the word "can't" out of Phelps' vocabulary. That allowed Phelps to "broaden my mind and believe that I could do whatever I wanted to, and I think that was a big key of us being so successful," the swimmer says. "I was always a kid or a young man that would think as big as I could possibly think. And dream as big as I could possibly dream."

**HE IS WILLING TO GIVE UP A LOT:** Swimming seven days a week and taking care of an Olympic-tuned body means there isn't much time for much else. "A lot of it is the work you do every day and the sacrifices that you make. I think that's a really big word, a big key word," says Phelps.

**HE USES OTHER PEOPLE'S TRASH TALK AS FUEL:** Phelps won't talk about his business goals, other than to admit they are ambitious. At the pool, Phelps was known to keep quiet, too. He says there's "no point" in trash talking. But if other swimmers taunted Phelps, he listened and used the competition as motivation. "I welcome the trash talking. I love when people do it. I love when they do certain things to just fire me up," says Phelps.

**HE FOCUSES ON HIMSELF:** "I am staying in my lane," says Phelps. "I am doing what I have to do, what I want to do to try to be the best. For me, at the end of the day, when I was training, as long as I figured out what I needed to do in order to accomplish my goals and dreams, then that was all that mattered. Nothing else mattered. Everything else would just play out." Rather than get distracted by other swimmers, Phelps learned what he needed to do to be successful and focused squarely on that. "I can't control what other people do, so for me, I was always worried about myself and worried about what I needed to do. And, it worked."

--Coach Steph