



VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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SUMMER GOING QUICKLY!

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By Coach John

The summer Long Course season is officially underway with some of our swimmers having already swum two swim meets in the month of June—our own Apple Capital, and Sweet Onion. There are some meets left, but the summer will end before you know it! July is here Sunday! Looking ahead we have our own Starlight Open a week from today and all next weekend. The following weekend is the MRA Sizzlin Summer in Moses Lake, and Senior Sectionals, followed by Champs, Senior Zones, Futures, and Age Group Zones (see upcoming events in the left column). It will be a back to back sort of affair for some of our athletes. One thing to note in all of this is that Sizzlin' Summer in Moses Lake is the last meet to qualify for Senior Zones, and the IES Champs Meet in Pasco is the last chance to qualify for Age Group Zones (Late qualifying for Sr. Zones is possible at Champs).

I have been impressed by the work of our team from every component. Parents are getting kids to “extra” things like seminars and camps on top of practices and swim meets, coaches are working hard to develop our athletes into good swimmers, and positive citizens, and the swimmers are working extremely hard. I see the improvements in them daily.

For many, the IES Champs meet is the culminating event for summer. Every member of our team is eligible for Champs and it is one of the biggest team bonding meets of the year. Not to mention that we have won the last three of the last 4 IES Long Course Championships! I would encourage every swimmer new and old to consider making what I know is the trip to Pasco. Please talk to your group coach about your swimmer's level of participation potential at CHAMPS. For those not going to Champs and beyond—for whatever reason—I would highly recommend Moses Lake's Sizzlin Summer for the last hurrah of the season. This meet will give the kids a final meet for their summer, and it is a lot of fun as the water park opens after the meet is over.

Some of our swimmers are moving on to even higher-level competition in USA Swimming Zone Championships. These meets have strict time standards—as does the Senior Sectional Meet. I am extremely proud of the number of kids we are sending to these high-level meets. The number of our Senior kids making high-level meets has grown steadily and will be on display at Senior Zones with at least 15 Velocity Swimmers attending that meet. Age Group Zones has been a great meet and proud memory for many of our 14 & Under swimmers in the past. This year won't disappoint in upholding the tradition of a good group of Velocity kids attending Age Group Zones. Both Age Group and Senior Zones are conducted as Inland Empire All-Star teams this summer.

COACH JOHN WILL DO AN INFORMATIONAL MEETING TO DISCUSS CHAMPIONSHIP MEETS AND OPTIIONS ON TUESDAY, JULY 3rd at 6:30 PM in the CITY POOL BLEACHERS! PLEASE ATTEND IF YOU'D LIKE TO LEARN MORE!

UPCOMING EVENTS!

Starlight Open:
July 6-8, 2018 HOME
This meet is a requirement
for membership to
participate.

SPEEDO SENIOR SECTIONALS
Gresham, OR
July 12th-15th

SIZZLIN SUMMER:
Moses Lake, WA
July 13-15, Moses Lake Pool

IES LC CHAMPS:
Pasco, WA
July 27-29
Entries Due: July 16th!

SENIOR ZONES
Fresno, CA
July 31st-August 4th
Entries Due July 17th

FUTURES CHAMPS
Santa Clara, CA
August 2nd-5th

NEWS and NOTES

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.

PARENTS! Your involvement at home swim meets is needed! Please watch for meet job sign ups for the Stralight Open on the team's website and do your part in helping our team put on an awesome event for our visitors and our own swimmers too! Volunteering is a required part of your membership agreement and you can be fined for not working your required hours.

LEAD GROUP COACHES:

Copper: Carolyn Petersen
Steel: Stephanie Critchell
Bronze: Atiba Wade
Silver/Gold: John Pringle
Your Lead Group Coach should be your PRIMARY contact for matters related to your child's swimming! Please contact them first with questions, issues or concerns.

GROUP ASSISTANT COACHES:

Copper: Trent Grigsby, Sarah Barnes, Celine Vargas, Isabelle Dressel.
Steel: Celine Vargas, Sarah Barnes
Bronze: Tommy Marquis, Trent Grigsby, Celine Vargas.
Silver/Gold: Darcy Bruggman, Rachel Blyth, Trent Grigsby.
**Check Out Coach Bios on the team website!

TEAM RAMBLINGS

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.

CALIFORNIA CONCUSSION REQUIREMENTS!

Any swimmer swimming in California in August must complete a concussion information sheet acknowledgement form. All USA Swimming Championship Meets coming up also have a liability Waiver. Check your meet link on the team's website for all the necessary forms.

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

STEEL GROUP GAB & BLAB:

What a great Apple Capital we had... I know it was the first long course meet for quite a few of our steel swimmers. We have been working hard on building up our endurance.

Long course is one of my favorite seasons we see so much growth in all of our swimmers. July is a busy month with lots of opportunities for fast swimming, Starlight, Sizzilin' Summer, and Long Course Champs. Parents are really the unsung hero's of long course season with more practices, lots of volunteer hours, and traveling for meets.

Thank you for all that you do for helping your swimmer be as successful as they can be. Thank you for helping us host some of the best meets in our LSC. We as a coaching staff are grateful for all that you do.

--Coach Steph

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: Bennett Critchell, hard work and improvement!

Steel: Calissa Rebel for great leadership.

Bronze: Kyle Sutton, Leadership

Gold/Silver: Lauren Marquis, Hard Work and dedication.

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

June has come and gone and we saw four of our Gold Group athletes attend summer swim camps. Connor Elwyn and Brooklyn Dressel attended different Kenyon (Ohio) Camps, and Haily Payne and Rae Ann Dressel attended Arizona State's camp with Bob Bowman. A swim camp experience away from home should be on every swimmer's radar at least once in their career. Congratulations to these four on their commitment to improving as swimmers, and people!

15 Swimmers have expressed interest in Senior Zones so far. This is a BIG number. Participants should have their forms turned into me ASAP!

The Silver and Gold Groups have been working very hard and the doubles have caused some soreness. All Gold and Silver group swimmers should be doing some form of stretching during the day. If soreness persists, a massage is a great idea to aid in working out some of the stiffness and soreness that is a result of hard training.

Welcome to new Silver group swimmer Lily and the rest of the Gyde swimmers, who are joining us from MYST in Missoula, MT. (Her Dad swam with Atiba at UGA!)
--Coach John

Bronze Group Gab and Blab:

June has been a great month of fun, hard work, and fast swimming for the Bronze Group. Great job to all the swimmers who swam at the Sweet Onion Meet this past weekend, in Walla Walla. Let's continue to do our best by staying focused.

PS. Don't forget to hydrate and apply that sunscreen (it's hot out there 😊😄).

Bronze Character of the month: Abbey Mott. Abbey showed a lot of heart at the Sweet Onion Meet by bouncing back (mentally and physically) after having a very tough swim that didn't go her way. Learning how to overcome adversity is a valuable life skill. Congratulations, Abbey!

Welcome to Kathryn and James Gyde, joining Bronze from MYST in Missoula, MT!

--Coach Atiba

Copper Group Gab and Blab:

Coach Kathy has asked to become a "substitute coach," moving forward so Carolyn Petersen has been promoted to Lead Copper Coach. Please join me in congratulating her on this well-deserved promotion!

Greetings from the Copper Group!

This last month we have seen a ton of changes. As we said goodbye to Lead Coach Kathy, we said hello to several tryout swimmers (Ava & Samuel) and a new lead coach (well kind of new 😊) and assistant coach. I have moved from an assistant at the Gold/Silver level to lead the Copper group, but in the past 3 years I have worked with every group. However, I cannot wait to spend long lasting time to fully know my developing swimmers. "Have fun, because that's what life is all about" -Ryan Lochte .

As I move back into the developing group, this quote sums up my long and short-term goal for each swimmer. Make swimming fun-from the friendships, the coaches interactions and end of practice "games". To learn by playing at times to make swimming a rewarding lifelong sport.

Helping me this summer will be coach Sarah and the new assistant coach Isabelle. As a former velocity swimmer, she will bring firsthand experience to our beginning group.

We have another large home meet, Starlight, the first weekend in July! Several of our swimmers will be attending at least one day. So, make sure if you have some time you come on down and cheer on your fellow team mates!

--Coach Carolyn