



# VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## APPLE CAPITAL LOOKING GOOD!

By Coach John

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### UPCOMING EVENTS!

**APPLE CAPITAL OPEN:**  
June 1-3, 2018  
Coaches will sign ALL swimmers for this meet, it is a requirement of membership to participate.

**SWEET ONION OPEN:**  
Walla Walla, WA  
June 23<sup>rd</sup>-24<sup>th</sup>  
Entries Due June 7<sup>th</sup>

**STARLIGHT OPEN:**  
July 6-8, 2018  
Coaches will sign ALL swimmers for this meet, it is a requirement of membership to participate!

**SPEEDO SENIOR SECTIONALS**  
Gresham, OR  
July 12<sup>th</sup>-15<sup>th</sup>  
Entries Due June 25<sup>th</sup>

Tomorrow we host our annual Apple Capital Open, a Wenatchee staple for over 50 years! Things are coming along nicely and tonight we will transform our pool into a competition mecca! The pool will look different this year! We have new Championship-style lane lines donated by Competitor and USA Swimming, our starting blocks have been refurbished (thanks Kyle Knott!), and we will have awesome new backstroke flags donated by our friends at Weinstein Beverage. Our team, the community (and the nation for that matter) has come together to create an atmosphere of one of the best Apple Capitals, perhaps ever.

This year, we will host over 900 swimmers from the greater Pacific Northwest, and Canada. New teams are coming, and we expect that the meet will be very fast in terms of the competition.

Tonight, we will begin the hard work of 3.5 busy days that are crucial to the fabric of our team and its well-being. I cannot stress enough how important it is that we get everyone to pitch in and help. We expect to see gross revenues to our team of over \$40,000 and perhaps a net profit of about \$25,000. This money is used to help offset our operating costs and helps to keep our monthly dues charges down. Pool expenses have increased for us over the past few years, and still our dues our pretty low when compared to some of the other competition out there.

The meet is also important to our community. The Wenatchee area will see an influx of between \$250,000 and \$300,000 in dollars spent at restaurants, hotels, and other businesses. The meet is in the top 4 of all sports events according to the Wenatchee Chamber of Commerce. We are a part of the fabric of our community!

This is why it is so important that we put on a great meet for our visitors and put on smiling faces, perhaps even in the face of the occasional rudeness by some of them. One of the things that brought me here to this team was my perceived commitment by this community to put on outstanding competitions. But the kicker was really my attachment to this pool and this community from my involvement here as a visiting athlete. I loved coming to swim here and I have some really great memories. We all can make a difference in those memories for every athlete this weekend. Who knows, you may be helping to establish the very thing that leads to a new Head Coach deciding to come here 20 or 30 years from now.

Velocity HAA!

## 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 and do your part in helping our team put on an awesome event for our visitors and our own swimmers too! Volunteering is a part of your membership agreement.

### PRACTICE NUMBERS FOR

**SUMMER!** Here is a breakdown on practices for the summer in terms of the maximum # offered and the maximum # that swimmers may attend. Begins 6/16!

**Copper:** 4 offered, may attend 3

**Steel:** 6 offered, may attend 4

**Bronze:** 8 offered. May attend 7  
11 & Under No doubles please  
12 May attend one double  
13 & 14 May attend two doubles.

**Silver:** 8 available, may attend 7.  
*May not attend Tuesday or Thursday AM.*

**Gold:** 9 available, *must* attend 7 or 8. Check with Coach for your number. Distance swimmers 400 and above should attend Monday evening.

## 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 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.

### TEAM PICTURES! Tuesday, June 5<sup>th</sup> at CITY POOL 5:30 PM

The team will take its annual team pictures on Tuesday next week at 5:30 PM at the City Pool. The attire will be our pink or green parade shirts. This picture is for our entire team! There will be an abbreviated practice after pictures are concluded for all groups.

### 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:

We want to welcome Jayna and Sam as they try out our team! Our first practice at the outdoor long course pool went well, and we are looking forward to a fun and exciting long course season.

We realize families have a lot planned this summer, but we would love to have you join us at a few meets. We have several swimmers from Copper entered in Apple Capital this weekend, and our Starlight meet is 7/6-7/8. Mark your calendars for our championship meet in Pasco 7/27-7/29. This meet is the culmination of our hard work during the long course season for our group.

If you have any questions about upcoming meets, or any other questions or concerns, please let us know.

Thanks for your support of our team!

--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: 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 &amp; BLAB Continued...

## VELOCITY HAA!

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

I am really pleased with the group's progress over the past 7 weeks! Hopefully the hard work will pay off with some excellent swimming this weekend at Apple Capital.

Just a reminder that Gold and Silver swimmers need to have ALL of their required equipment. This includes kickboard, Speedo Power Plus hand paddles, a swim snorkel, and long fins. A Foil Monofin is highly recommended. Please check with your swimmer to verify if they have everything.

We are welcoming several new swimmers to Silver Group next week! Welcome to Benjamin Grigsby, Leif Broxson, Trenten Calloway, Kyle Sutton, Wyatt van Der Merwe, and Ian Eifert.

--Coach John

**Steel Group Gab and Blab:**

We now have a few long course practices under our belts!

Just a few reminders: 1.) make sure that you are checking the Google calendar to see where practices are at as they will be changing over the next month with school getting out. 2.) With us being outdoors it is really important to hydrate. 3.) I am really looking forward to a great long course season.

Swimmer of the month  
Calissa Rebel - Great Leadership

--Coach Steph

**Bronze Group Gab and Blab:**

Coach Atiba is in Colorado working with the Wounded Warrior project in the sport of swimming! While we miss him, we also recognize his commitment to and work for our wounded veterans who are working to keep a quality of life so that they can thrive after their sacrifice to our country. The Bronze group handles the coaching differences pretty well and the practices are written by Coach Atiba (except when Coach John has the group).

The character of the month for Bronze is Kyle Sutton for exhibiting great leadership in the assistance of and respect for substitute coaches! Great job Kyle!

**PRACTICE CHANGES COMING! AGAIN!**

**Beginning Saturday June 16<sup>th</sup> ALL Practices will be outdoors at the City Pool**

Here is a brief **general schedule, subject to change!**

Monday AM: 7:00-9:00 Gold, Silver, and Bronze

Monday PM: 6:30-7:30 Copper, 6:30-8:00 Steel, 6:30-8:30 Bronze, Silver, and Gold Distance

Tuesday AM: 7:00-9:00 AM Gold only, 7:30-9:00 AM Steel

Tuesday PM: Short Course Pool 6:30-7:30 Copper, 6:30-8:30 PM Bronze, Silver and Gold

Wednesday AM: 7:00-9:00 Gold, Silver, and Bronze

Wednesday PM: Steel 6:30-8:00, Bronze and Silver 6:30-8:30

Thursday AM: 7:00-9:00 AM Gold only, 7:30-9:00 AM Steel

Thursday PM: Short Course Pool 6:30-7:30 Copper, 6:30-8:30 PM Bronze, Silver and Gold

Friday AM: (NO FRIDAY PM PRACTICES): Steel/Bronze Combo 7:30-9:00 AM, Silver and Gold 7:00-9:00 AM

Saturday AM: Copper 8-9 AM, Steel 8:30-10 AM, Bronze 8:30-10 AM, and Gold/Silver 8:00-10:00 AM