



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## THE APPLE CAPITAL TRADITION CONTINUES

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### UPCOMING EVENTS!

#### APPLE CAPITAL OPEN

Wenatchee City Pool  
June 2<sup>nd</sup> – 4<sup>th</sup>

#### New! Summer Solstice

Witter Pool, Spokane, WA  
June 16<sup>th</sup> – 18<sup>th</sup>  
*Entries due Tuesday, May 31<sup>st</sup>*

#### STARLIGHT OPEN

Wenatchee City Pool  
July 7<sup>th</sup> – 9<sup>th</sup>  
*Entries due Friday, June 23<sup>rd</sup>*

#### SIZZLIN SUMMER OPEN

Moses Lake City Pool  
July 14<sup>th</sup> – 16<sup>th</sup>  
*Entries due Friday, June 30<sup>th</sup>*

#### SPEEDO SR SECTIONALS

Hood River CC  
July 20<sup>th</sup> – 23<sup>rd</sup>  
*Entries due Friday, July 7<sup>th</sup>*

### By Coach John

Apple Capital is here! Tomorrow we will begin set up for the Apple Capital meet that has been a part of Wenatchee culture for almost fifty years! Yes, it's old like me, and I remember coming to the Apple Capital and swimming as a 10 and Under and into my high school years. I even have a 2<sup>nd</sup> place medal for the 1500 free somewhere in my memory box. I have fond memories of this meet and others that I attended at the City Pool.

We used to start at the shallow end of the pool and coach would tell us to belly flop if we were in one of the shallow lanes closest to the pool office. I do remember seeing some scrapes from swimmers hitting the bottom of the pool, and many very red stomachs! The fence configuration was different then and all the grass was behind the fence—and so was the wading pool that was always operational. We camped—like Bellevue—in trailers and RV's. Mom would cook meals and it was always like a big picnic—only with swimming.

One of the things I remember about my Mom was that she always helped in the seeding of our home meets, and it had me reminiscing about her efforts for our team, the South Snohomish County Dolphins. I have said many times, that my Dad was an official—but I really never talked about what my Mom did for the team. She was for SSCD what Dave Cutter is for us—before the computers! She would get the meet entries in card form—every card an individual in an event for every swimmer in the meet. She would organize each event by time and then count the cards to assign heat and lane via pencil to the top of each card. Once the entire meet was seeded, she would type out the heat sheet for the meet and have it run off. It all seems so easy with the push of a button now! On meet day, she would run the electronic timing—yes, we had it back then, and create the results for the meet. My point in all of this isn't to necessarily remember my Mom—which seems like a good thing to do given my family circumstances over the last month or so—but to point out that I DO remember what my parents did for our team. Your kids will too, even if it doesn't seem like it right now!

Another reason for bringing this up is to simply thank each and every one of you in advance of this weekend for the things you will do to help our team. Every garbage can that is emptied, each stop watch button pushed, every swimmer helped, official's hand raised, every burger sold, and more, all contributes to the quality meet that is a tradition in Wenatchee. The team can't put on the meet without you! Thanks in advance for your time and commitment to our team! Your kids will remember the things you do for their sport—for their thing. I know they will because I do!

The Apple Capital is about much more than Velocity. It is about tradition and community. From the large expenditures on food and hotels for the Wenatchee area businesses, to the swimming community at large, and even to Apple Capital alumni like me, this meet means a lot to many. I am proud now to be a coach here, and the coach for the home team no less.

So let's rock this weekend in our own proud Velocity fashion and keep this tradition at the forefront of the Wenatchee sports scene. The 800 plus athletes and their families will appreciate and remember our efforts. Thank 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 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 per our number of athletes at any meet as a part of our membership in IES.

**AGE GROUP ZONES, ROSEVILLE, CA:** Age Group Zone Applications are past due. Please see the IES Website if you have questions.

**Sr. ZONES Clovis, CA:** Plans for the Senior Zone Meet are underway! Please get your forms filled out and turned in to Coach John right away!

**APPLE CAPITAL JUNE 2<sup>nd</sup> - 4<sup>th</sup>**  
The Apple Capital Open is coming! All hands are needed on deck to make this an awesome meet for our swimmers and our visitors. Velocity Swimmers will be automatically entered in the meet and coaches will select events. If you cannot make it, you will need to email Coach John with your reason. Please remember that home meets are required per the membership agreement.

**MAKING GOALS MEANINGFUL!**  
Coach Brian Hoffer of Maximum Velocity Swim Camp will host a seminar on making goals meaningful on Friday, June 23<sup>rd</sup>. The cost is \$10 and it will be held 5-7 PM. More info to come!

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.

#### **GUEST SPEAKERS COME TO VELOCITY!**

We will be afforded the opportunity to have two guest speakers visit Velocity, all in one week! Save the dates 6/19 and 6/23!

First, a former stand-out swimmer from the Wenatchee Area, Lori Van Lith, will speak to our athletes on overcoming obstacles and other performance related mental issues on Monday June 19<sup>th</sup>. The talk will be during practice time so please plan on being there. There is no cost for this talk.

Second, Brian Hoffer, former Head Coach at University of Missouri and the Head Coach of Maximum Velocity Swim Camp will speak to our team on "Making Goals Meaningful." Brian will speak from 5-7 PM on Friday, June 23<sup>rd</sup>. The talk will be geared toward athletes 11 and older. The cost for this talk is \$10 and your account will be billed through commitment on our team's website.

These talks are part of our team's commitment to developing positive life skills so I hope that you will take advantage of them!

### VELOCITY GROUP GAB & BLAB

#### **COPPER GROUP GAB & BLAB:**

Our team continues to get bigger and better! We want to welcome Lydia to the team, as well as Michael, Hannah, Grace and Koa who are trying us out! We have enjoyed watching the Copper swimmers embrace and encourage our new and trial swimmers as they develop new skills and learn about Velocity. Great job to all!

Congratulations to those who have completed the requirements to advance to Steel. We have advanced at least 14 swimmers this year, and are excited to see these swimmers continue to develop as swimmers and excel in their group. We will miss you greatly, but as someone famous once said, "On to bigger and better things!"

Additionally, the Copper group has several swimmers participating at Apple Capital this weekend. We wish you fast and fun swims this weekend! For those not entered in the meet, we would love to have you come cheer us on.

Lastly, thanks parents for your support with getting your swimmers to practice and volunteering at the meet! Please let us know if you have any questions.

--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!*

Liam Borders—Good Teammate Award, helping new swimmer.

Adee Smith--Leadership

Abbey Mott—Rising to a challenge.

Will Neer—Coachable, making changes.

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

## VELOCITY HAA!

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

I have been very pleased with the progress that some the swimmers have been making. Stroke techniques have been improving across the board and an increased emphasis on under water kick and walls has also improved. We have instituted a few new drills and have had some fun working on quicker flip turn rotation.

The Apple Capital this weekend will see our High School Seniors in perhaps their last Apple Capital. On Saturday at the meet, we will honor them for their commitment and contributions to Velocity Swimming. Rebecca Bay, Gabrielle Davy, Isabelle Dressel, Kaleb Pringle, and Jessica Wierzbicki will all graduate Friday night and swim events on Saturday in addition to the recognition. We will also introduce our new team captains for this year!

Senior level swimmers need to focus on taking care of themselves outside of the pool. As we age as athletes, nutrition, proper sleep, recovery habits, and hydration can all play a HUGE part in performance in practices and at meets. It is my opinion that almost all our senior-level swimmers don't eat enough or rest enough.

--Coach John

**Steel Group Gab and Blab:**

Welcome to our new steel swimmers and families! I am really excited for summer and beyond with these swimmers. Two things in steel that we start working on: fine tuning strokes and doing lots of drills. Your swimmer might come home and ask for a snorkel or their own fins and pull buoy. This is equipment that we use on a regular basis in Steel practice (a list of the equipment is on the Velocity Website under the "For parents" tab). If you have any questions please feel free to ask.

Apple Capital is this weekend and for many Steel swimmers it will be their first long course meet. For those who have experienced long course before, I know they will see big time drops. The long course season goes by quickly and it's so fun to be outside! It has been a busy spring with many kids competing in a variety of sports. I know how hard it is to juggle practices, games, etc. and you parents have done a great job. I want to thank you for the efforts you make to get your swimmers to as many practices as possible.

Let's have a great Apple Capital. It is so fun as a coach to see all our swimmers and parents working together to host such a great meet and getting to know each other better as a swimming family. Go Velocity!!

--Coach Steph

**Bronze Group Gab and Blab:**

Thank you to all the Velocity coaching staff, swimmers and board members for making feel so welcomed. I look forward to sharing my knowledge and experience as an athlete and coach.

I will be sharing information on coaching philosophy, training tips, nutrition, etc. via newsletter, Velocity's Facebook page and email.

Here is one on my favorite quotes. I like it because it applies to life, both in and out of the pool:

"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny." -Mohandas Karamchand Gandhi

--Coach Atiba

***Bronze Swimmers! We are still looking for a 13-year-old or older to serve as a team captain from this group! Opportunities include potential leadership development/trips through USA Swimming. See Coach John if interested.***

**Don't forget your gear! All Velocity Swimmers are expected to have the gear appropriate for your group. For Bronze this includes a kick board, pull buoy, hand paddles (Speedo Power Plus), and swimmers snorkel. Swimmers who don't have appropriate practice gear can hinder the overall practice for the entire group. Please ensure that your swimmer has all the necessary gear to participate in practice to the best level possible.**