



# VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## Miscellaneous Important Information! Be in the know!

Here are some important pieces of information! Please make a note of these things as they may impact you or your swimmer!

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### UPCOMING EVENTS!

March 30—April 7  
**SPRING BREAK VACATION**

April 14<sup>th</sup>  
**Spring IES HOD Meeting @  
Moses Lake HS. 9:00 for  
Officials and Coaches.  
General Meeting 11:30 AM**

April 20<sup>th</sup>  
**Swim A Thon! @WHS  
7-9 AM 15 and Over and  
Siblings  
9-11 AM All others and  
Siblings**

April 27<sup>th</sup>  
**Mayflower Team  
Development Meet  
@WHS Pool  
Entries due: April 12<sup>th</sup>**

May 4<sup>th</sup>  
**Apple Blossom Parade and  
Festivities. TBA**

**Tech Suit Ban for 12 & Unders:** A ban on technical racing suits will be instituted by USA Swimming in January of 2020. However, Oregon Swimming has already adopted this rule, so 12 & Unders may NOT wear technical suits at AGE GROUP ZONES.

*A Technical Suit is one that has the following components:*

1. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
2. Any suit with woven fabric extending past the hips.

*(Note: WOVEN FABRIC – A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)*

*(Note: KNIT FABRIC – A suit with knit fabric and sewn seams not extending below the knees is permitted.)*

### **SWIM A THON TIMES-SATURDAY APRIL 20<sup>th</sup>:**

15 & Over Swimmers and Siblings 7:00-9:00 AM

All others and siblings: 9:00-11:00 AM

### **SAVE THE DATE! Saturday May 4<sup>th</sup>-APPLE BLOSSOM FESTIVITIES**

Each year our team participates in the Apple Blossom Festival parade as the banner carriers for the parade award winners. We need our team's help to ensure we have adequate coverage for banner carrying. More details to come, but we begin the day with a team hike up Saddlerock followed by the Kiwanis pancake breakfast at Triangle Park. Then, we organize at the stadium restrooms to get ready for the parade. Stay tuned!

### **EYAC CLOSURE:**

EYAC is closing as of this coming Monday for a remodel project and Velocity has changed all practices to the WHS pool until the Bronze and Senior groups move outdoors on or around May 20<sup>th</sup>. This will bring some challenges to the team in terms of pool time and scheduling, particularly in the fall. The EYAC closure is estimated to be about 6 months.

### **SPRING BREAK SHUT DOWN:**

Just a reminder that Velocity is shutting down for spring break and there will be NO practices Saturday, March 30 through Sunday, April 7<sup>th</sup>. We will be back—all at WHS—on Monday, April 8<sup>th</sup>.

**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.*

### Volunteer Officials Needed!

If you are interested in officiating, please speak with Jeff Sutton. He can guide you through the process and get you set up to train at the Mayflower Swim Meet April 27<sup>th</sup>.

### Group Move Ups:

Group moves will happen gradually between April and June according to the Coaching staff's plan. An email will come out detailing what parents and swimmers need to know. These are coaching decisions based on a number of factors including but not limited to: leadership, effort, attendance, performance, and perceived ability to handle increased training volume and higher skill-level expectations.

**Please remember! It is not always in the best interest of a swimmer to move up.**

### 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 20<sup>th</sup>. 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 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.

## 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.

Coach John (Pringle) will attend the USA Swimming Western Zone Conference in Denver Colorado May 8<sup>th</sup>-11<sup>th</sup>.

Coach John (Pringle) Will be the head coach of the IES Senior Zone All Star Team.

Coach Sarah Barnes is expecting! You will have to ask her the due date!

### Steel Group Gab and Blab:

Hey Steel Group! Well done in short course season! You have done amazing! That said, there is a local meet coming that you should attend. The Mayflower meet on April 27<sup>th</sup> is a one-day internal meet at WHS. Entries are due on April 19<sup>th</sup>, so commit now and we can help with events. We have been focusing on technique with all strokes so that after spring break we can really start increasing yardage to get everyone ready for long course.

There has been a lot of anticipation and excitement about group moves, and we want you to know that our coaching staff work together to find the right time to move you. There are several factors we consider, but most of all we want you to be successful in the next group! We can tell when swimmers are ready to move because we see them consistently attending practice, consistently using good technique and consistently showing up with a great attitude. Lastly, thanks to all of you wonderful parents who do so much to get your swimmers to practice every day.

--Coach Carolyn

### Group Swimmers of the Month!

**Copper:** Ava Langford for consistency and attendance!

**Steel:** Naomi Lambert for accountability and integrity!

**Bronze:** Ben Madson for Goal Setting and Visualization!

**Senior:** Connor Elwyn for being a great teammate and leading by example!

## VELOCITY GROUP GAB &amp; BLAB Continued...

## VELOCITY HAA!

**Senior Group Gab and Blab:**

The short course season concluded a couple of weeks ago at the Senior Sectional Swim Meet. Connor Elwyn qualified for several finals and broke or tied four team records along the way. Connor broke records in the 50 Back, 100, Back, and 200 Back while tying his own record in the 200 IM. Joining Connor were: Rae Anne Dressel, Brooklyn Dressel, Sophie Black, Emma Knott, Evan Vandersluis, and Tage and Simon Madson.

Dryland will resume for the group on Tuesdays and Thursday following spring break. Swimmers need athletic shoes, shorts and a t short or tank top as well as a water bottle. Many of our dryland workouts moving forward will be outside as weather allows.

Plans for Senior Zones are beginning to take shape. The team will be staying at the Hampton Inn and Suites Fresno, and the phone number is (559) 276-9700 for parents wishing to reserve rooms as well. Flights out should be scheduled on Monday, July 29<sup>th</sup> with a return flight on Sunday, August 4<sup>th</sup>. The team will once again participate with the IES All-Star Team.

The group will move outdoors on or around May 20<sup>th</sup>! We are looking forward to being outdoors again and we are blessed to have long course water.

--Coach John P

**Bronze Group Gab and Blab:**

Five Bronze Group swimmers qualified for and attended the NW Age Group Championships last weekend and the meet was largely a success! Ben Madson earned a final swim in each of his 6 races, winning the 100 Backstroke! In addition, Ben set team records in the 50 Back, 100 Back, 50 Fly, and 100 IM. Abbey Mott, Aiden Grigsby, Lindsay Sutton, and Trenten Calloway rounded out our Age Group Team and gained valuable experience at the King County Aquatic Center.

Bronze Group practices will be as follows from April 8<sup>th</sup>-May 18<sup>th</sup>. ALL at WHS! M/W 6:30-8:30 PM, Tuesday and Thursday, 6:30-8:00 PM, Friday 7:00-9:00 PM, and Saturday from 9:00-11:00 AM.

Making practices and attending regularly is crucial for swimming improvement. The week is composed of different skills and drills that work on a wide variety of things. Missing a practice is a missed opportunity to work on something covered on that day—and may not be covered again for a short period of time. The swimmers showing remarkable improvement are generally those that show up!

***Have a safe and happy spring break!***

**--Coach John A**

**Copper Group Gab and Blab:**

Greetings from the Copper Group!

I am very pleased with the progress I am seeing out of the Copper Group. The strokes are getting better, attempts at starts off the blocks have improved and happen quicker, and the group really does work hard! Last Wednesday we had a few tryouts that will increase the size of the group a bit. I am thrilled as this Copper Group is the smallest we have seen. Please talk to your swimmers about being welcoming and friendly!

We have a small swim meet coming up on April 27<sup>th</sup> that I would like to see as many of our Copper swimmers at as possible. Please check out the team website for more details!

Practices will be as follows from 4/8-5/20: ALL AT WHS! Tuesday and Thursday, 7:00-8:00 PM, and Friday, 6:00-7:00 PM.

Have a safe and happy Spring Break!

**--Coach John**