



NEWSLETTER

REFLECTING ON OUR RECENT SWIM YEAR AND ANTICIPATING THE YEAR AHEAD

Dear Velocity Families,

As we bid farewell to another remarkable swim year, it's a perfect moment to reflect on the achievements, growth, and shared experiences that have defined our team. The past year has been filled with exciting challenges and memorable victories, and we couldn't be prouder of the collective spirit that makes Velocity Swimming truly exceptional.

Our swimmers showcased their dedication and determination in every stroke, flip turn, and race. From personal bests to podium finishes, each achievement is a testament to the hard work and commitment of our athletes. Whether it was , conquering new distances, breaking records or fostering camaraderie, our team has truly excelled. A heartfelt thank you goes out to the parents, coaches, and volunteers who contributed their time and efforts to make this year a success. Your support at swim meets, fundraisers, and team events has been instrumental in creating a positive and encouraging environment for our swimmers to thrive.

Velocity Swimming is more than just a group of individuals; it's a community that supports, inspires, and uplifts one another. The friendships forged in and out of the pool are the foundation of our team's strength. We appreciate the sportsmanship and respect shown by our swimmers, coaches, and families throughout the year. While celebrating our victories, we also recognize the challenges faced and overcome. Every setback is an opportunity for growth, and we commend our team for facing adversity with resilience and determination. These experiences will undoubtedly shape us as we move forward.

As we eagerly anticipate the upcoming swim year, we are filled with excitement and optimism. The lessons learned, bonds formed, and goals achieved will fuel our journey ahead. We look forward to building on our successes, introducing new initiatives, and creating an even more inclusive and supportive environment for everyone. We encourage each member of our team to set personal and collective goals for the upcoming year. Whether it's refining techniques, achieving time milestones, or fostering team unity, let's embark on the next chapter with purpose and enthusiasm.

Thank you for being an integral part of the Velocity family. Here's to the memories we've created, the achievements we've celebrated, and the exciting journey that lies ahead! We wish you all a Merry Christmas and Happy New year!

Warm Regards,

Claudia Ribellia

Board President, Velocity Swimming

COACHES' CORNERS



AGE GROUP MOTIVATIONAL TIME STANDARDS

Understanding Motivational Time Standard

Swimmers want to know how they rank amongst their peers nationally. The Age Group Motivational Times give a swimmer the opportunity to evaluate their best times against other swimmers within their specified age group. Time Standards are broken down by age group and by stroke.

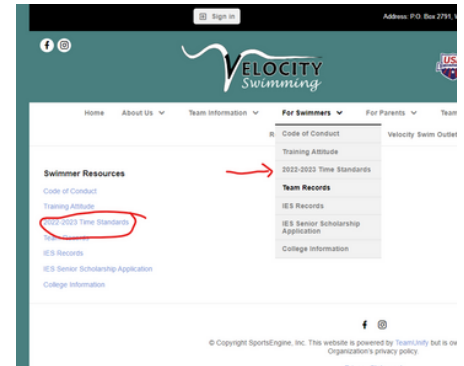
Age Group motivational standards are set on a four-year (quad) basis. The current time standards are for the 2021 to 2024 time period. The motivational times are based on the historical fastest 16th place seed time of the Top 16 swimmers in that age group for each year in the previous cycle

These time standards are used to set eligibility rules for particular swimming meets and events. You may see a meet that is open to swimmers with "B" times or slower or you may see a minimum entry requirement of "A" times. Be sure to check the meet descriptions before signing up your swimmer. There are three sets of time standards based on the season and type of pool. The three sets are Long Course Meters, Short Course Meters, and Short Course Yards and the time sets are broken down into Girl's/Women's times and Boy's/Men's times. Next, each stroke for a given course type is listed. Finally, six letter designations are listed with AAAA being the fastest and B being the slowest.

It is very important to note that swimmers will have different time standards for different strokes and different distances. Be patient with your swimmer all swimmers develop both mentally and physically at different rates. Always set realistic expectations with your child. An "AAAA" time standard is only achieved by 2% of the swimmers. If you ever have any questions on how your swimmer is progressing please talk with your swimmer's coach.

STANDARD	Percent of swimmers in their age-group, their same sex, in that stroke and distance.
AAAA	TOP 2% OF SWIMMERS
AAA	TOP 6% OF SWIMMERS
AA	TOP 8% OF SWIMMERS
A	TOP 15% OF SWIMMERS
BB	TOP 35% OF SWIMMERS
B	TOP 55% OF SWIMMERS

Where to find the time standard on Velocity website?



70 Velocity Swimmers

6 Swim Teams

231 Swimmers

49 Volunteer Families

*** \$6500 income generated**

* Swim meets are our #1 source of income after membership dues. Hosting meet benefits the team operationally, fosters team spirit, develops valuable skills, and contributes to the overall success and sustainability of the team. It's a way for everyone involved to contribute to the team's success and create a positive and supportive environment.



We welcomed several new members to our club in the past months, enriching our community with diverse talents and experiences. It's heartening to see friendships blossom both in and out of the water. As we continue to grow, let's embrace the opportunity to learn from one another and strengthen the bonds that make our club special.

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

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

@ Eastmont
Aquatic Center

***All Velocity Masters need to register with US Masters by December 31st**

U.S. Masters Swimming membership allows an athlete to practice with local Masters Swimming programs and participate in USMS-sanctioned meets while receiving membership benefits that include 1000's of searchable online workouts, a subscription to SWIMMER magazine, the STREAMLINES newsletter, inclusion in the USMS national times database, discounts from USMS partners, insurance coverage, and eligibility to qualify for and compete in USMS National Championship events.

A yearly membership also includes access USMS-certified coaches, a network of Masters swim clubs and workout groups, written practices tailored to what you're training for, and fitness tracking through Swim.com or Fitness Log.

Upcoming Events

Christmas Breakfast
December 16th

Wild Hockey
December 17th

Christmas & New Year
No practice

Board Meeting
January 8th

Winter Storm
January 6th-7th

Washington Open
January 11th to 14th

Winter Open
January 27th -28

Junior Champs
February 16th-18th

Pool & Coaches

Chair: Claudia Ribellia
boardpresident@velocity-swimming.com

**LIFEGUARDS
WANTED**



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

Pancake Breakfast – Saturday, December 16th
10 am- 12 pm

Clovis Point Elementary School Commons

Reserve your hotels for

Junior Champs in Lewiston, ID Feb 17-18

Short course Champs in Moscow ID March 1st -3rd

Finances

Chair: Melissa Genitli
treasurer@velocity-swimming.com

A Velocity Scholarship fund has been created for eligible families on our team for more information or to apply for a scholarship email treasurer@velocity-swimming.com.



If you have background in accounting, finance or just simply like numbers we would like you on our committee.

Contact Melissa for more info on this position

Marketing

Chair: coachWestley
coachwestley@velocity-swimming.com



Bundle Fest at Pybus

Jan 13th 10am to 2pm

We are looking for swim families to volunteer and promote swimming at our booth. Email: boardpresident@velocity-swimming

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

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

Fundraising

Chair: Lisa Monahan
fundraising@velocity-swimming.com

Wild Hockey Game : December 17th

<https://www.wenatcheewildstore.com/products/velocity-swim-team-12-17-23-gl>

RaiseRight: <https://www.raiseright.com/enroll>

Enrollment Code:9L5F73L949133

Congratulations!

WASHINGTON OPEN QUALIFIERS

Teague M.	Aiden G.
Aurelia R.	Luke H.
Lindsay S.	Sam H.
Sadie S.	Brian V.
	Wyatt V.

DECEMBER BIRTHDAY!

Harvey Gruener (10 and Under)
Austin Florea (10 and Under)
Lukas Moser (11-12)
Kaden Moore (13-14)
Landon Foltz (13-14)
Lawton Hinderer (Pre-Team)
Cody Schmidt (Masters)
Sarah Machado (Masters)