



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Swimming in College

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UPCOMING EVENTS!

CHAMPS KICKOFF PIZZA!

February 3rd 5:30 PM
Abbey's East Wenatchee!
****Note change of venue.**

IES JUNIOR CHAMPS!

February 9th-11th
Lewiston, ID, Asotin Co Pool

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
Entry deadline SUNDAY,
March 5th

SPEEDO SR SECTIONAL

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

By Coach John

I am pleased to announce that two of our swimmers have committed to swim in college next year. Jordan Hartley has committed to the University of New Mexico and Rebecca Bay has committed to California State University at East Bay. I am extremely proud of these young ladies and I know that we have some more to go before we are done with college announcements. Hannah VanHeyningen and Tessa Orozco have both made trips recently and will make their decisions soon.

I am excited about all our current and former Velocity Swimmers who are continuing with the sport. These current 4 young ladies will join a group that includes Isabelle Dressel (Brown), Jess Wierzbicki (Air Force Academy), Gabrielle Davy (Western Colorado State University), Audrey Parrish (Dixie State), Kayli Brown (University of Puget Sound), and Hannah Bruggman who just retired from the WSU program. Not only are these ladies continuing their swimming careers, they are also leaders. As examples, Hannah Bruggman is serving on the PAC-12 Student Advisory Council and Audrey Parrish is a team captain at Dixie. I am proud of our building tradition of sending our swimmers forward to make meaningful contributions outside of the Wenatchee Valley.

It is important to note that when I first arrived, out of all the senior-level swimmers, only one raised their hand when asked if they would like to continue their swimming career. Now, in seven years we have many that have gone on to do so. I am very proud of this new tradition and I am hopeful that there are many more to come—and hopefully we will have a young man or two join the party as well.

One of our Velocity parents recently told me that, "swimming is lifestyle." I couldn't agree more. That lifestyle leads to positive young leaders moving out of our community while at the same time representing all of us. What I want each and every one of our high school swimmers to know is that if they want to continue their swimming career that there is a place for them to go. They may have to get a ways away from home to do it—but every one of them can land in a swimming program that will fit them and at a place that matches their academic goals.

So a big shout out to Jordan and Becca and all of our past swimmers who have moved on to colleges already. And a shout out to Hannah and Tessa who are still formulating their final choice. I am extremely proud of all of you and hope that your academic goals and dreams will continue beyond our little team with the HAA attitude. You all exemplify this every day and my congratulations to you!

If you or your swimmer have questions about swimming in college, it is a good idea to begin the process in the spring or summer after the sophomore year. Just get in touch with me and I am happy to help.

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.

Christian Cutter to Leadership Summit

Christian Cutter is on his way to Houston, Texas in April to represent Inland Empire and Velocity Swimming at USA Swimming's "Athlete Leadership Summit." Christian will join Eli Engledow of LCN and Coach Bob Wood of CAST for this exciting opportunity. The summit will be a "swimming included" opportunity with the two athletes being coached by some of the brightest female club coaches in the country for a few workouts. Velocity is fortunate to have athletes interested in leadership beyond our own team.

CHAMPS KICKOFF PIZZA!

There is a change of venue for our Champs kickoff Pizza Party on Saturday, Feb 3rd at 5:30 PM! It is now at Abbey's Pizza in East Wenatchee!

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.

BUTTERFLY CHALLENGE/SWIM A THON:

Coach Atiba and I announced to the Bronze and Gold/Silver Swimmers about an exciting challenge for them to be held during Swim A Thon, Saturday, April 21st. It will be called the "Butterfly Challenge," and it encourages our swimmers to test their limits by doing something hard. There will be different levels of the challenge 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. Coach Atiba will be joining them for support! If you have questions about the challenge, please get in touch with Coach Atiba!

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:

What a great meet for our Copper Swimmers at the Winter Open last weekend! We had many fast and legal swims! A few DQ slips, but that's ok because this is how we learn! If your swimmer had a DQ, support them and tell them to keep trying. Swimming is unique in that the youngsters have to do the skills in a manner similar to our Olympians!

Junior Champs is next weekend February 9-11 in Lewiston Idaho! This is a great meet for our Copper swimmers to attend, and our Team Care committee is working on a very cool theme for the meet. We hope to see you at our Champs kickoff night this Saturday at 5:30 PM at Abbey's East Wenatchee!

--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: Zeke Edmundson for enthusiasm and hard work!

Steel: Jaxson Luinstra and Jenna Daley for Hard Work!

Bronze: Aiden Grigsby, see Bronze Group Gab for details.

Gold/Silver: Jackson Calloway for his help with young swimmers at their first meet!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

It has been a record breaking month for the Gold/Silver groups as team records fell in the month of January! Haily Payne broke team records for 13-14 girls in the 100 Breast and 400 IM while Connor Elwyn broke team records in the 400 IM and 200 Back. Congrats!

I have been very impressed by the progress of our Silver Group swimmers! Many of them are approaching Senior Zones meet qualifying times. This is very different from past years and I am thrilled with the level of enthusiasm that the group is showing. Keep up the great work!

Champs commitment is up on the team website and I hope to see almost all of our Gold and Silver swimmers signed up for and attending this important team meet.

Check out and consider participating in the Swim A Thon "Butterfly Challenge". Take on Coach Atiba for all of the Swim A Thon glory!

REST is the #1 factor in determining championship meet success. Nutrition and hydration also play an important role, but the amount of rest—specifically—SLEEP—that a swimmer gets is the most important contributing factor for fast swims.

--Coach John

Steel Group Gab and Blab:

First of all, I want to say how proud I am of all of the hard work that the Steel swimmers are putting in. At the Winter Open at Moses Lake Steel Swimmers collectively dropped 5 mins in time, WOW!

As we are moving into the championship season we need help swimmers to remember to fuel our bodies well before, during, and after meets, keep hydrated, limit sugars and carbonated drinks, and get plenty of sleep!

We will be working hard going into Jr Champs and IES Champs meets it is important that swimmers make as many practices as possible to be ready for these meets.

Thank you for all that you do as parents. Velocity HAA!!!!

--Coach Steph

Bronze Group Gab and Blab:

Happy 2018! It's been a great month of training and competition. Congrats to Jaime Hobson, Abbey Mott, and Rami Escure on their Washington Open qualifications. We also had some great swims at our meet in Walla Walla. Our Moses Lake meet was great as well (lots of best times 😊). And Aiden Grigsby qualified for Age Group Zones! Well done!

Our character of the month is Aiden Grigsby. Keep up the hard work, determination, and positive attitude. Congratulations, Aiden!

--Coach Atiba

RECIPE OF THE MONTH!

Chef Siska's Mango and Sticky Rice:

Look for a tasty source of carbs? Try this heavenly tropical refuel or carb load

Ingredients

- 100g sticky rice
- 1 mango
- ½ cup full-fat coconut milk
- a pinch of salt

Instructions

1. Rinse the rice well and let it soak in water for a couple of hours.
2. Steam the rice for about 20 minutes.
3. Place the rice and the mango in a bowl and sprinkle with a pinch of salt.
4. Pour the coconut milk over the rice and mango and serve.

Serves 1