



# VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## Starlight Open Recap

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### UPCOMING EVENTS!

**July 12<sup>th</sup>-14<sup>th</sup>**  
**Sizzlin Summer**  
**@ Moses Lake**

**July 18<sup>th</sup>-21<sup>st</sup>**  
**Senior Sectional**  
**Championships, Gresham, OR**  
**VS Entry deadline July 5<sup>th</sup>**

**July 26<sup>th</sup>-28<sup>th</sup>**  
**IES Long Course Champs**  
**Pasco, WA**  
**VS Entry Deadline 7/15**

**July 30<sup>th</sup>-August 3<sup>rd</sup>**  
**Western Senior Zone**  
**Championships**  
**Clovis, CA**  
**VS Entry deadline July 5<sup>th</sup>**

**August 7-10**  
**Western Zone Age Group**  
**Championships**  
**Gresham, OR**  
**VS Entry Deadline 7/28**

We had a little bit of everything this past weekend at the Starlight Open, our last home meet of the summer. It feels good to have this out of the way one week earlier than normal and I anticipate that the meet will be kept on this weekend moving forward. It is better for PNS teams and we had over 40 more swimmers than last year!

It was great to see the team bonding during the lightning breaks on Friday and Sunday. I was thrilled to be a part of a picture with many of our high school swimmers. I think this group is special and closer knit than past teams may have been. It was also really neat to see many of them staying and helping tear down and put away our meet regalia. Thank you!

Thank you also to our parent volunteers who pulled the meet off. Once again, you showed our visitors a great swim meet experience! Awesome. A big HAA! to you all!!

And the swimming! We had many best times at this meet, two high point winners, a Senior Zone standard met, and another that missed a Senior Zone Standard by 1/100<sup>th</sup> of a second! Just don't blink! Sam Hobson (10 & Under Boys) and Trenten Calloway (13 & 14 Boys) ran away with the high point trophies for the meet. Awesome job! Jackson Calloway earned another Senior Zone qualifying time in the 800 m free, and Kathryn Gyde had an awesome swim in the 100 Breast just missing her time by a fingernail—thank goodness for Sizzlin' Summer! In addition, we had some relay wins, many best times, and swims that were close to some really awesome performances from the end of last summer. A big shout out to our newer swimmers Audrey Derrick, Sydney Cutshall, Ethan Roy, Mason Duffey, Sophia Wilgus, Jack Simons, Nick Hartnell, Kai Mittlestaedt, Oliver Brownlee, and Donovan Harrington for some awesome improvement! Finally, a shout out to those swimmers actively seeking out the 200 Fly, 400 IM, 400 Free, and 800 Free. You are to be commended for your efforts as these are tough events. Your coaching staff recognizes the extra work needed to swim well in these events and I thought we did a fantastic job.

The summer will be over quickly! Sizzlin Summer at Moses Lake is on July 12-14, Senior Sectionals in Gresham, OR July 18-21, Champs July 26-28 in Tri Cities, Senior Zones in Clovis, CA July 30-Aug 3, and Age Group Zones in Gresham, OR August 7-10. The team will have one more week at the City Pool, then we will close for two weeks until we have a pool available to swim in.

**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.*

### IMX and IM READY PROGRAM:

USA Swimming has two programs called IMX and IM Ready. These programs are designed to rank swimmers on their team as well as in their LSC, Zone, and across the nation. AT the end of the summer swimmers who are IM Ready, and IMX qualified will get a certificate commemorating their accomplishments! Here are the event requirements:

#### IMR (IM Ready)

9-10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC), 200 IM (LC).

11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC), 200 IM (LC).

13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

#### IMX (IM Extreme)

9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM.

11-12: 400 Free (LC)/500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM.

13-18: 400 Free (LC)/500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM.

## 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.

### 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](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.

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The summer is going great! We really do have an awesome coaching staff and I am lucky to work with a really fine group of people. Please reach out to your group coach (Copper group—contact me—Coach John P.) if you have any questions.

Christian Cutter recently became our first-ever Junior Coach (a swimmer who is also a coach and under the age of 18) Christian teaches our swim lesson program! HAA!

### Steel Group Gab and Blab:

Welcome to Summer and long lengths of swimming! This is when we hit the endurance and with the assistance of John A during the morning practices-the drill work as well! This is the season of much growth! I can't wait to see the results of our hard work at Starlight this weekend. We have continued to work some on every stroke and lots of freestyle at every practice, especially hitting it hard with the kicking. We will keep increasing the amount of time we spend on speed work (in transition from longer endurance to now speed) during the next week to be ready for Starlight and Moses Lake. I am looking forward to another great home meet by our outstanding Velocity family. Thanks again for all your work in getting your swimmers to practice, long volunteer hours at the home meets, and finally traveling for meets! Thank you! July will be here and full of opportunities for our swimmers-let's have a fun and busy month!

*Coach Carolyn*

### Group Swimmers of the Month!

**Copper:** Oliver Brownlee for commitment and improvement.

**Steel:** Hunter Krahenbuhl for lane leading leadership.

**Bronze:** Austin Elwyn for perseverance, hard work and improvement.

**Senior:** Grace van der Merwe for commitment and service to the team.

**VELOCITY GROUP GAB & BLAB Continued...****VELOCITY HAA!****Senior Group Gab and Blab:**

Senior Zones paperwork was sent out and should be sent to me via email (electronic only please—no paper!) as soon as possible. A deposit check must also be mailed along with the application to Todd Stafek, IES Treasurer. PLEASE DO NOT WAIT!

The swimmers are a bit beat up right now and that is OK! They are working hard as individuals and as a group, so soreness and fatigue is expected. Please help your swimmer to take care of themselves. Regular stretching with a floor roller is a good way to loosen up. A massage or two to lessen muscle knots may be a good idea in the next week or two. DON'T GET A MASSAGE within a week of your final swim meet of the summer. Regular rest, proper nutrition, and hydration also play a critical role in the end of the season push.

I will be reviewing entries for Senior Sectionals with qualified athletes this week at practice.

GEAR! Please ensure your swimmer has all the group required gear listed on the team website. We have a few swimmers missing items.

*--Coach John P*

**Bronze Group Gab and Blab:**

The IM Ready and IMX (Extreme) programs are described in another section of this newsletter. Take a look at the requirements and set a goal to do one of these programs during the summer season!

One of the things that is important in this short summer season is to make as many of the provided practices as possible. While it is understandable that there will be a few exceptions, making practice is the #1 indicator of success at the end of the season. All of the training fits together to make for an exciting finish!

I am looking forward to seeing 24 swimmers at Moses Lake!

I would encourage all of the Bronze Group swimmers to attend the Championship in Pasco at the end of the month. Speak with me if you have questions. All of our swimmers are eligible for some events.

*--Coach John A*

**Copper Group Gab and Blab:**

Greetings from the Copper Group!

Wow! What improvement we saw out of our swimmers this past weekend! Outstanding job from them all. Thank you also to you new parents who stepped in and helped at Starlight.

Don't forget that ALL of our swimmers are eligible to swim events at Long Course Champs in Pasco at the end of the month. Please speak with me or one of the Copper coaches with questions. We would love to have you there!

All times have been updated in the system, including those from Starlight.

Finally, thank you again parents for choosing our program. I am happy to have you with us! If you have any questions, please feel free to get in touch with me!

*--Coach John P.*