



NEWSLETTER

DIVING INTO SUCCESS: PREPARING FOR THE END-OF-SEASON MEETS

As we approach the end of short course season, it's time to focus our energy and enthusiasm on the highly anticipated championship meets. This newsletter aims to guide our swimmers and families through the preparations, celebrations, and the collective excitement building up to these significant events.

The journey to success in the pool begins with preparation. Coaches and swimmers have been working tirelessly throughout the season to refine strokes, improve endurance, and build the mental fortitude needed for competitive swimming. Now, as we near the end-of-season meets, it's essential to channel that preparation into focused and purposeful training sessions. The final weeks leading up to the meets are a critical time for fine-tuning skills and addressing any last-minute adjustments. Coaches will be providing targeted feedback to help swimmers maximize their potential in each race. Paying attention to technique, starts, turns, and finishes can make a significant difference in performance. Swimmers are encouraged to embrace the guidance of their coaches and make the most of these valuable practice sessions.

Success in the water is not only about physical strength but also mental preparedness. Championship meets can bring a mix of excitement and nerves, and it's normal for swimmers to feel a range of emotions. Coaches will be offering strategies for maintaining focus, managing pre-race jitters, and staying positive. Visualization exercises and goal-setting can be powerful tools to boost confidence and mental resilience.

While the competitive aspect is undeniable, the end-of-season meets are also a celebration of the collective effort and growth of our swimmers. It's an opportunity to recognize and appreciate the hard work, dedication, and progress made throughout the season. Coaches and families alike should take pride in the achievements, both big and small, that contribute to the success of our club. The strength of our club lies in the sense of community and support that binds us together. As we prepare for short course champs, let's rally around our swimmers. Whether it's cheering from the stands, offering words of encouragement, or simply being there for one another, our collective support plays a crucial role in creating a positive and empowering environment. Championship meets are not just about the races but also about the experiences and memories created.

In closing, we extend our best wishes to all our swimmers as they gear up for the end-of-season meets. May the pool be a canvas for personal bests, camaraderie, and shared success. Together, let's make these events a highlight of our club swimming journey.



COACHES' CORNERS

10 REASONS TO PARTICIPATE IN A SWIM MEET

Participating in swim meets can offer numerous benefits, both for your physical well-being and personal development.

- 1. SKILL DEVELOPMENT:** SWIM MEETS PROVIDE AN OPPORTUNITY TO SHOWCASE AND FURTHER DEVELOP YOUR SWIMMING SKILLS. THE COMPETITIVE ENVIRONMENT CAN PUSH YOU TO REFINE YOUR STROKES, STARTS, TURNS, AND FINISHES UNDER THE GUIDANCE OF COACHES.
- 2. SETTING GOALS:** COMPETING IN SWIM MEETS ALLOWS YOU TO SET SPECIFIC PERFORMANCE GOALS. WHETHER IT'S ACHIEVING A PERSONAL BEST TIME, MASTERING A PARTICULAR TECHNIQUE, OR EARNING A QUALIFYING TIME, SETTING AND REACHING GOALS CAN BE HIGHLY MOTIVATING.
- 3. COMPETITION AND CHALLENGE:** SWIM MEETS INTRODUCE AN ELEMENT OF COMPETITION, ENCOURAGING YOU TO CHALLENGE YOURSELF AND STRIVE FOR IMPROVEMENT. RACING AGAINST OTHERS CAN BRING OUT YOUR BEST AND PUSH YOU TO REACH NEW LEVELS OF ACHIEVEMENT.
- 4. TEAM SPIRIT:** BEING PART OF A SWIM MEET FOSTERS A SENSE OF CAMARADERIE AMONG TEAMMATES. THE COLLECTIVE SUPPORT AND CHEERING CREATE A POSITIVE ATMOSPHERE, MAKING THE EXPERIENCE MORE ENJOYABLE AND REINFORCING THE IDEA THAT SWIMMING IS NOT JUST AN INDIVIDUAL SPORT BUT A TEAM EFFORT.
- 5. BUILDING MENTAL TOUGHNESS:** SWIM MEETS CAN BE MENTALLY DEMANDING, REQUIRING FOCUS, DISCIPLINE, AND THE ABILITY TO HANDLE PRESSURE. OVERCOMING NERVES AND PERFORMING WELL IN A COMPETITIVE SETTING CAN CONTRIBUTE TO THE DEVELOPMENT OF MENTAL TOUGHNESS AND RESILIENCE.
- 6. CELEBRATING ACHIEVEMENTS:** SWIM MEETS PROVIDE A PLATFORM TO CELEBRATE YOUR ACHIEVEMENTS. WHETHER YOU WIN A RACE, ACHIEVE A PERSONAL BEST, OR CONTRIBUTE TO RELAY SUCCESS, THE SENSE OF ACCOMPLISHMENT AND RECOGNITION CAN BE INCREDIBLY REWARDING.
- 7. SOCIAL INTERACTION:** SWIM MEETS OFFER A CHANCE TO INTERACT WITH FELLOW SWIMMERS, COACHES, AND SUPPORTIVE FAMILIES. BUILDING CONNECTIONS WITHIN THE SWIMMING COMMUNITY CAN ENHANCE YOUR OVERALL EXPERIENCE AND PROVIDE A NETWORK OF ENCOURAGEMENT.
- 8. LIFELONG MEMORIES:** THE EXPERIENCES GAINED FROM PARTICIPATING IN SWIM MEETS CAN CREATE LASTING MEMORIES. THE THRILL OF COMPETITION, THE SUPPORT OF TEAMMATES, AND THE SHARED VICTORIES CONTRIBUTE TO A SENSE OF BELONGING AND IDENTITY WITHIN THE WORLD OF SWIMMING.
- 9. PREPARATION FOR HIGHER LEVELS:** IF YOU HAVE ASPIRATIONS TO COMPETE AT HIGHER LEVELS OF SWIMMING, PARTICIPATING IN SWIM MEETS IS A CRUCIAL STEPPING STONE. IT PROVIDES VALUABLE EXPERIENCE, EXPOSURE TO COMPETITIVE SWIMMING ENVIRONMENTS, AND A CHANCE TO MEASURE YOUR PROGRESS AGAINST OTHERS.
- 10. FUN AND ENJOYMENT:** ABOVE ALL, SWIM MEETS ARE AN OPPORTUNITY TO HAVE FUN AND ENJOY THE SPORT YOU LOVE. THE EXHILARATION OF RACING, THE JOY OF ACHIEVING PERSONAL GOALS, AND THE SUPPORTIVE ATMOSPHERE MAKE SWIM MEETS A FULFILLING AND MEMORABLE EXPERIENCE.

Ultimately, participating in swim meets can contribute to your growth as a swimmer and as an individual. It's a chance to embrace the challenges, celebrate successes, and be part of a vibrant and supportive community.

Washington Open

RECAP

9 Velocity Swimmers

1 Women Relay Team

1 Men Relay Team

1 Treacherous drive

4 Sectional Relay Cuts





Velocity Masters First Meet RECAP

The world of competitive swimming is not just reserved for the young and nimble. In a testament to the enduring spirit of the sport, five Velocity master swimmers took the plunge into their first competition, defying stereotypes and showcasing that passion knows no age limits. Let's dive into the inspiring stories of these athletes who made waves in their first meet.

1.

For many, the idea of competing in a swimming meet might seem daunting, but these master swimmers embraced the challenge with open arms. Whether motivated by a desire for personal fitness, a love of the water, or a competitive spirit that never waned, their decision to participate in their first meet was a bold and commendable choice.

Competing in a swimming meet for the first time as a master swimmer comes with its share of preconceptions. Some may think it's too late to start, but these athletes shattered that notion. Their journey challenges the idea that competitive swimming is exclusively for the youth, proving that determination and passion can break down any barriers.

Each of the master swimmers brought a unique set of personal goals to their first competition. Whether aiming to improve stroke technique, achieve a specific time, or simply savor the experience of racing, these goals added a layer of individuality to their participation. The meet became a canvas for self-discovery and accomplishment.

As the master swimmers navigated their way through the lanes, each lap became a celebration of personal achievements. Whether it was a triumphant finish, a new personal best, or simply completing the race with a smile, the sense of accomplishment was evident. Velocity Masters finished 6th overall with many 1st places in individual events. The woman finish 3rd in the 200 Medley relay and 2nd in the 200 free relay.

In the world of competitive swimming, age is truly just a number. These five master swimmers not only demonstrated the resilience of the human spirit but also showcased that the joy of swimming knows no boundaries. As they walked away from their first meet, their stories became an inspiration for others considering taking the plunge into competitive swimming later in life. The pool remains a timeless arena where dreams are realized, and these master swimmers have proven that it's never too late to chase them.



SWIM
with us

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

@ Eastmont
Aquatic Center

Upcoming Events

Winter Open

January 27th -28

Champs Meeting

January 30th

Board Meeting

February 12th

Junior Champs

February 16th-18th

IES Champs

March 1st -3rd

Short Course Celebration

MARCH TBD

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

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

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

Our fundraising money helps keep our monthly dues low, pay for pool space, equipment, and pay our fabulous coaches. Our monthly dues bring in about 50% of our operating expenses. The other 50% comes from fundraising and home swim meets. Our swimmers are required to fundraise a minimum of \$250.

Swimmers can reach this fundraising goal

1. Bringing in corporate sponsors.
2. participating in our annual swim-a-thon.
3. RaiseRight: <https://www.raiseright.com/enroll>
Enrollment Code:9L5F73L949133

Congrats!

SECTIONAL RELAY QUALIFIERS

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

JANUARY BIRTHDAY!

Coach Jana

Kallie Olson(10 and Under)
bobby Jackson(10 and Under)
Aubrey Fisher (11-12)
Lucy Warner (13-14)
Quentin Rasmussen(13-14)
Maddy Critchell (15 & over)