



VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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2018 Going Out in Style

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UPCOMING EVENTS!

January 5th-6th
January Storm
@Whitman College,
Walla Walla, WA

January 17th-20th
WA OPEN @KCAC

January 26th-27th
TCCC Winter Open
Ellensburg, WA
Entries due: January 11th

February 8th-10th
IES Junior Champs!!!!
(All swimmers with less than
BB times should attend, see
page 2 for details!)
Entries due: January 27th

2018 is coming to a close and we sure saw it go out with a bang in terms of swimming competitions. We saw Velocity Swimmers wrap up the 2018 calendar year of competition with successes at our own Christmas Open, the Winter Junior National Championships in Austin, Texas and the Washington State Senior Championships in Federal Way.

For the first time ever, we hosted a meet in a neighboring City—Moses Lake. The change in venue was necessary due to facility costs at EYAC that have become prohibitive in running successful indoor swim meets. While a bit of a burden on our membership, the meet was a huge success that brought in more money for the team than originally budgeted. This helps to keep our team viable and strong and I want to say thank you to everyone who pitched in and volunteered. Your efforts are for the kids—our swimmers! At the meet itself, we saw four swimmers earn high point honors: Ben Madson (11-12 boys), Jaime Hobson (13-14 girls), Trenten Calloway (13-14 boys) and Christian Cutter (15-18 boys.)

In Austin, Texas Haily Payne and Connor Elwyn represented Velocity at the Winter Junior Championships. In all four team records were broken (Haily 200 IM; Connor 50 Free, 100 Free, and 100 fly) and new qualifying times for the summer Futures Championship were made. This was the 5th year in a row that Velocity has sent swimmers to Winter Junior Nationals.

In Federal Way 16 swimmers made the trip to the Washington Senior State Championship. Connor Elwyn, Haily Payne, Sophie Black, and Rae Ann Dressel represented Velocity in the evening finals competition with Connor and Rae Ann qualifying for the Championship final (top 8). Rae Ann ended up winning the State Championship in the 50 Breast! Connor finished 5th in the 100 Free. Several team records were also set in the course of the competition.

The team will waste no time acclimating to 2019 with three competition opportunities in January. 9 Swimmers will travel to Walla Walla for the January Storm meet January 5th and 6th. Over 20 swimmers will travel to Federal Way for the Washington Open January 17th – 20th, and the month wraps up with a meet we are encouraging all of the team to attend, the Winter Open in Ellensburg at the CWU Aquatic Center (be sure to sign up ASAP!).

I love how are swimmers are responding and improving! Keep up the good work everyone! Thanks to the coaching staff for having them ready, and to our parents for getting them there. I hope everyone will have a happy and successful 2019! 2018 sure was fun.

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.

IES Junior Champs!

The IES Junior Champs is THE meet to be at for our 14 & Under developing and newer swimmers. The meet will be held February 8th – 10th at the Kroc Center in Coeur d'Alene Idaho. I would encourage all our swimmers that don't have the USA Swimming BB time standards to participate in the meet. We will be sending one or two team captains to the meet to help and cheer on our team and Coach JW (John Apgar) and Coach Carolyn will be attending to coach. If you have questions about this meet, please get together with your group coach to discuss. We would like as many swimmers as possible at this meet! Did I mention that it is really fun?!!!!

College Swimmers Return:

We saw a few of our college swimmers return to the pool while others trained with WHS. It was good to see Rebecca Bay, Tess Orozco and Gabrielle Davy at Velocity practices while Jordan Hartley, Hannah VanHeyningen and Charlie Cutter were seen at WHS practices. Charlie also made an appearance at the Senior State Meet! Good to see all of you!

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.

Coach John Apgar started coaching with us on December 17th and we sure are glad he is here. Coach "JW" will travel with the team to Walla Walla the first weekend in January.

Steel Group Gab and Blab:

As I look back over 2018, I am blown away by all the improvements steel group has made! Short course seems to be going so quickly! We had a great experience at the Christmas meet with swimmers trying new and challenging events to overall time drops! Make sure to mark your calendars for the junior champs this February 8-10th in Coeur d' Alene, ID. I hope everyone who is eligible will be able to attend this meet because the energy is high and with such an outstanding facility, it is built for fast swimming. Overall, the funniest swim meet that I have ever attended. I can't say enough to encourage everyone to attend this meet! Lastly, I love the eagerness and support everyone has shown over the Christmas break in getting your swimmers to practice even at this busy time. May you all have a wonderful New Year and keep on swimming.

--Coach Carolyn

Group Swimmers of the Month!

Copper: Sophia Wilgus for dedication and hard work!

Steel: Hannah Roche for hard work, leadership, and cheerful attitude!

Bronze: Norah Bauman, hard work and effort in practice!

Senior: Rae Ann Dressel for being a great teammate and competitive spirit!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Senior Group Gab and Blab:

After a pretty sweet December, the senior team is basically in training until the Washington Open in mid-January.

January 3rd we will start with AM practices that will operate at WHS from 5:30-7 AM on Tuesday and Thursday Mornings. Morning practices will be held on the following dates and will be covered by both Coach Johns. The dates of the AM opportunities are: 1/3, 1/8, 1/10, 1/15, 1/22, 1/24, 1/29, 1/31, 2/5, 2/7, 2/12, 2/14, 2/19, and 2/21.

Recommended Meets for Senior Swimmers:

Washington Open: January 17-20.

Winter Open, Ellensburg: Jan. 26 & 27 (swim off events).

IES Champs, Moscow, ID Mar. 1-3

Senior Sectional, Federal Way Mar. 14-17

Age Group Regional, Federal Way Mar. 21-24.

- All of these meets are coming extremely fast! Prepare for success by training hard and attending as many practices as possible!

--Coach John

Bronze Group Gab and Blab:

I have been amazed by the resilience and attitude of this group. They have experienced coach turn over and some inconsistency as a result. They have continued to work hard and improve as a group and the results have been fun to watch.

Coach John Apgar (aka Coach JW) is now on board and has been fun to watch with the group. He will be transitioning the group to new drills, sets, and some fun mixed in as well. I am excited to see what they will be able to do with a few months of work under Coach JW.

Upcoming Recommended Meets for Bronze Swimmers:

Winter Open, Ellensburg: Jan. 26 & 27

IES Junior Champs (14 & U): No BB times allowed.

IES Champs, Moscow, ID Mar. 1-3 (BB Standards)

Short Course Farewell, Moses Lake March 9-10.

Age Group Regional, Federal Way Mar. 21-24.

--Coach John

Copper Group Gab and Blab:

Greetings from the Copper Group!

The improvement in this group has been amazing! The swims have been exciting, and the enthusiasm from the swimmers has been really fun. I am proud of this group and would encourage all of you to attend the IES Junior Championship in Coeur d'Alene Idaho February 8th-10th. See the side bar on page two for more details!

Coach Sarah and company have been working on turns, starts, and breaststroke kick. All the skills are improving! When you talk to your swimmer about swimming, please notice what they are working on and maybe struggling with. Remind them just to try and get better at it every time and that it is not easy! What they are doing is hard and they are having success even when it doesn't necessarily seem so. A growth mindset (I can't do it YET) is the way we want our swimmers to think. As long as they are trying to get better every day, they are a HUGE success.

Finally, thank you to all 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

--Coach John