



# VS NEWS *speedo*

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

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## 1<sup>st</sup> at JUNIOR CHAMPS SHOWS FUTURE OF TEAM

### INSIDE THIS ISSUE

- 1 1<sup>st</sup> Place at JR Champs!
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab

### UPCOMING EVENTS!

#### NW AG REGIONALS

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

KCAC, Federal Way WA

#### NW SR SECTIONALS (LCM)

March 17<sup>th</sup> - 20<sup>th</sup>

KCAC, Federal Way, WA

#### SPRING BREAK

April 2<sup>nd</sup> -9<sup>th</sup>

NO PRACTICES THIS WEEK!

Enjoy some family time!

#### SPRING HOD

April 17<sup>th</sup>

Moses Lake, WA

#### SWIM A THON KICKOFF

April 17<sup>th</sup>

TBA

#### SPRING PENTATHLON

April 22<sup>nd</sup>-25<sup>th</sup>

Moses Lake, WA

### By Coach John

The Junior Champs meet in Clarkston, WA February 12<sup>th</sup> through 14<sup>th</sup> was a successful trip for those that chose to brave the 4-hour drive. The Jr. Champs crew came home with individual victories, high point awards, top 8 performances, and new IES qualifying time. When all added together, they equaled Velocity's first Jr. Champs victory.

37 Velocity swimmers participated in the meet which was a great number considering the distance to be traveled. New IES Championship qualifiers at the Junior Championship were Kyle Sutton (12 Wenatchee), Andy Hobson (9 East Wenatchee), Avery Miller (12 Wenatchee) and Atalee Gregg (13 Quincy).

The meet was a total team effort as Velocity brought home only 1 out of the 8 High Point trophies given to the swimmers that earned the most points for the meet in their respective age groups. Aiden Grigsby (8) scored 72 individual points winning 8 out of 8 races in a complete sweep of the 8 & Under events. Grigsby also helped lead two 8&Under Boy relays, comprised by Sam Hobson (6 East Wenatchee), Nolan Willms (8 East Wenatchee), Samuel James (8 Cashmere) and Aiden Grigsby (8 Wenatchee) to first place finishes.

Other Velocity relays also shone brightly at the Junior Championship. Velocity had a top 3 finish in every swam in and won 1<sup>st</sup> place in 6 of 17 relays. The 8&Under Girl's relay of Lindsay Sutton, Sophee Mott, Rhowyn Stroud and Madeline Sutton set a new meet and team Record in the 100 Medley Relay with their time of 1:29.15.

Individual event champions at the meet included: Lindsay Sutton (50 Back); Aiden Grigsby (see above); Kelly Tucker (50 Free); Andy Hobson (200 Free and 50 Breast); Austin Elwyn (200 Free); and Rachel Marquis (100 Breast). In addition, many of our team members experienced prelims/finals format for the first time.

In addition to our 1<sup>st</sup> place finishers, others earning top 8 finishes were: Atalee Gregg, Danny Gutzweiler, Hailey Gutzweiler, Zane Hernke, Jaime Hobson, am Hobson, Samuel James, Karlyn Kelly, Lauren Marquis, Alyssa Merrill, Avery Miller, Lauren Miller, Abbey Mott, Mollie Mott, Sophee Mott, Rosie Ramos, Emma Reeves, Jonathan Reeves, Brayden Sepulveda, Rhowyn Stroud, Kyle Sutton, Madeline Sutton, Nolan Willms, Grace van der Merwe, and Wyatt van der Merwe.

Congratulations to all of the Jr. Champs participants! Your efforts were outstanding and we are all so proud of each of you!

*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.

**IES CHAMPS:** Our team finished 3<sup>rd</sup> at the IES SC championships two weekends ago at Moses Lake. Despite valiant efforts and excellent competition, we fell about 80 points out of 1<sup>st</sup> place in the closest championship maybe ever. Congrats to our 11 & 12 and 13 & 14 age groups who brought home the group high point awards! Despite the loss, our team VCC score is actually better than last year. A few 10 & Under boys would change our fortunes in the championship department. We will be heavily recruiting over the next two months to try and bridge that gap. If you know anyone looking for a new and different sport for their kids, please get them in touch with Coach John.

**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.

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.

#### **LOCKER ROOM EXPECTATIONS REVISTED:**

Special attention needs to be given this issue. There are to be NO ELECTRONIC DEVICES that have recording capability used in the locker rooms. This includes anything with a camera on it (some newer video game players have cameras). This is a serious issue and is addressed in the USA Swimming Code of Conduct as well as Safe Sport documents. Please help us supervise our locker room behavior and report a problem to a coach as soon as possible.

#### **IES SC CHAMPS GROUP & INDIVIDUAL CHAMPIONS:**

Congratulations to our 11 & 12 and 13 & 14 age groups for being the best in IES! Also, Connor Elwyn was our lone high point winner and a multiple event winner at Champs. Other individual event winners included: Sierra Hartley, Simon Madson, Tage Madson, and Jessica Wierzbicki! Congratulations to each of these swimmers. This is a fantastic accomplishment and the entire team is proud of you!

### VELOCITY GROUP GAB

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

The "Swim Wars" were a success! The Storm Troopers from Velocity, decked out with light sabers and swim suits invaded Clarkston with a force to be reckoned with! We want to congratulate those Copper "troopers", Sam J., Sam H., Haile, Hannah, Sophee, Rhowyn, Madeline and Nolan. They represented our team well....with best times, fast swims, lots of smiles and tons of fun! Only a few more months until the short course championship season comes to a close, and then we will transition to our Long Course season. For those new to the team, this means summer practices, starting in June, at the city pool, and ending with the championship meet in Pasco. Save the date-July 29-31! It seems so far away, but will come fast. The best way to prepare for this meet is to practice! Keep up the hard work! We are proud of your effort and success!

--Coach Kathy

#### **Characters of the Month:**

Rosie Ramos and her band of Velocity sisters Karlyn Kelly, and Lauren and Rachel Marquis! These girls were witnessed erasing graffiti on a whiteboard that was defaming the host team. Above all else we are good sports, and to take initiative right a wrong is certainly that!

Congratulations and great job!

## VELOCITY GROUP GAB Continued

## VELOCITY HAA!

**Silver and Gold Group Gab:**

Wow, our team has been hit hard with illness the last couple of weeks. It is sad to see so many swimmers suffering and not able to reap the benefits of their hard work! But that is life and a life lesson. Sometimes, life throws us a curve ball or an obstacle so we can reflect on what we love. If you are one of those people that is sick or hurt, DON'T GIVE UP! But try instead to reflect on the hard work that you have done and cherish that which was briefly taken away. You will find that it gives you new perspective and renewed spirit at your competitions.

Shout outs to Gabrielle Davy, Jackson Calloway, Brooke Tucker, and Cameron Wheeler for some really nice swims at Champs! And also to Connor Elwyn for his high point award. Velocity HAA!

Coach Joe will be more of a presence with the Silver Group moving into summer and I will be focusing more on our Gold Group. This should allow for some better attention for all of our swimmers over the next 5 months. All swimmers in these groups should be thinking about goals—make them attainable—and then you're your coaches to help you get there. Coach John has a pacing chart that can help you get your goals in perspective and to practice proper pacing.

—Coach John

**Steel Group Gab:**

The steel group has had a great champs meet month. With almost the entire group going to Jr. Champs they had almost 100% best times swims. What more can you ask? For most swimmers it was their first experience with a prelim, final meet and they rose to the occasion. Swimmers making their first IES Champs time were Kyle Sutton, Andy Hobson, Avery Miller, and Atalee Gregg. They joined swimmers already qualified for IES Champs, Haidyn Stroud, Ben Madson, Kelly Tucker, Mollie Mott and Abby Mott.

At IES Champs Kelly, Haidyn and Ben all placed in the top 8 in several events, with others continuing to have time drops. Great job champs swimmers! And thanks to parents for supporting them in these meets.

I am looking forward to the next month in steel as we get back to lots of technique work in all strokes and preparing for bronze test sets for several of the steel swimmers. I am so proud of the work that the entire steel group has accomplished this season. One frustration at the champs meets is that we do not have enough 10 & under boys for a relay.

If you know any 10 and under, boys or girls, that you think might be interested in swimming, please talk it up and encourage them to try the sport.

--Coach Carolyn

**Bronze Group Gab:**

I would like to congratulate the Junior Champs swimmers in Bronze for helping our team bring home 1<sup>st</sup> place a few weeks ago. I would also like to congratulate our 11-12 and 13-14 Swimmers for winning the combined age high point at IES Champs. Not only am I impressed by our group swimmers swims but I am more impressed by our groups behavior and leadership.

At Junior Champs, a meet hosted by the Lewis-Clark Neptunes, there was a whiteboard with the words "Go Neptunes!" written on it. By the end of warm-up I saw some of our Bronze swimmers erasing new additions to the whiteboard that had some BAD things written on it. I was very pleased to see that our swimmers not only showed respect to another team, but took it upon themselves to erase the bad words. There were plenty of other swimmers from other teams around that area as well, but it was our girls who took the act into their hands. This type of interaction makes me a proud coach!

At IES Champs we had plenty of swimmers in the 1650 Freestyle. Many of our swimmers who swam the 1650 Freestyle did so because I asked them to. Upon asking, the kids all responded roughly the same, "If you need me to help get our team points, sure thing!" These swimmers made a sacrifice of an individual event that they could qualify in Age Group Regionals for, all to help our team out in the scoring department. Being a good teammate takes looking at the bigger and better picture of team over self and that is exactly what these kids chose to do.

All in all, the Championship swim meets made me proud to be a Coach for your kids. Regardless of if we won a meet or got 3<sup>rd</sup> place, the Bronze swimmers continue to show me they are becoming great people! I cannot wait to see what our group can do at the Regional Championship, I believe that our kids will continue to swim great and do great things!

Here's a GREAT video from an athlete's perspective:

<http://tinyurl.com/z6qndk3>

--Coach C