



VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Very Scary? Not so Scary!

Our Very Scary swim meet coming up this weekend at Wenatchee High School has evolved a little bit over the past few years. What was once a one-day development meet for our new swimmers to experience a meet for the first time has turned in to a day and a half affair that has other teams visiting us. Still, the meet has maintained its roots as an introduction to swim meets for our new swimmers by staying fairly small in scope. The goal is to introduce our new families and swimmers to the swim meet environment while providing our new swimmers with a “buddy.” The “buddy” will help the new swimmer be where they are supposed to be when they are supposed to be there, checking in and out with coaches, get them behind the blocks, and then will cheer their races. This is an outstanding way for them to get to know our fabulous older swimmers (they are pretty good!) who set the example for work, team culture, and love for the sport. The better news? This is the best group of senior swimmers collectively that we have ever had.

It struck me though that we need to get alongside of our new parents in the same manner we get alongside our new swimmers. There are many questions, uncertainty, and perhaps even a bit of nervousness of their own! So, I am encouraging our veteran families to search out our newer parents and “Buddy Up” with them too. Answer their questions if possible, and if you can’t—bring them to me.

I am looking forward to the meet! Meet timeline and information will be emailed out to the team later today.

The end of 2018 will see some exciting things for our team. Our home meet hosted at Moses Lake at the beginning of December is an experiment that reduces our overall meet operating costs. We host a good meet and it will be good to see how we host a meet outside of our own environments. Also, the same weekend, Coach John will take at least one and possibly two or three swimmers to Austin Texas for the USA Swimming West Winter Junior National Championships. Connor Elwyn has already qualified for the meet and it is quite possible that we could have one or two girls qualify at the HS State Meet Nov 9th and 10th. Then, the following weekend the team will take several swimmers to the Washington State Senior Championship at Federal Way’s King County Aquatic Center. For our newer families KCAC is one of the premier swimming venues in the country and has hosted some very big national-level swim meets. We are lucky to have such a great facility within driving distance.

HAA!

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UPCOMING EVENTS!

November 3rd & 4th
Very Scary Open
*****HOME MEET*****
@ WHS POOL
****REQUIRED TEAM MEET****
Volunteer Requirements, job
sign up open now!

November 17th-18th
MRA Thankswimming
@Moses Lake HS Pool
Entry deadline Noon Fri 11/2

Dec. 5th -8th
West Winter Junior Champs
@ University of Texas
Austin, Texas

December 8th and 9th
Christmas Open
Hosted by Velocity, @Moses
Lake High School
****REQUIRED TEAM MEET****
For any not qualified for Sr.
State Champs.

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.

Marketing!

Getting the word out about our team and the awesome things that happen with our kids is important! Please when you see a post on Facebook, please comment on it, then share the post to your own page. This helps keep the team out there in the social networking world. Also, consider wearing Velocity gear to school or work on Fridays to show our spirit. Coach John has car window stickers for \$6 to let everyone know your car is a swim Limo! Finally, talk to your friends and tell them about our awesome team.

LEAD GROUP COACHES:

Copper: John Pringle

Steel: Carolyn Petersen

Bronze: Trent Grigsby (interim)

Senior Group: 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: Sarah Barnes

Steel: Sarah Barnes

Bronze: Rachel Blyth, Trent

Grigsby.

Senior Group: John Lindquist

**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.

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>

COACHING NEWS

The coaching staff is committed to providing a safe and educational environment for your swimmer! If you have a concern, please talk with your Lead Group Coach first. If a solution can't be reached, then please contact Coach John. Thank you! It is important that the Lead Group Coach has an opportunity to solve your issues with you first. This is a professional consideration based on a mutual respect that we hope to always foster on our team.

We are still looking for part-time assistant coaches. These are VERY part time positions that are between 3 to 4.5 hours per week in the evenings and on Saturday.

We will be hosting a coaching candidate for our open Head Age Group position on Saturday November 10th. Check your email for details. The coach will conduct a practice audition on Saturday morning and then be interviewed by me and the Executive Board. Then, in the afternoon, we will have a meet and greet for parents at a location to be determined. Save the date!

Steel Group Gab and Blab:

It's exciting to see a strong energized steel group in the water at the beginning of our short course season. One new swimmer has joined our already strong group. We are glad to welcome Jack Simons, who tried swimming for the first time with the Middle School swimming program last winter. We have been focusing on stroke technique in all the strokes and gradually building endurance. My goal is to break old habits while creating a strong foundation of new habits and gradually lengthen the distance and increase speed. I encourage everyone to try to make as many practices per week as possible. I know each of you will see tremendous improvement because of this.

It has been impressive to learn that many of our swimmers have been doing another sport (mainly cross-county) along with swimming. I am so glad that you are fitting swimming into your busy lives! I know several of you have ordered snorkels. I am eager to incorporate more and more snorkel work into our practices but do not want to do so until most of the group has them. If you have questions about ordering do not hesitate to talk to me. Thanks for all the support you give your swimmers and I know we will have a great short course season. Remember next weekend is our first home meet-VERY SCARY!

--Coach Carolyn

Group Swimmers of the Month!

Copper: Bennett Critchell, sold out to swim! Hard work and enthusiasm.

Steel: William Ribellia, hard work and leadership/good teammate!

Bronze: Molly Coonfield, dedicated to team and improvement!

Senior: Jackson Calloway, Dedication to improvement through adversity!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Senior Group Gab and Blab:

Congratulations to all of our girls' swimmers who placed and swam well at the High School District meets. We are proud of our athletes and how they represent our communities in such a positive way. It was great to be able to host Eastmont High School at our practices the past two weeks, so they could use the starting blocks for start practice at WHS. Finally, WHS earned the Girls' Academic State Championship for 2018! Wow! Our kids are fast and smart!

Going into Very Scary this weekend I am very impressed by the work ethic of our boys going into their High School season. I believe they are ready to have a great start. They have been working extremely hard and are doing it as a group. We have been shifting to more race pace work as we approach

- Girls HS State is Friday, Nov 9th and Saturday November 12th. Meet information is available at WIAA.com.
- Winter Juniors at University of Texas Dec. 5th -8th.
- WA Senior State Championships December 13th - 16th at KCAC Federal Way.

--Coach John

Bronze Group Gab and Blab:

The Bronze swimmers are doing very well! I am impressed by all of their work to improve their strokes and their work ethic. I see daily improvement in the group when I am coaching them. I am excited to see them swim at the Very Scary meet this weekend. I am hoping that we will see some nice improvements out of them.

I also have noticed that several Bronze swimmers don't have the required equipment for practice. Some of the things we are doing require the equipment to master skills. Without the equipment, the swimmer not only can't master the skills being taught—but they can also be a detriment to the entire practice. Please check the team website for required group equipment and order as soon as possible. Thanks!

--Coach John

Copper Group Gab and Blab:

Greetings from the Copper Group!

Our Copper group has grown a little bit and will do so again as we welcome Sophia Wilgus and Maci Devine to the group in November. The group is one of the strongest that we have had, even though it is somewhat smaller than we have been used to.

The group has been working on breaststroke kick, flip turns, two hand touches and starts to prepare for the swim meet this weekend. Coach Sarah and I are looking forward to seeing some of the kiddos participating in their first meet! We will have older kiddos helping with them and cheering them on in the form of a "buddy."

Swim meet information and timeline will be sent out to the team later today. Don't forget that our next "Home" meet will be hosted at Moses Lake High School December 8th and 9th. Our Christmas Open had to be moved to the high rental costs at EYAC. The team simply can't make any money with the fees being so high. While it is a travel meet, it is still a required meet for all team members. If there is a family conflict, please email coach john as soon as possible.

Finally, thank you to all of the new parents for your questions, and enthusiasm. We are lucky to have you. "At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents." Jane D. Hull