



# VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## We Are Just a Little Different, Thankfully!

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### UPCOMING EVENTS!

#### CHAMPS PIZZA KICKOFF

February 4<sup>th</sup> 2017  
3<sup>rd</sup> Generation Pizza, 5:30 pm  
East Wenatchee, WA

#### IES JUNIOR CHAMPS

February 10<sup>th</sup> – 12<sup>th</sup>  
Kroc Center  
Couer d'Alene, ID

#### Short Stacks for Tall Cause

February 25<sup>th</sup> 2017  
Appleby's, 7:00-10:00 am  
Wenatchee, WA

#### IES SC CHAMPS

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

### By Coach John

Over the past few days I have been struck by how we are just a little different and how our connections and individual efforts make us better than we could ever be on our own. Our team's character shines through in many ways. The HAA (High Aiming Achievers) lifestyle is constantly alive and at work in all of us. Here are a few things I have noticed and appreciated in January that make me so proud to be the head coach of this team.

A coaching staff spread a bit thin because of the departure of Coach C that steps up and serves every step of the way. Thank you! Your hard work and dedication to our team is evident and noted from taking over a swim lesson program, to taking over an entire group, to staying late and working on starts with that one swimmer who is struggling to get it right. There are awesome and amazing things going on. Keep up the great work!

Parents who go the extra mile to help anyone who needs it. Last minute rides, taking in a swimmer because of a family emergency come to mind, but so does the interest in our coach search and attending meet and greet events. Those that are officials—I have a special place in my heart for—my Dad was an official. Thank you for making our meets consistent and a learning experience for all! I appreciate everything that you parents do—even the mundane of just getting your swimmers where they need to go. Thank you!

Behind the scenes volunteers and board members. Those folks who put together our champs themes and spirit days, team dinners, team fundraisers, paying the bills, and so much more—your work and dedication to the team have earned us that Level 3 USA Swimming Club Excellence certification. Without you, the team would not operate smoothly.

Our pools. I am thankful for the management and administration of our practice and meet facilities. A special and heart-felt thank you to the City of Wenatchee (Caryl and Dave), the YMCA (Katrine and Stephanie), and the Athletic Department at WHS. Our close connections with you are valued and our team is thriving because of your help. We hope that we add to your programs as much as you add to ours.

Our swimmers. Waking up at 5 AM to get to practice is just a little different! While it is a way of life in swimming, for many the thought of waking up at 5 AM, yet alone doing something physical is thoroughly foreign and frightening. Our senior swimmers attending AM practice do more before 7 AM than most people do all day! Kudos! The joy I see when goals are accomplished is special—but I also appreciate the kiddos who don't quite achieve their goals. While certainly heartbreaking, they are learning to deal with disappointment and I am hoping they learn to use that to fuel a future success. I have also seen a swimmer making a best effort despite an injury, another consoling a teammate after a tough swim, high fives in practice and others making big strides and improvements in their sport.

While all of these things seem "normal" to us, I don't think any of it really is...normal. I think what we do is always just a little different. I think that's what makes our program attractive in the community. Thanks to everyone for helping to make it special.

PS an extra thanks to Angie Willms for her help with the Sports Foundation Convention and to Noelle Grigsby and Rachel Madson for all the help with the Coach visit.

## 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.

#### PANCAKES ANYONE?

**Saturday, February 25<sup>th</sup>** the team will be doing a fundraiser with Appleby's restaurant. The time is 7-10 AM and we need older swimmers and any parents to help serve. More information is available on the team website. Please help us make this event a success.

#### 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 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 KICKOFF DINNER!

Our team will be spending the evening of February 4<sup>th</sup> at 3<sup>rd</sup> Generation Pizza beginning at 5:30 PM. The buffet style event features some of the restaurant's best pizzas including desert pizzas that the swimmers are raving about! We will celebrate the short course season and psych up for the upcoming Championship meets.

#### 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 Saddlerock, 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:

We just completed Winter Open, and our swimmers are looking faster and stronger each meet! We had several huge time drops, but more important is improvement we have seen with our strokes. Junior champs is coming soon, and we will continue to work toward legal, but fast strokes. We have almost half our group signed up for Junior Champs, and know they will make a big impact at the meet. Last year Velocity won the meet, and we have a great opportunity to take first as a team this year as well!

In Copper, we try to minimize the focus of DQ's at meets, however, work to make the changes in strokes at practice. I would like to share the following article from USA swimming titled, "DQ, Just Means "Don't Quit".

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1&itemid=16141&mid=14491>

This is a reminder that DQ's come at all levels, and usually result in growth and faster swimming. The following is a quote from this article: "Just remember, the best-of-the-best get DQ'd, and you will too. A DQ means "Don't Quit." Can it hurt a little? Sure. But growth comes from some painful moments. And when you finally make a legal swim, it'll be that much sweeter because you've earned it."

Please spend some time to share this article with your swimmer...and once again, we thank you for your commitment to bringing them to practice so we can continue to work on legal swims!

--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!**

Elora Neer, Hannah VanHeyningen Perseverance  
 Benjamin Grigsby & Kyle Sutton Future Leaders Today  
 Mackenzie Titus, Courage (going off blocks!)

--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:**

We had some excellent swims this past weekend and also two weekends ago at Washington Open!

In Federal Way, Haily Payne showed she is one of our up and coming swimmers with two Futures Championship qualifying times in the 100 and 200 Butterfly. Jess Wierzbicki had two season best times in the 100 and 200 fly, placing 3<sup>rd</sup> in the 100 Fly on Sunday and earning a lifetime best in the 50 Free. Andreas Broxson earned an Age Group Zone qualifying time in the 100 Breast and Hannah VanHeyningen set a new team record in the 1650 Freestyle. Congrats to these swimmers and all our team members who achieved best times in the meet.

At Winter Open, Will Neer earned an AGR time in the 200 Back. The team had solid performances all-around and several best times.

Championship season is here and our focus will be changing to more race strategy, pace work, and focus on starts, turns, and finishes. A self-focus on walls and finishes over the next few weeks will help our athletes improve a great deal.

On Saturday, February 4<sup>th</sup> I am asking that Gold and Silver swimmers stay an extra ½ hour to do a “team teach” session with our Copper Group swimmers.

--Coach John

**Steel Group Gab and Blab:**

Wow what a great start to the year Steel Group!!!!

I have really enjoyed getting to work with Steel in January they are so eager to be great swimmers. I love the sport of swimming because you only have to be better than you were yesterday and there is always something to work on. Your Steel swimmer might have told you that my expectations are high for them; they would be right.

We talk a lot about swimming smarter not harder; and a lot of my coaching revolves around smarter swimming. You might have come into our practices and seen some new drills and thought “What are they doing?” please feel free ask or if you have any other questions. We have been working especially fast hands and fast feet in breaststroke.

I am very impressed with how hard these swimmers have worked in practice; we are seeing the fruits of our labor in our meets. At Winter Open we had lots of best times. This month we had a Quote of the Month “Practice doesn’t make perfect but perfect practice make perfect”. Ask your Swimmer what the QOTM is for February.

--Coach Steph

**Bronze Group Gab:**

An old coach friend of mine used to say “YOU DO IN PRACTICE WHAT OTHER’S WON’T, SO THAT YOU CAN DO IN MEETS WHAT OTHER’S CAN’T”. A couple of weeks ago the US Swimming weekly quote stated that “MEETS ARE SIMPLY A MEANS OF SHOWING WHAT YOU HAVE ACCOMPLISHED IN PRACTICE”. Simply put, time improvements and qualifying times accomplished in meet are a result of the time and effort you put into your practices.

To improve you must first be at practice on a regular basis. 12 and under swimmers should plan on attending a minimum of 4 practices per week. 13 and over swimmers should attend a minimum of 5 practices per week. Dry land training is recommended for the older swimmers. This applies for the whole season, not just the week before the big meet. Remember, a missed practice is a lost practice and you can never get it back.

To get the most out of practice the swimmer needs to listen, work hard, try to make suggested changes, ask questions, and have some fun. Small changes to your stroke, such as not breathing off the wall or break outs, can bring about great time improvements. Even though the sets are strenuous, try to make every start and then swim at the maximum speed requested. Always swim the stroke with the best technique you can. Never waste a wall by doing a bad turn. Do your underwater work. Be your own stroke coach, constantly looking for what you are doing right and what you think you can improve on. And always ask questions.

On the positive side our swimmers had a great meet at Moses Lake. The nineteen Bronze swimmers attending swam to 104 Personal Best Times. We qualified in 18 more events for Senior Champs and had 1 swim achieve AGR Standard. And I didn’t have to use the motivator once! Although I think someone had it for dinner Saturday night. Great job team, I’m proud of you.

We are now into the championship phase of our season. Everyone should know whether they are to go to Junior Champs, IES Champs, or possibly both. If you have any questions about meets, talk to me.

--Coach Joe