



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Junior Champs Review, SC Wrap Up

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UPCOMING EVENTS!

IES Short Course CHAMPS!

March 2nd – 4th
Moscow, ID, U of I Pool
Entry deadline Feb. 12th!

SHORT COURSE

FAREWELL

March 9th – 11th
Moses Lake, WA, MLHS
Entries due: Sun, Mar. 5th

SPEEDO SR SECTIONAL

March 15th – 18th
Federal Way, WA KCAC
Entries Due March 5th

AGE GROUP REGIONAL

March 22nd – 25th
Federal Way, WA KCAC
Entries Due March 11th

IES SWIMPOSIUM

Spec. Guest: Anthony Ervin
April 14th, Univ. of Idaho
Sign Up ASAP: ieswim.org

By Coach John

A few weeks ago, about 27 brave souls ventured to Lewiston, ID for the annual Inland Empire Junior Championships. The meet is designed for developing swimmers who have not made a “BB” USA Swimming motivational time in any event. The “BB” standard is used to determine eligibility for the IES SC Champs. Another difference is that this meet is designed for 8 & Unders who do not have an age category at Champs.

Velocity managed 6th place at the meet with solid performances across the board. There were IES SC Champs times (“BB” standards) made, and several Velocity swimmers placed in the top 8 for the HAA contingent.

Placing first in the meet, and becoming the Jr. Champs Champion for this year were: Zane Hernke, 200 Back; Rami Escure, 100 Back; Rhowyn Stroud, 50 Back; Nolan Willms, 100 Free; and Violet Madson, 100 Free.

Placing in the top 8, occasionally in multiple events, were: Maddie Critchell, Jenna Daley, Austin Elwyn, Rami Escure, Zane Hernke, Violet Madson, MareN Musson, Stone Musson, Abby Roche, Hannah Roche, Rhowyn Stroud, Kyle Sutton, Madeline Sutton, Mackenzie Titus, Kelly Tucker, Nolan Willms, and Wyatt van der Merwe.

The coaches are proud of these swimmers and the awesome improvements that everyone has made!

Next up for Velocity is the IES SC Championships in Moscow, Idaho this weekend. Velocity will be taking 43 swimmers to the 3 day meet that highlights the best of Inland Empire Swimming.

After that, March 9-11 is the Short Course Farewell meet at Moses Lake—a last chance to qualify for Age Group Regionals and a fun meet to be a part of.

Senior Sectionals is in Federal Way, March 22-25. This meet highlights the very best swimmers in the Western Region of the United States. Velocity will be sending at least 7 swimmers to this premier event.

Age Group Regionals wraps up the season prior to spring break in Federal Way, March 22nd-25th. This meet highlights the best age group swimmers in the Western US. This is a great meet for 15 to 18 year-olds who qualify and have not qualified for Senior Sectionals. Times for 15-18 AGR are similar to High School State 4A qualifying times.

The short course season is quickly coming to an end. If your swimmer is in a season culminating meet coming up—please make sure that they get to practice as often as is possible.

VELOCITY HAA!

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.

Coach John to Denver for USA Swimming Leadership Conference
Coach John will travel to Denver April 27th-29th for USA Swimming's Western Zone Leadership Conference. Inland Empire Swimming and USA Swimming pay for the trip.

DON'T FORGET BUTTERFLY CHALLENGE at SWIM A THON!
The "Butterfly Challenge," is encouraging our swimmers to test their limits by doing something hard. There will be different levels of the challenge to be held during Swim A Thon that include some freestyle and others that contain no freestyle swimming at all. It is important to note that most of the swimmers choosing this option will be in the water for the entire allowed 2 hours for the event. If you have questions about the challenge, please get in touch with Coach Atiba!

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.

CHARLIE CUTTER AND HANNAH VANHEYNINGEN TO ATTEND PLU!

Charlie Cutter will become the first Velocity male swimmer to swim in college next year. He recently announced that he will attend Pacific Lutheran University. "I am proud of Charlie and his accomplishments as a swimmer and a leader on our team," said Coach John, "I'm looking forward to following his swimming career in college." Charlie will have some familiar company joining him, as Hannah VanHeyningen also announced that she will attend PLU. These two team captains in the same college pool will provide an excellent boost to the PLU team! Velocity HAA! We are still waiting on an official announcement from Tessa Orozco!

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:

The Copper group continues to work hard on improving strokes and endurance. The coaches have seen great improvement over the past few months, and many of our swimmers are getting close to meeting the requirements for Steel, and a few will be moving next week!

We have been focusing on listening skills and lane etiquette....and will continue to work to improve this. These are important skills to have for progression on our team!

Thanks parents for your support in our program! Please let us know if you have any questions.

--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: Joseph Scott for Hard Work and Leadership!

Steel: Maren Musson for Work Ethic!

Bronze: Violet Madson, see Bronze Group Gab for details.

Gold/Silver: William Neer, for overcoming adversity!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

Congratulations to all the Velocity boys that attended the WIAA State Championships. They performed very well! WHS earned a 3rd place team trophy—its' highest ever finish.

I continue to be impressed by the work ethic of the Silver Group. They are definitely showing a determination to improve their swimming.

Several of our swimmers will attend Champs, Sr. Sectionals, and Age Group Regionals. Sleep is the #1 factor that effects performance—so rest up!

Welcome to our two new group assistants helping me with the Senior Groups! Coach Carolyn, and Coach Trent are helping me with the increased numbers in both Gold and Silver group. They have been doing a great job helping our swimmers focus on, “all the small things.”

Mayflower meet will be a different format than previous years and we would like our Senior Swimmers to attend. Hannah, Charlie, and Christian are working on a Shootout format with our meet guru, Dave Cutter. Should be fun! Save April 28th!

IES Swimposium is April 14th with Special Guest Olympic Gold Medalist Anthony Ervin! Coast is \$60 for athletes. Programs for parents, officials, and coaches also offered free of charge! Go to: www.ieswim.org

--Coach John

Steel Group Gab and Blab:

I was reading this article in Swimming world magazine about "The American Swimming culture." It states that one of the greatest part of is our families.

I thought about our velocity families and how we couldn't do it without them, from volunteering to making sure your swimmer gets to practice on time. Parents, you are definitely the unsung heroes of our culture, thank you for all you do.

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Swimmer of the month
Maren Munson for work ethic

--Coach Steph

Bronze Group Gab and Blab:

February was filled with a lot of fun, friendship, and fast swimming. An example of that was our 14 and Under Junior Championships. Velocity showed up to swim by posting a majority of best times, all the while showing great team spirit!

Bronze Group character of the month is Violet Madson. Violet showed how her ever improving work ethic in practice payed off at this big meet. Keep up the hard work, Violet!

Thank you to all the swimmers and parents that made February another successful month for the Bronze Group. VELOCITY HAA!

I usually share recipes but this time I'd like to share a nutrition fact:

Did you know that drinking one can of soda daily increases your risk of type 2 diabetes by 18-22%? That also includes Frappuccinos and other sugary drinks. Watch what you are drinking!

--Coach Atiba

IES "SWIMPOSIUM"

The Inland Empire "Swimposium" is held every two years to enhance the entire swimming community of the Inland Empire LSC. There are programs for parents, coaches, and swimmers! This year, special guest for the athletes will be Olympic Gold Medalist Anthony Ervin! Coast is \$60 for athlete program. Parents, officials, and coaches are free of charge. Event will be held April 14th at the University of Idaho Aquatic Center. Sign up athletes at www.ieswim.org as soon as possible!