



## In This Issue:

- SPRING TUNE UP
- NUTRITION PRE/POST MEET
- MASTER CORNERS
- COACH CORNER
  - WHS POOL SCHEDULE
- SCHOLARSHIP
- SWIM CLINIC
  - WITH OLYMPIAN JASON LESAK
- UPCOMING EVENTS
- COMMITTEES ANNOUNCEMENT



## Spring Tune-Up: Preparing Young Swimmers for a Splashing Long Course Season

As short course season begins to wane and the sun shines in our beautiful valley, our swimmers eagerly anticipate the arrival of spring—a season not only for renewal but also for the much-anticipated spring tune-up and the start of the long course swimming journey. In this newsletter article, we'll explore the importance of preparing our younger swimmers for the challenges and triumphs that come with the long course season.

**Spring Tune-Up Essentials:** Coaches will focus on refining stroke technique, improving starts and turns, and enhancing overall fitness. This period serves as a crucial bridge between the short course and long course seasons, allowing swimmers to fine-tune their skills for the challenges ahead.

**Transitioning to Long Course:** For many young swimmers, the shift from short course to long course can be both exhilarating and demanding. Coaches will guide them in adapting their training routines to the 50-meter pool, emphasizing the importance of pacing, endurance, and strategic race strategies. The spring tune-up lays the foundation for a successful transition, ensuring that swimmers feel confident and well-prepared for the longer distances.

**Balancing Technique and Endurance:** A key focus during the spring tune-up is striking the right balance between refining stroke technique and building endurance. Coaches will design practices that incorporate drills to enhance efficiency while gradually increasing the distance swimmers cover. This dual approach ensures that swimmers not only swim longer distances effectively but also maintain proper form throughout.

**Goal Setting for the Long Course Season:** The spring tune-up provides an ideal opportunity for swimmers and coaches to set realistic and inspiring goals for the upcoming long course season. Whether aiming for personal bests, mastering a new stroke, or contributing to team success, establishing clear objectives motivates swimmers to stay focused and dedicated throughout the season.

As we embrace the vibrant spirit of spring, let us not only celebrate the beauty of blooming flowers but also the growth and development of our young swimmers. The spring tune-up serves as a crucial stepping stone, preparing them for the challenges and triumphs that lie ahead in the long course season. With dedication, enthusiasm, and a focus on continuous improvement, our young athletes are poised to make a splash in the 50-meter pool and create lasting memories throughout the spring and beyond.

Velocity Spring Tune-up  
Registration Opens:  
March 1st 2024  
Practice Starts:  
April 8th

# NUTRITION FOR COMPETITIVE SWIMMERS

The swimmer appetite is a byproduct of the hours and hours that they devote to swimming around the black line. For some swimmers, eating is largely a part-time job. While eating lots of food is something swimmers are known for that doesn't mean that most of them eat as good as they should. They usually blame the 8000-yard practice to plow through a large pizza in one sitting.

Nutrition plays a critical role in performance in the pool, just as important a factor as sleeping habits.

## TRAINING DIET FOR SWIMMING

Individual nutrition requirements will be determined by training load, specific athlete needs, training goals, body composition goals, health, and adjustment for growth in younger athletes. Ideally, swimmers should aim to eat a light snack prior to training to maximize performance – especially for key training sessions. Nutrition is often based around lean proteins for muscle repair and recovery, carbohydrate appropriately timed for fuel. In addition, fruit, vegetables, nuts, seeds, and wholegrains provide important vitamins and minerals, along with some healthy fats.

## HYDRATION

Swimmers should drink fluids before, during and after training and events. However, body fluid needs will depend on individual fluid losses, which vary depending on individual sweat rate. Although it can be difficult to identify sweat loss because of the water-based environment, pool areas (especially indoors) are often warm and humid which increases fluid losses. For most training sessions water is sufficient to meet hydration needs. However, if training for maximum performance, or during very long training sessions, sports drinks can be useful as they provide carbohydrates for fuel and electrolytes and fluid for hydration goals.

## WHAT TO EAT BEFORE SWIMMING

Swimmers should have a high carbohydrate meal 2 to 4 hours prior to their first race. Water should be sipped regularly in the lead up to the first race. To avoid stomach discomfort foods should be relatively low in fiber and fat. The pre-competition meal should be planned and practiced during training (don't try new on competition day!).

Pre-competition meals example:

- Wholegrain breakfast cereal with milk + fruit
- Fruit salad with yoghurt and nuts
- Sandwich/roll with salad + lean meat/cheese
- Oatmeal with banana and cinnamon

A small snack can also be eaten up to 1-2 hours prior to a race as a final effort to top up energy levels. For example:

- Granola or Sports bars
- Fresh fruit or Dried fruit & nut mix
- Rice cakes with nut butter

## WHAT TO EAT AND DRINK DURING SWIM MEETS

Swimmers need to make sure that they eat and drink between events.

If less than 60 minutes between races – keep options light and easy to digest. Carbohydrate rich liquids may be preferred as they are rapidly digested from the gut.

- Sports drink
- Juice
- Chocolate Milk
- Yoghurt pouches
- Dried fruit (e.g. banana chips)
- Small pieces of fresh fruit (e.g. grapes/banana)

If more than 1 – 2 hours between races:

- Pasta/noodle-based dishes
- Sandwiches with simple fillings

## POST-RACE RECOVERY

Recovery nutrition is especially important during competitions that are held over several days or during weeks of heavy training loads. Recovery meals and snacks should contain carbohydrates (fuel), some protein (for muscle repair and development) and plenty of fluids and electrolytes to replace sweat loss. A recovery meal or snack should be consumed soon after exercise period, particularly when the next training session or race is the following day. Fluids should also be consumed, based on estimated losses.

Recovery food suggestions include:

- Ham, cheese and salad roll or wrap
- Dairy-based fruit smoothie
- Omelets or poached eggs on toast
- Homemade pizzas with chicken, cheese + veggies

## PRELIMS/FINALS





# COACHES' CORNERS

**We have some fantastic news to share!**  
After what feels like an eternity, we are thrilled to announce our return to the Wenatchee High School Pool for the remaining of March and Spring Tune Up

After a period of hiatus, we're diving back into the familiar blue embrace of this pool.

Wenatchee High School pool will give our swimmers more opportunities to practice starts and more pool space for our team to grow.

Starting Wednesday February 27th From 7pm to 9pm, we will have our Champs swimmers and those moving forward to compete in the Sectionals, Age Group and Zone meets.

We cannot wait to see you all back at the WHS ready to make a splash and create more indelible memories.

# Swimming SCHOLARSHIP

## APPLY NOW

## 2024 Velocity

# Swimming Scholarships

Velocity Swimming is excited to announce a Scholarship Program for swimmers!

Scholarships are based on financial need and are dependent on the Board of Directors and Scholarship committee approval.

For more information or to apply go to [www.velocity-swimming.com](http://www.velocity-swimming.com) and click on team information

<https://www.gomotionapp.com/team/ievs/page/team-information/scholarship>



# MEETS RECAPS

## 2024 IES Junior Champs

The team finished in 5th place vs 7th place last year, great effort from all of our swimmers. A Lot of time drops and personal best for every swimmers who participates  
**Congratulation to all!**

### NEW AGE GROUP REGIONALS QUALIFYING TIMES

#### NOAH RIBELLIA

- 500 Freestyle
- 50 Breaststroke
- 100 breaststroke
- 200 IM



### NEW IES CHAMPS QUALIFYING TIMES

#### RORY FULMER

- 50 Freestyle
- 100 Freestyle

#### COOPER CHIEREK

- 50 Freestyle

#### ELOISE RIBELLIA

- 50 Free

#### LOLA UNDERWOOD

- 50 Back
- 50 Fly
- 100IM

### Jr Champs TEAM

- Alayna Aldrich
- Cooper Chierek
- Benat Escure
- Micah Field
- Aubry Fischer
- Landon Foltz
- Cherise Fourie
- Rory Fulmer
- Henry Hamilton
- Sonja Huber
- Caden Lammert
- Peter Lynn
- Dianne Mejias
- Manuel Mejias
- Sarah Mejias
- Kaden Moore
- Maddie Moore
- Quentin Rasmussen
- Eloise Ribellia
- Noah Ribellia
- Lola Underwood
- Benny Wilgus





# MASTERS



Velocity Masters are alive and well!! I'd like to make a recruitment push this spring, with a goal of doubling our numbers by the end of summer!! It is such a great group of people, with an amazing blend of all ability levels. And the best part is that they are all good people, and make the time we spend together something we all look forward to. If you might be interested, or perhaps you know a person or three, encourage them to reach out to either Coach Westley or Coach Chris, and potentially they (and you!!) will give it a try. I really feel that we are building a super positive culture of Masters Swimming with Velocity!

**SWIM**  
*with us*

**Monday**  
**6am-7am**  
**7am-8am**  
**12pm -1pm**

**Wednesday**  
**6am-7am**  
**7am-8am**  
**12pm -1pm**

@ Eastmont  
Aquatic Center

Come be a part of it!!

Velocity Masters, We are pleased to announce the addition of Sarah Applegate to our Board of Directors. Sarah will represent the Masters Swimmers in addition of bringing a wealth of experience and knowledge, making her a valuable addition to our leadership team. If you have comments, concerns or new ideas to help Velocity Swimming make sure to let her know. You are always welcome to Velocity Board meeting, every second Monday of the month at 6:30pm.

## Master Swim Coach Spotlight: Chris Myhre

*“Success in life, all facets of life, is difficult to achieve without happiness”. -Coach Chris*

Coach Chris grew up in Tacoma, and swim for Tacoma Swim Club and Wilson High School. He went University of Hawaii where he swam three years and played baseball for one. He started his swim coaching career as a high school swim coach. He coached for Shelton High School, Tacoma swim club and Wilson HS, where we won two state championships. Coach Chris moved on to coach at the University of Puget Sound, for 32 years. After retiring last year he found his way to Velocity swimming. We are so blessed to have him as a coach, mentor and friend.







# SWIM *Clinic*

Dive into Excellence with Olympic Gold Medalist  
**Jason Lezak!**

## Why Attend

Jason Lezak's unparalleled experience and expertise will elevate your swimming skills to new heights. Don't miss this unique opportunity to learn from a swimming icon and gain insights that can propel your performance.

### CAREER HIGHLIGHTS

- 4 Time Olympian
- 8 Time Olympic medalist
- World record holder
- Fastest relay split of all time
- American at the 2008 Olympics
- Olympic team captain



## Date and Times

- Saturday June 29th 2024
- 12 and under 7:30am-10am
- 13 and over & Masters 9:30am-12pm
- Wenatchee City Pool

## What to Expect:

- In-water drills focused on Freestyle, backstroke, starts & turns
- Motivational talk followed by Q&A
- Pictures with Jason Lesak
- Autograph signing.

**Early Bird Registration  
for Velocity Swimmers: \$50**



## Upcoming Events

**IES Champs**  
March 1st -3rd

**Swim-o-thon**  
March 9th

**Board Meeting**  
March 11th

**Short Course Celebration**  
MARCH 26th

**Speedo Sectionals**  
March 14-17

**Age Group Regional**  
March 21-24

**Spring Break**  
March 25th to April 7th

**Spring Tune Up**  
April 8th

## Pool & Coaches

Chair: Claudia Ribellia  
boardpresident@velocity-swimming.com



WHS and EAC are looking for lifeguards. Lifeguards are essential for us to continue to provide practice.

## Team Care

Chair: Catherine Bauman  
teamcare@velocity-swimming.com

Join us for the end of the year banquet on March 26th

## Finances

Chair: Melissa Genitli  
treasurer@velocity-swimming.com

The Scholarship application is now available on our website

## Marketing

Chair: coachWestley  
coachwestley@velocity-swimming.com

Email us your picture of ideas for social media at alyfoltz@gmail.com

SWIM TEAM TRY OUT  
EVERY 1ST MONDAY  
EAC AT 7PM

Team Apparel  
<https://mooncraftshirtz.company.site>

## Fundraising

Chair: Lisa Monahan  
fundraising@velocity-swimming.com

Current Fundraising Events

1. Bringing in corporate sponsors.
2. Participating in our annual swim-a-thon.
3. RaiseRight:

<https://www.raiseright.com/enroll>  
Enrollment Code:9L5F73L949133



### Individual Qualifiers

Aiden G  
Sadie Sullivan  
Relay Team

Teague Mohanan, Aurelia Ribellia,  
Lindsay Sutton, Sadie Sullivan



### Individual Qualifiers

Sam Hobson (14)  
Noah Ribellia (11)  
Carolyn Sullivan (12)  
Ole Stiles(12)  
Brian Vargus(13)

## FEBRUARY BIRTHDAY!

10 and Under

Zeke Rydholm  
Violet Gainer  
Masters

Beverly Turner