



# VS NEWS



Newsletter for Velocity Swimming, 2015 IES SC & LC Champs!

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## CHAMPS 2016! VELOCITY HAA!

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### UPCOMING EVENTS!

#### **IES LONG COURSE CHAMPS! GO!!!!!!!**

July 29<sup>th</sup> – 31<sup>st</sup>

Pasco, WA

#### **SENIOR ZONES**

August 2<sup>nd</sup>-7<sup>th</sup>

Fresno, CA

#### **Arena Futures Championships**

August 4<sup>th</sup> – 8<sup>th</sup>

Palo Alto, CA

#### **TEAM PARTY!**

August 5<sup>th</sup> 5-9 PM

Cutter's House

#### **AGE GROUP ZONES**

August 10<sup>th</sup>-13<sup>th</sup>

#### **ANNUAL TEAM MEETING**

August 28<sup>th</sup> 6-8 PM

Billingsley Hydro Park

### By Coach John

Well—here we are, the last meet of the summer for most of our swimmers. IES Long Course Champs. We are the defending Champions and will be attempting to win our 3<sup>rd</sup> Long Course Championship in a row! What an accomplishment that will be if we can do it— together!

Long Course season is interesting. The longer swims and lack of walls in races make the swimming...well...different. I was talking to a college coach this past week and they told me, “short course swimming and long course swimming are definitely different. Short course swimming shows you who the best athletes are, but long course swimming shows you who the best swimmers are.” I found that interesting—but if you think about it, it is completely true.

We do have a chance to win again and show who the best swimmers in the pool are. It has been a blessing over the past couple of years to have both the best athletes and the best swimmers (and the best coaches and parents too!). So with the spirit of the USA and the Olympic Games with us, we will bring a red, white, and blue revolution to Pasco this weekend. Thanks to Team Care and Bruce Herring and Julie Bay for the wonderful tie dye shirts. They are awesome and we will all be proud to wear them.

This is also my favorite meet of the year because it is the one place where almost all of our team can be/is together. It's like a big giant celebration of our team—and I love it. So let's get to it and have some fun. Hopefully we can show our pride in our country, our community, and our team while performing well and admirably along the way.

I want to also recognize those swimmers moving on to additional end-of-the-year Championships put on by USA Swimming. These swimmers have earned the right to move on to a higher level of competition and have committed to go and we are proud of them!

SENIOR ZONES (Fresno, CA): Rebecca Bay

FUTURES CHAMPIONSHIPS (Palo Alto, CA) Isabelle Dressel and Jessica Wierzbicki

AGE GROUP ZONES/IES ALL STARS (Salt Lake City Utah): Christian Cutter, Brooklyn Dressel, Rae Ann Dressel, Connor Elwyn, Sierra Hartley, and Haily Payne.

Finally, I wanted to let everyone know that I will be away from the team for about two weeks beginning August 15<sup>th</sup> to have my right knee replaced. Hopefully, I'll be able to be back around August 29<sup>th</sup>.

**GO FIGHT WIN!!!!!! VELOCITY 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 according to our number of athletes at any meet.

**Coach John will have the teal team caps at Champs with him. There are even a couple of the dome caps available for that sleek and fast swimming look! All Velocity Swimmers should be in the teal caps for all swim meets. We will bill your account of your swimmer needs one.**

**SPEEDO--official Swim Wear of Velocity Swimming:** Recently, Velocity renewed a 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.

**IES LOOKING FOR HS JUNIOR TO BE A PART OF IES BOARD:** Inland Empire is looking for a HS Junior from a team that can attend USA Swimming Convention in September, and be a part of the IES Board. If you are interested, please let Coach John know as soon as possible!

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.

#### **HIGH POINT WINNERS:**

The past two swim meets in July saw some of our team members win the high point awards for their respective age groups. At Starlight; Aiden Grigsby won the 8 & Under boys while Haidyn Stroud was the winner for the 10 & Under Girls. At Sizzlin' Summer, Lindsay Sutton won the 8 & Under girls award while Christian Cutter brought home the award for the 13 & 14 boys age group. Congratulations!

#### **TEAM SAFETY:**

It is highly recommended that all athletes take USA Swimming Athlete Protection Class on the USA Swimming website. This should be done with a parent. There is also a parent version of this (watch it first). For the summer, it is important that we keep a close eye on our kiddos, especially the little ones. Don't be afraid to identify strangers amongst us during practice. We rent the facility so after a short period of cross-over into our time, there really shouldn't be non-Velocity folks hanging around.

### VELOCITY GROUP GAB

#### **COPPER GROUP GAB:**

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it". --Michael Phelps

Good luck to Maddie, Sam and all the Velocity swimmers at Champs! We will be cheering for you and wish you fast swims and fun times! The Copper group and Velocity Swimming want to welcome Reese, Ryan, and Annette. We are excited to have you on the team!

Thank you parents for the support and encouragement you provide to your swimmers. We have seen huge improvements this summer with your swimmers.

Best wishes from your Copper coaches,  
Kathy and Carolyn

#### **Characters of the Month: Congratulations and great job!**

Kathya Viramontes: I'm a great listener award.  
Nolan Wilms: Team Player Award.  
Ben Madson: Motivating Others Award.  
Brooklyn Dressel: Rising to the occasion Award.  
Danny Gutzweiler: Practice Animal Award.  
Tessa Orozco: Most Improved Award.  
Jessica Wierzbicki: Overcoming Adversity Award.

## VELOCITY GROUP GAB Continued

## VELOCITY HAA!

**Silver and Gold Group Gab:**

Today was an amazing practice before Champs. The swimmers were dialed in and swimming fast. It was neat to watch the smiles as they were feeling the best in the water that they have all summer long. In fact, the entire week has really been great—maybe it's the warmer weather so we are all feeling a bit more comfortable!

There is a lot going on with two groups and Coach Joe and I couldn't be happier with the progress made this summer.

All of that progress can be ruined when athletes don't take care of themselves before and during a meet. Hydration, nutrition, and rest are the "hidden" elements of training and performance that can get overlooked—but when they do, the effects can be devastating.

Please encourage your swimmers to hydrate often; eat well and smart in between events and eat a large meal in the evening after the meet is done. The hydration piece is vitally important and performance will fall off if this aspect isn't managed during hot weather at a swim meet.

I have been impressed with the Wednesday AM post practice brunches on Wednesdays. It has been fun to see the swimmers regularly get together outside of the pool. Thanks for a great summer!

--Coach John

**Steel Group Gab:**

Steel group is definitely ready for Champs! I have been especially pleased with everyone's attitude and work ethic in preparing for this meet. Everyone is excited for the meet this weekend in Pasco. Be sure to remember to continuously hydrate as it is supposed to be very hot. I know everyone will have great swims. We have been fine tuning everything to be ready for fast swims. Thanks to all you parents for making sure your swimmer gets to as many practices as possible. As this meet will be the conclusion for most of my group for our long course season, I hope you will take a bit of a break sometime during August. A break after the championship meet should be an important part of every swimmers season plan. Your body needs a rest both physically and mentally (and parents need a rest from driving your swimmers to practice every day). Take some down time and enjoy the rest of your summer doing other things. Also, it will make everyone eager to start up again in the fall for the short course season. Thanks for a great long course season.

Go Velocity!!

--Coach Carolyn

**Bronze Group Gab:**

And We're Racing! And let me tell you, Bronze kids are ready to swim FAST!

I am so excited for Champs Weekend and all the fast swimming that will be taking place! I believe that this might just be the fastest team we've ever sent to a Championship meet. As I told the kids already, EVERYONE in Bronze group has the chance at scoring important team points for their team and making finals (so parents be prepared for longer day!).

Some of our Bronze swimmers are right on that bubble mark of about 15-20th place. So hopefully we have some inner Jason Lezak type swims! (USA SWIMMING 400 Free Relay Gold Medalist and catch up swimmer extraordinaire!) I believe in each and every single one of these Bronze swimmers! I hope you are all as excited as I am and let's keep that high energy positive vibe going throughout the whole weekend!

--Coach C