



VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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What's going on? Spring is about to get Real!

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UPCOMING EVENTS!

TEAM BREAK

Sat. March 31-Sun. April 8
The entire team will be taking a break. The team is closed for business during this time.

IES SWIMPOSIUM & HOD

Spec. Guest: Anthony Ervin
April 14th, Univ. of Idaho
Sign Up ASAP: ieswim.org
April 14th, coaches & officials mtgs. at conclusion of Swimposium, April 15th Full HOD, 9:00 AM

Swim A Thon

Saturday, April 21st
Group 1: 7:00-9:00 AM (dry warm up 6:45)
Group 2: 9:15-11:15 AM (dry warm up 9:00)

Mayflower Intrasquad
Saturday April 28th 2:00 PM
at WHS Pool

By Coach John

There is so much that is coming up in April and May, that I thought we would focus on that for this newsletter.

Inland Empire Swimming Swimposium APRIL 14th and HOD Meeting APRIL 15th, University of Idaho Swim Center: There will be no practice on April 14th to allow our coaching staff, parents, officials and swimmers to attend the Inland Empire Swimming Swimposium and HOD Meeting. The Swimposium will feature several big names in the swimming world. Maybe the biggest is Anthony Ervin, Olympic Gold Medalist who will be presenting to the swimmers. There are also special programs for parents, officials, and coaches with a celebrity speaker for each group! On Sunday, the House of Delegates Meeting will be held at 9:00 AM on Sunday morning. Spots are still available for the Swimposium, sign up at the Inland Empire Swimming website, www.ieswim.org.

SWIM A THON APRIL 21st, WHS POOL: The Swim A Thon is our annual fundraiser that helps our team to keep membership dues as low as possible. There will be two groups to spread out the team into manageable. Group 1 will start at 6:45 AM with an on-deck warm up and explanation and will end at 9:00 AM. Group 1 will consist of Gold and Silver groups, as well as any siblings. Group 1 will also include any swimmers doing the butterfly challenge with Coach Atiba. Group 2 will be Bronze, Steel, and Copper as well as any associated siblings who aren't doing the butterfly challenge. Group 2 will arrive by 9:00 AM for an on-deck warm up and instructions, swimming will begin at 9:15 AM and end at 11:15 AM. We ask that all swimmers regardless of fundraising responsibility to please participate in the swimming portion.

MAYFLOWER INTERSQUAD MEET, APRIL 28th WHS POOL, 2:00 PM (Warm Up 1:00 PM): All swimmers including our senior athletes are expected and encouraged to attend this meet to foster team bonding and camaraderie. Swimmers will be paired with a team mate to score points for their "duo". The afternoon start is to accommodate the Apple Blossom Children's Parade.

APPLE BLOSSOM DAY AND PARADE BANNER CARRYING, MAY 5th: One of the coolest days of the year for our team! We begin with a hike up Saddlerock where we take a large team photo in our parade shirts. Then, we fill up on pancakes at the Kiwanis breakfast before we head to the Stemilt parade head to organize to carry the parade award banners. A complete schedule will be announced later!

SWIM A THON BOWLING PARTY! MAY 12th TBA: The reward for a great Swim A Thon will be a bowling day at the Eastmont Lanes.

OUTDOOR SWIMMING STARTS FOR BRONZE, GOLD SILVER, MAY 21st. The team will begin its move outdoors to the Long Course Pool beginning Monday, May 21st. Bronze, Silver, and Gold groups will be exclusively outdoors during this time. Steel and Copper groups will remain indoors except for Fridays where we will schedule outdoor swimming if the weather permits. Our smaller swimmers aren't able to handle the cold or wind near as well so we have to be cautious.

VELOCITY HAA!

TEAM RAMBLINGS

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.

Coach John to Denver for USA Swimming Leadership Conference

Coach John will travel to Denver April 27th-29th for USA Swimming's Western Zone Leadership Conference. Inland Empire Swimming and USA Swimming pay for the trip.

DON'T FORGET BUTTERFLY CHALLENGE at SWIM A THON!

The "Butterfly Challenge," is encouraging our swimmers to test their limits by doing something hard. There will be different levels of the challenge to be held during Swim A Thon that include some freestyle and others that contain no freestyle swimming at all. It is important to note that most of the swimmers choosing this option will be in the water for the entire allowed 2 hours for the event. If you have questions about the challenge, please get in touch with Coach Atiba! Sign up on the team web page.

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.

TESSA TO IOWA!

Tessa Orozco has committed to Loras College, located in Dubuque, Iowa. It is a NCAA Division 3 program. Tessa liked the coach and felt an instant connection to the athletes there. In case you didn't know, Tessa has been commuting to us from Brewster, about an hour each way. Her commitment to swimming with Velocity has been an inspiration. The commute to practice will be much easier now! Tessa joins her teammates Jordan Hartley, Charlie Cutter, Hannah VanHeyningen, and Rebecca Bay who will all begin their intercollegiate swimming careers this coming fall. Congratulations to all of you! We know that your kind hearts, strong leadership, work ethic, and swimming talent will help your respective teams! Good luck to all of you next fall.

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

COPPER GROUP GAB & BLAB:

Congratulations Copper swimmers for a successful short course season! We have a few more meets left this season and then will be transitioning to the long course season. Mark your calendars for the Mayflower meet 4/28. This is a great meet for our Copper level swimmers, and the team captains are working on making this a special meet for everyone. We have planned some fun activities to look forward too this spring! These include the annual hike to Saddlerock, pancake breakfast at triangle park and marching in the big parade. See the front-page story for more complete details!

Thank you, parents, for your support!

--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!

Copper: Natalie Smeller for Focusing and Listening.

Steel: Natalie Kelly, for hard work, perseverance, and a great attitude!

Bronze: Ben Madson, see Bronze Group Gab for details.

Gold/Silver: Rosie Ramos, for dedication and hard work!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Silver and Gold Group Gab and Blab:

The team will be closed for spring break, Saturday March 31st, through Sunday, April 8th. Coaches will be unavailable and there will be no practices. We encourage everyone to get out and have some fun!

Congratulations to Connor Elwyn for becoming the first Velocity boy to earn a trip to the Winter Junior National Championships! His Velocity Record Setting Time of 1:51.91 qualified him for the meet this December in Austin, Texas. He also narrowly missed the time in the 400 IM which is currently a bonus event for him but was a Velocity Team Record. He placed in the top 16 at the Senior Sectional Championships in both events. He also set new team records in the 100 Fly and 100 Back.

Congratulations to the boys 800 Free Relay team of Braden Dilly, Tage Madson, Christian Cutter, and Connor Elwyn for setting a team record in that event!

In all, we sent 12 swimmers to higher level spring short course championships with the Speedo Senior Sectionals and Age Group Regionals! This is a great number and I am proud of all of our athletes for raising the bar!

--Coach John

Steel Group Gab and Blab:

What a great Champs season! Lots of best times for our kiddos overall and it is exciting to see the improvement. The Steel swimmers have been working really hard lately and are improving their strokes almost daily.

I am looking forward to the long course season which officially begins on April 9th when we return from break.

As the temperatures are getting warmer it is super important that we make sure our swimmers stay hydrated and well rested.

Thank you for all that you do to make our team run so smoothly.

Swimmer of the month Natalee Kelly for hard work, perseverance, and a great attitude!

--Coach Steph

Bronze Group Gab and Blab:

Hey, Bronze Group. Wow, March was a fantastic month for all of our swimmers. All of the hard work that you did leading up to your final short course meets paid off. I am really happy for you because of the effort and team spirit that was on full display. Let's enjoy our time off by having a great spring break!

Character of the month: Ben "Mad Skillz" Madson. Ben showed tremendous heart at Age Group Regionals and gave a stellar performance in all his events—placing in the top 4 in 5 out of 6 events! He capped off his short course season by placing first in the 100 IM. Congrats, Ben!

--Coach Atiba

IES "SWIMPOSIUM"

The Inland Empire "Swimposium" is held every two years to enhance the entire swimming community of the Inland Empire LSC. There are programs for parents, coaches, and swimmers! This year, special guest for the athletes will be Olympic Gold Medalist Anthony Ervin! Cost is \$60 for athlete program. Parents, officials, and coaches are free of charge. Event will be held April 14th at the University of Idaho Aquatic Center. Sign up athletes at www.ieswim.org as soon as possible!

Don't Miss your Chance to hold an Olympic Gold Medal and meet Anthony!

SPACE STILL AVAILABLE!