



VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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EYAC CLOSURE WILL BRING PRACTICE CHANGES SPRING CHALLENGE IN FALL

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UPCOMING EVENTS!

March 1-3
Inland Empire Short Course Champs
@ Univ. of Idaho Swim Center, Moscow, ID

March 9 & 10
Short Course Farewell
Moses Lake, WA
Late entries will be accepted through Sunday evening via text to Coach John P.

March 14th – 17th
Senior Sectional Championships
Federal Way, WA
Entries due: March 4th

March 21st – 24th
NW Age Group Championships
Federal Way, WA
Entries due: March 11th

The closure of EYAC for a long-needed remodel is set to begin with the closure and clean out April 1st and construction starting on April 15th. The remodel is expected to take approximately 6 months. This will mean some practice changes beginning April 8th for the team, and some very real challenges for fall practice times as WHS will be host to the WHS Swim Team, Eastmont HS Swim Team, the WRAC Aquatic program, Masters, and of course Velocity. In addition, the YMCA will use the WHS pool in the mornings this summer for various programming. Not only does this mean that WHS will be a busy place in the fall; it also means that water time will be at a premium and all programs will have to feel a little bit of pain in order to make it all work. Details for the fall are still being ironed out, but the solution will indeed spread the pain of pressure on a single aquatics facility to all aquatic programs using the facility.

For the spring however, Velocity will have the run of the facility Tuesday, Thursday, Friday from 5:30 to close (if needed), and Saturday from 7:30 AM to 1:00 PM, but also on Monday and Wednesday from 7:00-9:00 PM to maintain a fairly traditional practice model. Those details are still being ironed out and will be shared with the Board at the next Board meeting prior to release to the team. This will make for a fairly seamless transition as we roll to our normal outdoor program partially in mid to late May and fully outdoors when school is out after June 14 (Thank goodness the snow has not impacted our exit date—at least not yet!).

Pool and water time will always be an issue for our team. It is believed that our later practices curtail some young families from participating. In addition, the cost of facilities rentals will continue to rise with the cost of labor, chemicals, and utilities rising as well. While all of this has been well managed so far, it is important that Velocity continues to be present and has a voice at meetings of the agencies that are supporting and operating our swimming pools. Without even one of them things can get fairly complicated. We will get a temporary picture of what that might look like come fall.

As a side note, and speaking of a voice, Bronze swimmer Lindsay Sutton appeared at the last Wenatchee School District School Board meeting and made some compelling arguments in her brief speaking allowance about the impact of middle school sports. The Board is wrestling with budget cuts made necessary by what is viewed as an unintended consequence of the McCleary decision and many districts are facing shortfalls next year. Her community activism is to be commended and recognized! Great job Lindsay. We can all learn from your awesome example and leadership—Thank you!

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!

Junior Champs was an extremely successful meet with several Velocity Swimmers placing in the top 8 in Coeur d'Alene Idaho. A few of them even won events! There were many best times and Team Captain Emma Knott provided leadership and guidance. I also heard that our sportsmanship was out of this world!

College Swimmers Successful:

Many of our college swimmers had successful seasons! We currently have Velocity swimmers at Western Colorado, East Bay State (California), Dixie State (Utah), University of Puget Sound, Pacific Lutheran University, New Mexico, Loras College (Iowa)! Great job team!

SWIM A THON!

All swimmers regardless of fundraising requirements are encouraged to come and swim the "200." It is a fun morning with snacks, drinks, music, and swimming! Swim A Thon is set for **Saturday morning, April 20th**. Be there! HAA!

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> All parents & swimmers over 11 are encouraged to take Athlete Protection.

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.

Velocity has gained a new swim lesson Coach, our own Genie Lutz—mother of Jessica and Jack Wierzbicki. The lessons will resume on April 9th.

The coaches had a very productive strike drill sharing session on Wednesday, February 27th

Copper Group! Coach Kathy Elwyn and Coach Carolyn Magee are now helping with Copper group one day per week each. Coach John P is still the contact person.

Steel Group Gab and Blab:

The last month has been full of meets, best times and new races! Junior Champs in Coeur d'Alene, ID was a successful trip for families that braved winter roads. Steel swimmers who attended had almost 100% best time swims! For Steel, it was their first experience with a prelim/finals set up—either swimming in both stages or watching Bronze group compete in finals. Thank you, parents, for supporting your swimmers during a busy and crazy travel month! A shout out to Sam Hobson and Rhwyn Stroud for representing Steel group at Champs this weekend! Great job! I can't wait to see your times!

I am looking forward to refocusing on technique before building up endurance for the long course season. We will also prepare for Bronze test sets for several Steel swimmers. I am so proud of the improvement and hard work the entire group has done this season. Let's finish short course strong with the Farewell Meet in Moses Lake March 9th-10th and our development meet at WHS on 4/27, make sure to mark your calendars! --Coach Carolyn

Group Swimmers of the Month!

Copper: Hunter Krahenbuhl for dedication, hard work, and improvement!

Steel: Natalie Kelly for listening, focus and hard work!

Bronze: Molli Coonfield, hard work and effort in practice!

Senior: Haily Payne for working through adversity and being a great teammate!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Senior Group Gab and Blab:

As we approach the end of short course season, I think that it is important to point out that ALL senior level swimmers should take at least a two week break at the conclusion of the short course season. One of these weeks should be spring break as the team is closed during that week and there will be no practices anyway. If a longer break is desired, please communicate with Coach John P about it and what to do while away.

Recommended Meets for Senior Swimmers:

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!

Congrats on all of our boys for their successful HS Seasons! Especially double State Champion Connor Elwyn who is the first Velocity swimmer to accomplish this in one meet!

--Coach John P

Bronze Group Gab and Blab:

Have you ever thought about the different results of practicing two or three times a week vs. four or five? Because we have so much to cover in our practices for the developing swimmer, I always design a rotation of targets for each practice. Aerobic endurance, speed, pace, legs, core, breast, fly, back, free, turns, skill drills, etc. So, if a backstroker only ends up at practice on breaststroke day, and recovery day its not much of a week for them. Being at practice regularly exposes the swimmer to as much of our content as possible.

Also, we need to keep looking out for new teammates to add to our team. Do you have a friend that you might ask to give swimming a try? A long time ago a friend of mine talked his best friend into coming out for the high school team. By the end of the season that rookie was faster than my friend who was a pretty good sprinter. Eight years later, Gary Ilman, the kid that got talked onto the high school team was on a new team, the US Olympic team! You never know who you might "discover".

Upcoming Recommended Meets for Bronze Swimmers:

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 A

Copper Group Gab and Blab:

Greetings from the Copper Group!

The IES Junior Championship in Coeur d'Alene Idaho February 8th-10th was a huge success! Congrats to Ava Langford, Zaira Huston, Addison Willms, and Lyra Stroud for their performances!

Coach Sarah and company have been working on it all! It is good to see that the skills of the group are improving! We have added some support in the return of Coach Kathy and Coach Carolyn Magee to our Copper coaching staff. They will add some experience and different ideas to the group while helping Coach Sarah manage the different skill levels within the group. Welcome back coaches! We have missed you but will gladly take one day of the week to see you on deck! Thank You.

"If parents want to give their child a gift, the best thing that they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves to praise. They will have a lifelong way to build and repair their own confidence. From Growth Mindset, Carol Dweck

--Coach John