



VS NEWS

A Newsletter for Velocity Swimming, 2015 IES SC Champs!

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SUMMER MOVING FAST! CHAMPS and ZONES AROUND CORNER

By Coach Pringle

INSIDE THIS ISSUE

- 1 CHAMPS/ZONES
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes

UPCOMING EVENTS!

ALCOA Starlight Open

July 10-12, City Pool

SPEEDO CHALLENGE

July 14-18 (SR MEET)

Gresham, OR

IES LC CHAMPS

July 24-26, Spokane, WA

SR ZONES

July 29-Aug, 2, Clovis, CA

FUTURES (SR)

July 30-Aug 2

Gresham, OR

AG ZONES

August 5-8

Maui, HI

Summer is moving SO fast! Alcoa Starlight is next weekend (Thank you very much Alcoa!) and Champs is two weeks after that. The following week, we send swimmers to Gresham, OR for the SPEEDO Sr. Sectional meet. Then at the beginning of August we have Sr. Zones, Futures Championships, and Age Group Zones. We have swimmers expected to go in each of these summer culminating meets. It is exciting to see all of our Velocity Swimmers achieving times for these prestigious USA Swimming competitions.

The Alcoa Starlight meet is the last chance for our swimmers to qualify for Sr. IES Champs, Sr. Zones, and Futures. The IES Champs meet is the final opportunity to qualify for Age Group Zones in Maui, HI. The swimming should be excellent over the next few weeks as the swimmers strive to meet their goals.

For Champs, we like as many of our team members to go and commit as possible. Last year, our team won the LC Championship for the first time in over 40 years. We look to once again be a front runner but the competition from SWAT and from TCCC will be very good as they look to take back their previous dominance. All swimmers on our team are eligible for at least some events (50's) at Champs as long as they have swum the event legally in a short course or summer meet. In all other events, "B" USA Swimming motivational standards are used for qualifying. Book your hotel rooms now as Spokane is a busy place in the summer. Please keep in mind that it is an expectation that when swimmers qualify for upper level competition, that they do swim in the meet. This helps our team visibility, camaraderie, and spirit.

Sr. Zones will once again be in Clovis, California just outside of Fresno July 28-August 2. While not the marquis destination, the facilities in Clovis are top notch. The new Futures Meet will be held in Gresham, OR. July 30th-August 2nd. And finally, the much anticipated Age Group Zone meet in Maui will be held August 5th through 8th. This meet is an IES All-Star Meet with assigned IES Coaches and chaperones.

August 8th will be our last day at the City Pool and we will switch to a modified Monday through Friday schedule back at EYAC until school starts. We encourage our swimmers to take the remainder of August as a time away from swimming to the extent possible and practices are designed and scheduled merely to maintain a swimming fitness level. Once school starts in September we will be back at the newly remodeled WHS pool as well as at EYAC.

In case you missed it, the WHS pool is getting a major facelift with increased pool depth, new modern competition gutters, new deck drain system, new non-skid deck coating, new depth markings, a handicapped lift, a new diving board along with stand reconfiguration, new starting blocks, and new touch pads. We look forward to a more modern feel to one of our important homes.

Watch the calendars as they become available for specifics on scheduling etc. Planning is already underway for the 2015-2016 swimming year and I hope it will be as exciting as this last one has been! Velocity HAA!

TEAM RAMBLINGS

NEWS and NOTES

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you! There are many ways to help out our team but maybe the most important way is to become an IES/USA Swimming certified official. Contact Matt Bruggman if you are interested in starting this process! Our team is becoming known for its diligent and focused work in providing officials at meets both home and away. We are required to provide a number of officials according to our number of athletes at any meet.

Bigger, Faster USA Swimming Championships! As of this writing several Swimmers will attend end of summer USA Swimming Championships. Senior Zones: Rebecca Bay, Hank Bergstrom, Kaleb Pringle, Jared Vargas, and Jess Wierzbicki. Futures Championships: Isabelle Dressel (also qualified Jess Wierzbicki). Age Group Zones: Andreas Broxson, Trenten Calloway, Braden Dilly, Rae Ann Dressel, Connor Elwyn, Sierra Hartely, Tage Madson, Haily Payne, Hannah VanHeyningen, Jack Wierzbicki.

Apple Capital High Point Winners: Benjamin Grigsby, Connor Elwyn, and Rebecca Bay.

Wine Country High Point Winners: Jessica Wierzbicki, Vargas

A big Velocity HAA welcome to our new swimmers! Chance Kruckenberg, Hannah Merrill, and Kate Gillespie in Copper, Ella Gillespie and Alyssa Merrill in Steel, and Ricardo Perez in Silver. Also welcome to Hailey and Michaela Childress from Chinook who are training with our team this summer.

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 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!

VOLUNTEERS NEEDED!

For this weekend at Alcoa Starlight July 10-12, we need all hands on deck! Volunteer help from our parents is crucial to our home meet success. Our home meets represent close to 25% of our budgeted income and help to keep our membership dues as low as possible. You can sign up for jobs on the Team Website.

SWIM A THON

The Swim A Thon has concluded and money is now due. Please drop your checks at the city pool and indicate Swim A Thon on the envelope. There is a drop box in the shed. Our goal of \$17,500 is ever closer! Finish up and let's get this! A minimum of \$250 per swimmer will be billed if money is not received soon.

ANNUAL TEAM PARTY:

The annual team party will be held at the Cutter's house on Friday, August 21st, Time TBA. Kids can play in the pool and we always have a great tug of war contest. Who will win this year?????

ANNUAL TEAM MEETING:

The annual team meeting will be held at Hydro Park on Sunday August 23rd. Exact time TBA. This annual meeting is the required business meeting for our non-profit status. It deals with team budget, board member voting, and more.

Velocity Character Awards

“Optimism” Award: Katya Kazulina

“Neighborly” Award: Andreas Broxson (also Helping Hand)

“Never Quit/Perseverance” Award: Katie Mock, Madeline Sutton

“Giving Back”: Jordan Hartley, Charlie Cutter

“Doin It Right”: Rae Ann Dressel, Rebecca Bay

“Helping Hand”: Jared Vargas, Jessica Wierzbicki, David Vandersluis