



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## Some numbers and thank you's!

By Coach John

### INSIDE THIS ISSUE

- 1 Numbers & thanks!
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab & Blab

### UPCOMING EVENTS!

#### IES CHAMPS

Pendleton, OR

July

Entries due Friday, July 7<sup>th</sup>

#### ARENA SENIOR ZONES

Clovis, CA

Aug. 1<sup>st</sup> – 4<sup>th</sup>

Entries due Wednesday, July 19<sup>th</sup>

#### AGE GROUP ZONES

Roseville, CA

Aug 9<sup>th</sup>-12<sup>th</sup>

#### Move Indoors

Wenatchee HS Pool

Aug 14<sup>th</sup>

#### ANNUAL TEAM MEETING and DESERT SOCIAL

Hydro-Park, East

Wenatchee

Sunday, August 27<sup>th</sup>, 6 PM

*Our team is bigger than ever! We have 47 swimmers traveling to Pendleton for IES Long Course Champs, 11 and potentially 12 swimmers to Fresno, California for the Arena Senior Zones Meet, and 6 with potentially more swimmers heading to Roseville, California for Age Group Zones. These are really great numbers traveling to Long Course culminating swim meets and we can all be proud of our team's accomplishments!*

As we finish up the Long Course season I would like to thank some people who behind-the-scenes have made this team better and stronger during my time here as head coach. Their countless volunteer hours on and off the pool deck cannot be replaced, or valued. Our team operates with volunteerism, and it takes many hands to make light work. The more our families are committed to the volunteer efforts as board members, officials, clerks, concessionaires, and more...the more our team thrives and progresses. Our Past President Jeff Sutton, is rolling off our Board and will be missed—even though he will continue as an official on-deck for our team. Jeff spent countless hours in attempts to improve our team, is responsible for us getting into the IES equipment trailer rotation and having that trailer housed here in Wenatchee. He has also been involved with fundraising, repairing pool equipment, officiating and meet directorships, and much more. Thank you, Jeff, for your service the past three years on our Executive Board as VP, President and Past President. The financial health and stability of our team has never been better. Noelle Grigsby has been our Treasurer for the past four years. This has been a BIG job! In addition, Noelle has handled all our team billing, finances, team registrations, and basically anything surrounding the dry-side administrative pieces of our team. Noelle also has assisted greatly in meet direction, volunteer coordination, meet set up (she is great at setting up starting blocks!) and much more. Noelle is also rolling off our Board but will be continuing to help the team behind-the-scenes. Thank you, Noelle! Genie Lutz has been with me my entire tenure and has served as our Executive Board Secretary since before I arrived. In fact, Genie was the team representative that picked me up at the airport when I arrived for my interview! Over the last couple of years, Genie has taken on the responsibility of being our home meet referee, replacing Matt Bruggman. Home swim meets are a grind, and Genie has managed them very well. Behind the scenes, Genie has been involved with the improvement of our team logo, contributed to our team's long-term vision, and has been a strong advocate for Senior-Level swimming. Thank you, Genie! And finally, Dave Cutter. What can I say, Dave is the best A.O. in the Inland Empire and perhaps in the Northwest. Dave is responsible for our meet sanctions and event set up, serves as Sanction Chair for Inland Empire Swimming, and is responsible for the beautiful scoreboard we have at our home meets. In addition, Dave donates his backyard pool for our summer swim lesson program! Dave is continuing but has also been with us from the beginning providing an invaluable set of skills to our team. Thank you, Dave! Finally, I would like to thank anyone who volunteered this year! Many hands do indeed make light work, and I am always impressed by the Velocity Machine at work. Have a great finish to the summer team!

Velocity HAA!

## TEAM RAMBLINGS

### NEWS and NOTES

**Bronze Swimmers! Benjamin Grigsby, Jaime Hobson, Abbey Mott, and Kyle Sutton are your new group representatives! Please talk to them if you have ideas to help our team better!**

**AGE GROUP ZONES, ROSEVILLE, CA:** Age Group Zones qualifiers to date: Andreas Broxson, Rami Escure, Sierra Hartley, Simo Madson, Will Neer, and Hailey Payne.

**Sr. ZONES Clovis, CA:** Attending to date: Rebecca Bay, Sophie Black, Christian Cutter, Charlie Cutter, Brooklyn Dressel, Rae Ann Dressel, Connor Elwyn, Jordan Hartley, Tage Madson, Hannah VanHeyningen, and Cameron Wheeler.

**Team Captains:** This year's team captains are: Christian Cutter, Charlie Cutter, and Hannah VanHeyningen. These swimmers represent the athletes on our team at home and in the larger framework of Inland Empire Swimming! Thank you for your commitment to our team!

**SHORT COURSE SEASON AND REGISTRATION!** Our annual team meeting will kick off the short course season and pave the way for our new-year registration. It will be August 27<sup>th</sup> at Hydro Park in East Wenatchee, 6:00 PM. Please bring a desert to share! All swimmers must be re-registered by Sept 8<sup>th</sup>!

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.

#### THE "UNSEEN" SUCCESS TRAITS SWIMMERS NEED TO DEVELOP:

All swimmers need to develop what I call the "unseen success traits." I call them "unseen" because coaches often don't get a chance to witness or observe the traits as they often occur at school or at home. Here are the critical pieces that your swimmers need for success.

- 1.) Proper rest: Swimmers should get proper sleep and rest for their age and perhaps even a little more.
- 2.) Proper hydration: Swimmers wake up dehydrated according to a study conducted by Cal Berkley with their swimmers. Swimmers should hydrate regularly with a combination of water and electrolytes. Sipping water throughout the day is a great practice to be in. Adding a small Gatorade or similar sports drink each day can help replace electrolytes lost through swimming exercise.
- 3.) Proper Nutrition: Swimmers need to eat balanced diets that contain more calories than the average young person. Consult a nutritionist if you ever feel your swimmer isn't eating enough.
- 4.) RECOVERY! Swimmers need time off between each season. 2 weeks in spring and 3 weeks after summer season should be considered.

### VELOCITY GROUP GAB & BLAB

#### COPPER GROUP GAB & BLAB:

The Copper Group wants to wish Henry, as well as the rest of the Velocity swimmers, good luck at Champs this weekend! He is the only entry from the Copper group and know he will represent us well....shine bright like a new copper penny, Henry!

We want to thank the Copper parents for supporting their swimmer and the team as they progress with our Velocity program. Encouragement and support from parents are valuable to both the swimmers and team's success.

I recently reviewed a great article from the Swim Swam website titled, "5 Tips for Swim Parents on How to Encourage Your Child", which reminds us of the significance of a parent's role in your swimmer's success.

<https://swimswam.com/5-tips-for-swim-parents-on-how-to-encourage-your-swimmer/>

--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!**

Lydia Craig— Listening Skills & Leadership

Sam Hobson—Motivation and Team Spirit

Jamie Hobson—Rising to greater heights!

Charlie and Christian Cutter— Team spirit, Pride, and Teammate Support

## VELOCITY GROUP GAB &amp; BLAB Continued...

## VELOCITY HAA!

**Silver and Gold Group Gab and Blab:**

As we prepare to take our biggest group ever to Senior Zones and send several more of our upper group swimmers to Age Group Zones, I can't help but pinch myself a little just to make sure I am not imagining things. This group of kids has been more committed to training, more cohesive and supportive of each other and generally great team mates than any other group we have seen to date. I hate to see it break up with the departure of Rebecca, Gabrielle, Isabelle, Kaleb, and Jessie. Good luck to them with their future plans! But I am hopeful that the culture of dedication to our team, community, and the sport of swimming will continue in their absence. I hope that when they look at our team in the future that they will continue to be proud of the time they spent here.

Congratulations to Haily Payne who earned her first Senior Sectional finals swim in the 100 Butterfly. Her time of 1:03.77 qualified her for the Futures Championships!

The girls' High School season begins August 21<sup>st</sup>. Good luck to all of our High School girls!

--Coach John

**Steel Group Gab and Blab:**

Wow! What a great long course season we have had. Lots of Awesome Practices, Great Meets, and Wonderful Memories made.

I have enjoyed all of your swimmers' hard work and dedication to coming to practice and becoming a better swimmer. Thank you for making my first season of coaching such a great memory.

Just a few reminders on August 14<sup>th</sup> we go to short course please check the schedule often to know where and when your swimmer is swimming. We will be at WHS for the last two weeks of August.

August is a great time to take some rest and gear up for the short course season. We encourage all of our swimmers to take a break away from swimming after their last meet of the summer!

--Coach Steph

**Bronze Group Gab and Blab:**

Great job at the Summer Sizzler, at Moses Lake! Congrats to our High Point Champs, Jamie and Sam Hobson.

Jamie Hobson is the Bronze Group's Character of the month. Jamie used her success at the Summer Sizzler as motivation to challenge herself more in workouts. Great job, Jamie!

--Coach Atiba

**From Coach John:** I have been impressed with the work ethic of the Bronze Group and we continue also to work on team-oriented attitudes, practice logistics, etiquette and behavior. Parents, please encourage your swimmer to think of others in practice and at meets before they think of themselves. Not everyone can be the fastest swimmer in a group, and no one wins 100% of the time, not even Michael Phelps. Being supportive of teammates always and focusing on a positive team environment goes a long way to making great friends and fostering a terrific team atmosphere. Parents, please do your part to assist your swimmer in developing a team mate first attitude. Thank you!

**Gluten Free and Flourless Banana Pancakes**

Ingredients: 3 ripe bananas, 3 eggs, 1/4 cup coconut flour, coconut oil, 1/2 t vanilla extract/vanilla bean

1. Mash the banana and add the coconut flour, eggs and vanilla bean and whisk with a hand whisker
2. Heat a pan with coconut oil and pour in portions (medium heat)
3. Let it cook for 45-60 seconds, and then flip. Serve with butter, or cream and strawberries.