



2025 Parent Orientation

Head Coach: Westley Mejias
Club President: Kristopher Moore

VISION & MISSION



Vision

All members reach their maximum potential both in and out of the water.

Mission

The premier, family -oriented, year-round, competitive swimming program in North Central Washington promoting the development of life skills through the sport of swimming in a safe and supportive environment.

OUR COACHES



WESTLEY MEJIAS
Head Coach



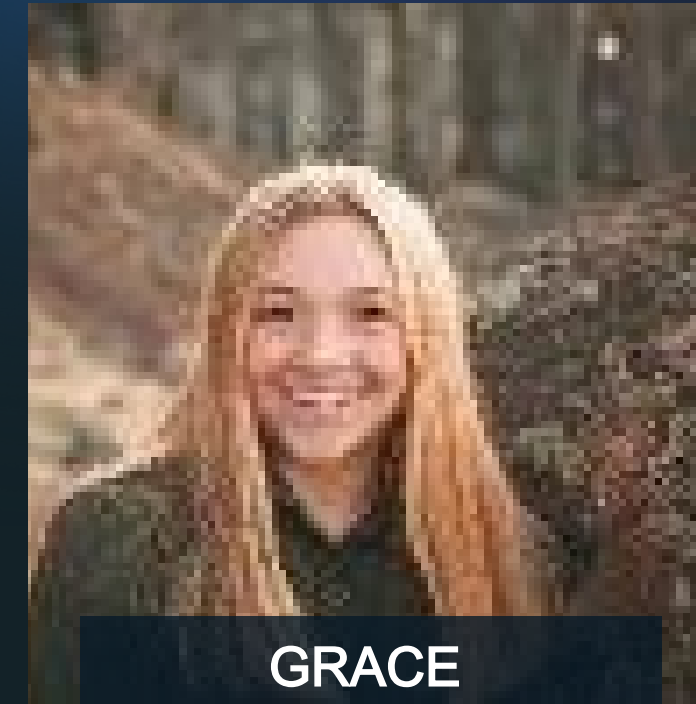
AUDREY HYDE
Assistant Coach



TRENT GRIGSBY
Assistant Coach



JANA SUTTON
Assistant Coach



GRACE VANDERMERWE
Assistant Coach



CHRIS MYHRE
Assistant Coach



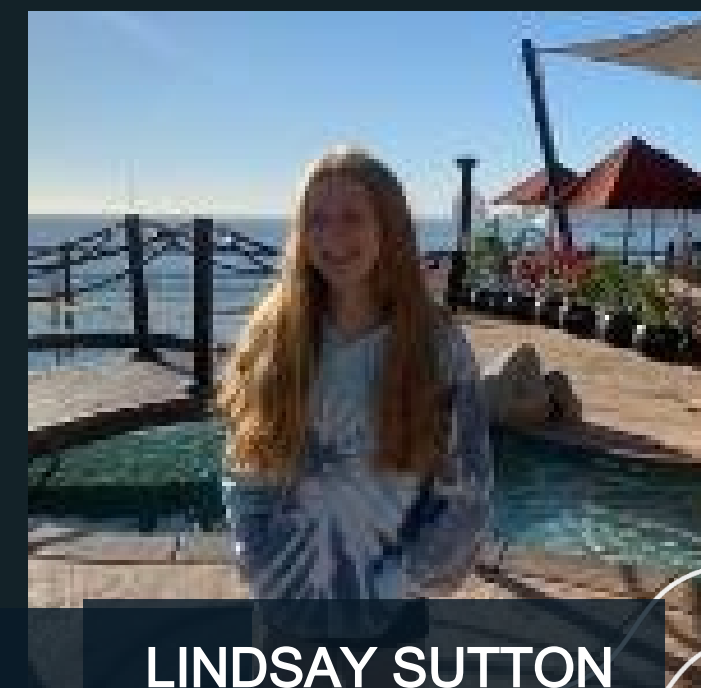
CHRISTIAN CUTTER
Masters Coach



RAVEN SEMMONS
Assistant Coach



AURELIA RIBELLIA
Junior Coach



LINDSAY SUTTON
Junior Coach

YEAR AROUND SWIMMING

SHORT COURSE

- SEPTEMBER TO APRIL
- 25 YARD INDOOR POOL
- HOME MEETS
 - VERY SCARY
 - CHRISTMAS OPEN
 - JAMES ELWYN MEMORIAL

LONG COURSE

- MAY TO AUGUST
- 50 METER OUTDOOR POOL
- HOME MEETS
 - APPLE CAPITAL
 - STARLIGHT
 - VELOCITY DISTANCE

CHAMPIONSHIP MEETS HELD AT THE END OF
SHORT COURSE AND LONG COURSE

PROGRAMS

AGE GROUP

SENIOR

Preteam

Developmental

Competitive

Senior

Performance

Pre Team 1
Pre Team 2
Pre Team 3

Bronze
Silver

Gold
Gold+/P1

Senior

P3
P2
P1

MASTERS



U.S. MASTERS
SWIMMING

Code of Conduct

Velocity is an organization that believes in promoting the development of life skills through the sport of swimming.

Athletes and Parents are expected to sign the Code of Conduct, outlining the rules for behavior and sportsmanship for every member.

These behavior guidelines state the principles Velocity expects all members to demonstrate and uphold.

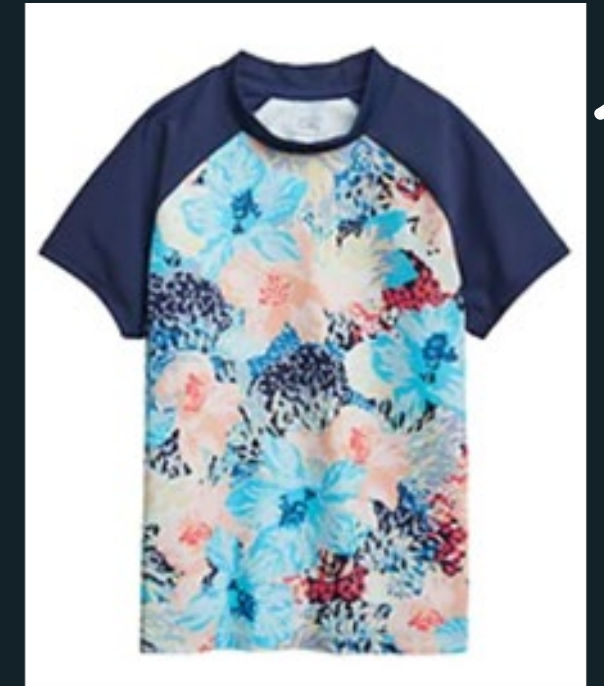
EIGHT HABITS OF GOOD SWIM PARENTS

- 
- A background image showing a swimmer in a pool lane, with a parent standing by the side, possibly coaching or timing. The image is semi-transparent, allowing the text to be overlaid.
1. They SUPPORT THE COACHES - let the coaches do the coaching.
 2. They SUPPORT THE PROGRAM - Get involved. Volunteer.
 3. They SUPPORT AND ROOT FOR ALL ATHLETES ON THE TEAM - Foster teamwork.
 4. They TAKE THEIR CONCERN DIRECTLY TO THE COACH - less drama
 5. They SUPPORT THEIR SWIMMERS IN HARD TIMES. - #1 Fan
 6. They MONITOR EATING AND SLEEPING HABITS
 7. They are RESPECTFUL TO THOSE AROUND THEM - coaches, board members, meet volunteers, fellow swim parents, and swimmers.
 8. They KEEP THEIR GOALS OUT OF THEIR CHILD'S SPORT.

PRACTICE SUITS



- Velocity is an Arena Sponsored Club; practice suits should be Arena
- Stays firmly attached during rigorous work out
- Replaced when threadbare
- Two-pieces reserved suits for outdoor practice



Save for Beach Days

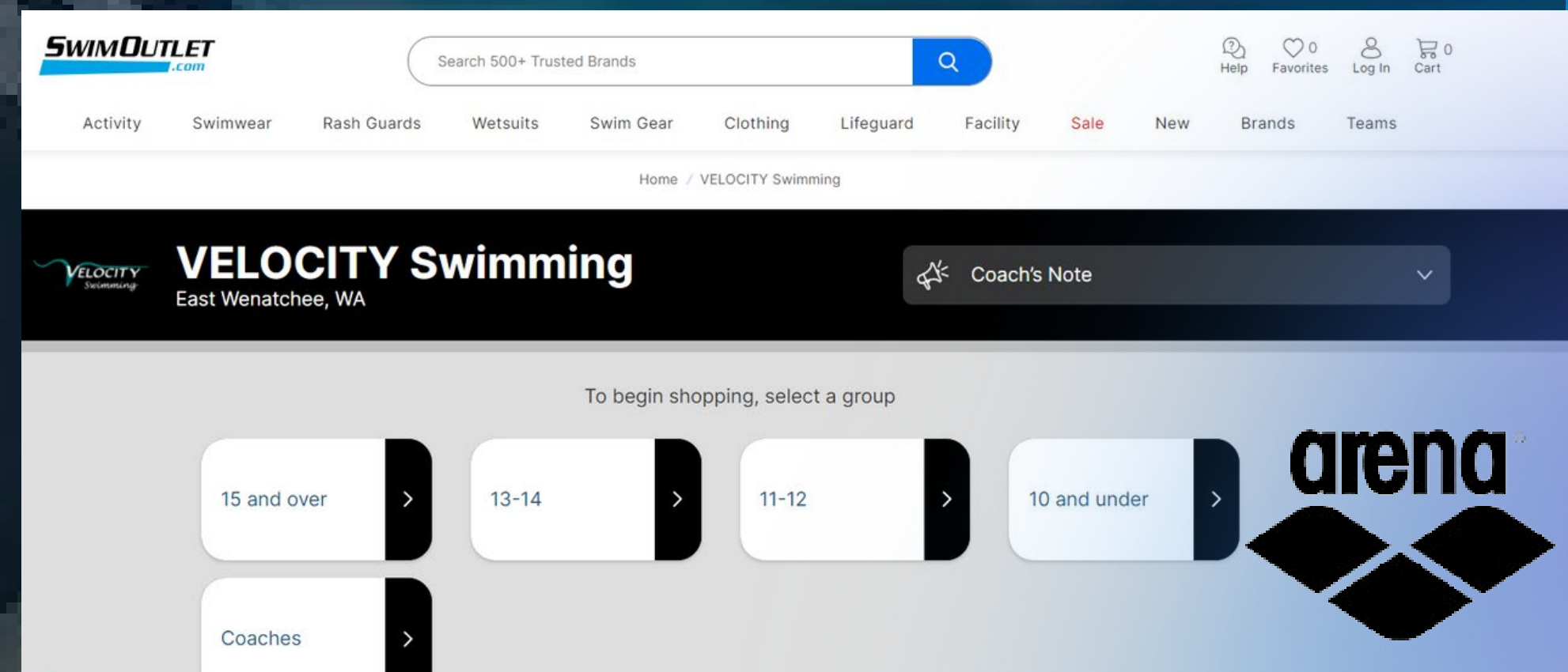


<https://www.swimoutlet.com/collections/velocityswimming>



Swimmers are asked to provide their own practice gear, which is listed in the team handbook or from the coaches

TEAM GEAR



TEAM COMMUNICATION AND CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MASTERS	6, 7AM, 12PM	NO PRACTICE	6, 7 AM, 12 PM	NO PRACTICE	6, 7AM	NO PRACTICE
PRETEAM	5, 5:30, 6 PM	NO PRACTICE	5:30, 6, 6:30 PM	NO PRACTICE	NO PRACTICE	8:30, 9, 9:30AM
REC TEAM	NO PRACTICE	6:15-7:15 PM	NO PRACTICE	6:15-7:15 PM	NO PRACTICE	NO PRACTICE
BRONZE A	6-7 PM	NO PRACTICE	6-7 PM	NO PRACTICE	5-6 PM	NO PRACTICE
BRONZE B	NO PRACTICE	6-7 PM	NO PRACTICE	6-7 PM	5-6 PM	NO PRACTICE
SILVER	5-6:15 PM	5-6:15 PM	5-6:15 PM	5-6:15 PM	NO PRACTICE	NO PRACTICE
GOLD	5-6PM 6-6:45 PM Dryland	5-6:30PM	5-6PM 6-6:45 PM Dryland	5-6:30PM	NO PRACTICE	8-10AM
SENIOR	6-6:45 PM Dryland 7-8:30PM	7-8:30PM	6-6:45 PM Dryland 7-8:30PM	7-8:30PM	4-4:45 PM Dryland 5-7 PM	NO PRACTICE
P 1-2-3	6-6:45 PM Dryland 7-9 PM	6-7AM and 7-9 PM	6-6:45 PM Dryland 7-9 PM	6-7AM and 7-9 PM	4-4:45 PM Dryland 5-7 PM	8-10AM P1: 10-11AM

Practice schedules may vary from week to week. Please check your email, GroupMe, and Google Calendar regularly for updates and changes.

- MAKE SURE YOU CHECK THE GOOGLE CALENDAR FOR CHANGES AND UPCOMING EVENTS
- EMERGENCY CHANGES ARE COMMUNICATED VIA EMAIL/GROUP ME
- FACEBOOK AND INSTAGRAM ARE USED TO CELEBRATE OUR SWIMMERS AND THEIR ACCOMPLISHMENTS
- READ MONDAY MORNING EMAIL FOR WHAT IS COMING UP
- CHECK FOR MEET ENTRIES DUE DATE

2025-2026 Calendar of Events

2025-2026 Velocity Calendar

MAR							JUN						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	1st - No practice	1	2	3	4	5	6
8	9	10	11	12	13	14	3rd - Velocity Distance Meet (City Pool)	7	8	9	10	11	12
15	16	17	18	19	20	21	10th - Big Board Meeting	14	15	16	17	18	19
22	23	24	25	26	27	28	10th - Big Board Meeting	20	21	22	23	24	25
29	30	31					22nd - No practice	28	29	30			
APR							JUL						
			1	2	3	4	4th - July 4th				1	2	3
5	6	7	8	9	10	11	8th - Big Board Meeting	5	6	7	8	9	10
12	13	14	15	16	17	18	10-12th - Sizzlin' Summer (Moses Lake)	12	13	14	15	16	17
19	20	21	22	23	24	25	14th - TieDye/Senior Recognition (City Pool)	19	20	21	22	23	24
26	27	28	29	30			16-19th - LC Mt Hood Sectionals (Oregon)	26	27	28	29	30	31
MAY							AUG						
					1	2	4rd-8th - Age Group Zone (Gresham)						1
3	4	5	6	7	8	9	27th-13th Swim Clinic/Water Polo	2	3	4	5	6	7
10	11	12	13	14	15	16	19th - Slide Water	9	10	11	12	13	14
17	18	19	20	21	22	23	23rd- General Membership Meeting	16	17	18	19	20	21
24	25	26	27	28	29	30	28th-1st - Western Zone Champs (Clovis)	23	24	25	26	27	31
31													

No Practice

Special Event

Clinic

Away Swim Meet

Home Swim Meet

Qualifying Times Swim Meet

Big Board Meeting

Masters Swim Meet

Training Camp For Performance Groups

Revision Date: 18Aug2025

2025-2026 Velocity Calendar

SEP							DEC						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5-6th - Velocity Christmas Open (MLHS)	1	2	3	4	5	6
8	9	10	11	12	13	14	10th - Big Board Meeting	7	8	9	10	11	12
15	16	17	18	19	20	21	12th - Winter Pool Party (TBC)	14	15	16	17	18	19
22	23	24	25	26	27	28	18th - No Practice 12&U (Highschool Meet)	21	22	23	24	25	26
29	30						18-21st - WA Senior Champs (KCAC)	28	29	30	31		
OCT							2026 JAN						
			1	2	3	4	1st - New Year; 19th - MLK Day						
5	6	7	8	9	10	11	3-4th - January Storm (Walla Walla)	4	5	6	7	8	9
12	13	14	15	16	17	18	9th & 19th - No Practice 12&U (HS Meet)	11	12	13	14	15	16
19	20	21	22	23	24	25	10th - Velocity Masters Winter Open (Wenatchee)	18	19	20	21	22	23
26	27	28	29	30	31		14th - Big Board Meeting	25	26	27	28	29	30
NOV							FEB						
						1	6th - Mock Meet/Swim-a-thon Kickoff						
2	3	4	5	6	7	8	11th - Big Board Meeting	1	2	3	4	5	6
9	10	11	12	13	14	15	13-15th - IES Jr. Champs (Moses Lake HS)	8	9	10	11	12	13
16	17	18	19	20	21	22	16th - President's Day	15	16	17	18	19	20
23	24	25	26	27	28	29	27th-1st - IES SC Champs (Moscow ID)	22	23	24	25	26	27
30													

No Practice

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SAFE SPORT

RECOGNIZED CLUB

Meet Sign-ups

ONLINE REGISTRATION

Online Registration

15 16 9 10

Practice Calendar

Velocity Swimming

Velocity Apparel

SWIMOUTLET.COM

Training Equipment

Upcoming Events

Events

MRA Sprint Shootout

Sep 21 2024

12:00 am - 12:00 am

Edit Commitment

Very Scary

Oct 19 2024 - Oct 20 2024

12:00 am - 12:00 am

More Events

Latest News

Velocity Swimming Coach Report: 2024 IES Championships

Jul 26, 2024

This past weekend in Spokane, Velocity Swimming had an outstanding performance at the 2024 Inland Empire Swimming (IES) Championships. Our team of 30 swimmers...

2024 Washington Open

Jan 15, 2024

2024 Washington Open The first high level meet of the year for our team, over 55 teams from Washington, Oregon, Montana, California, Arizona

Very Scary (Oct 19, 2024 - Oct 20, 2024)

Member Athlete:

Aurelia Ribellia

*Declaration

Yes, please sign (Aurelia) up for this event

Notes

(days cannot attend, etc.):

Save Changes

Athlete Signup

Very Scary

Oct 19, 2024 - Oct 20, 2024

My Account:

Roy, Claudia

509-888-1598

Registration Deadline:

10/19/2024

Click on Member Name to declare for this Event:

VIEW DEMO

Member Name	Member Commitment	Last Updated
Aurelia Ribellia *Active	⊗ Undeclared	
Claudia Roy *Active	⊗ Undeclared	
Eloise Ribellia *Active	⊗ Undeclared	
Ezekiel Ribellia *Active	⊗ Undeclared	
Noah Ribellia *Active	⊗ Undeclared	

MRA Sprint Shootout (Sep 21, 2024)

Member Athlete:

Noah Ribellia

*Declaration

Yes, please sign (Noah) up for this event

Notes:

Meet Name:

2024 IE MRA Sprint Shootout

Location:

Tony St. Onge Pool of Dreams, 803 Sharon Avenue, Moses Lake, WA 98837, USA

Course:

YO

Meet Type:

Start Date:

09/21/2024

End Date:

09/21/2024

Age Up Date:

09/21/2024

Use Date Since:

01/01/1970

Enforce entry based on (Qualify Times):

No

Event Declaration Setting:

Commit by Event

Restrict entry (Best Time) to same (Meet Type):

No

Allow Course Conversion for Relays:

No

Maximum Event Entry Limitations:

View

If Athlete qualifies for non-conforming course, default (Entry Time) to the mini. (Qualify Time):

No

Committed Sessions:

None

Athlete Qualifying Age:

11

Competitive Category:

Male

Important Notes:

1. Please pick the individual events below that the Athlete wants to attend and enter (Entry Time). Please enter **NT** if no Entry Time is available.
2. Relay teams are solely determined by the coaches. If you have problem attending the relay teams, please contact coaches directly.
3. You cannot make changes after the coach approved or rejected your application. Please contact admin to change your records.
4. Please enter (Entry Time) in this format: mm:ss.ss
5. (Bonus) is not a standard option. send Entry Report to the meet host in addition to the SD3 file.
6. Only Admin can customize (Entry Time) and set (Bonus) fields.

Day 1 Session 1

Max Entries this Session IE = 5 | Rel

	Best Time	Entry Time	Bonus	Exhibition	Approval	Ev#	Competitive Category	Event	Qualify Time
☐	33.74Y	33.74Y	☐	☐		2D	M	11-12 50 Fly	
☐	39.58Y	39.58Y	☐	☐		4D	M	11-12 50 Back	
☐	38.11Y	38.11Y	☐	☐		6D	M	11-12 50 Breast	
☐	31.64Y	31.64Y	☐	☐		8D	M	11-12 50 Free	
☐	1:16.95Y	1:16.95Y	☐	☐		13	B	11-12 100 Medley	

Before the Meet:

- Download Meet Mobile app
- Review the schedule on the “heat sheet” and meet timeline
- Note your child’s events and heat
- Stay in touch with your child’s coach for any updates or changes.



HOW TO READ A HEAT SHEET

E: Event

H: Heat

L: Lane

E

↓

H

↓

L

EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)

1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarh McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	WWST	B	NT
	Jeannie Ridley W7	Laura Stroud W7	
	Luke Leong M8	Cayman Choate M8	
3	BVCC	A	NT
	Maddie Williams W7	Sydney Boyer W6	
	Cameron Taylor M8	Ethan Boyer M8	
4	WWST	A	NT
	Ruth McGee W8	Colin Kruse M8	
	Jenna Rupp W8	Bree Sullivan W8	

E

H

L

7

19

31

61

2

3

3

1

3

3

5

4

IM

Free

Back

Relay (Back)

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

Swim Meet Gear and Supplies:

- Swim Gear
 - Team swimsuit
 - 2 pairs of goggles
 - 2 swim caps
 - towels
 - Velocity Team Shirt
- Warm-Up Clothes

Swim Parkas are nice but not necessary.
- Chairs or Blankets, sleeping bags
- Games, a deck of cards, books, etc.
- Extra Chargers



TEAM UNIFORM FOR MEETS



Popular Arena Styles for Girls

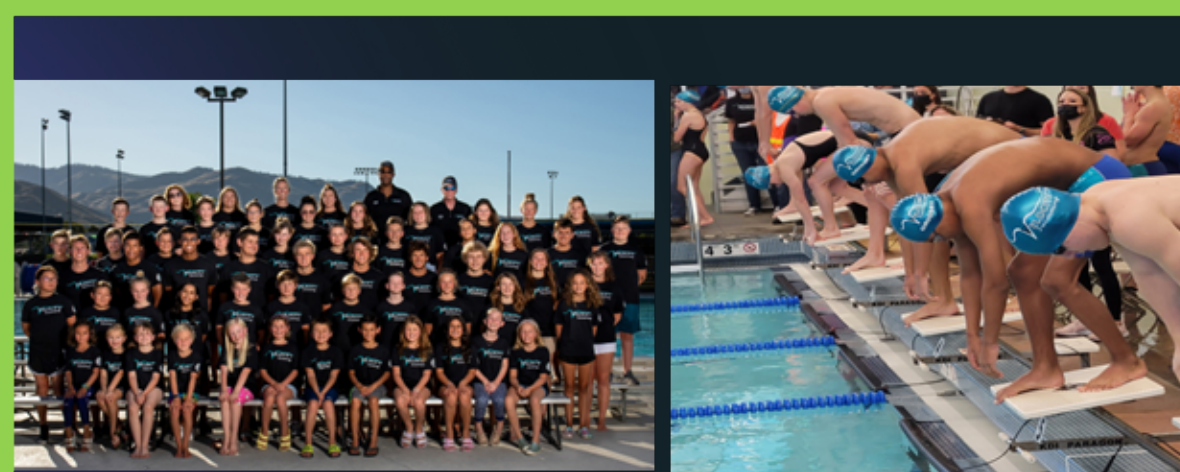
- Madison Swim Pro Back
- Master Light Drop Back
- Master Light Tech Back

Popular Arena Styles for Boys

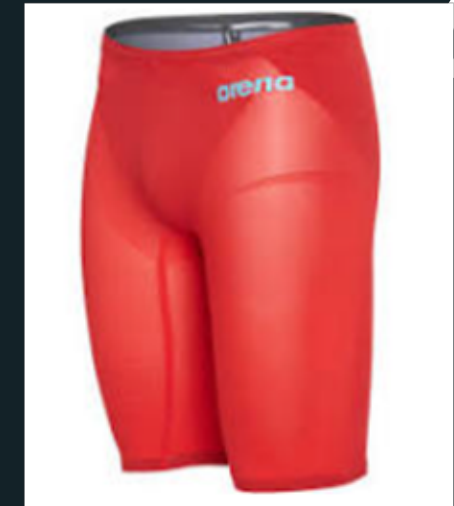
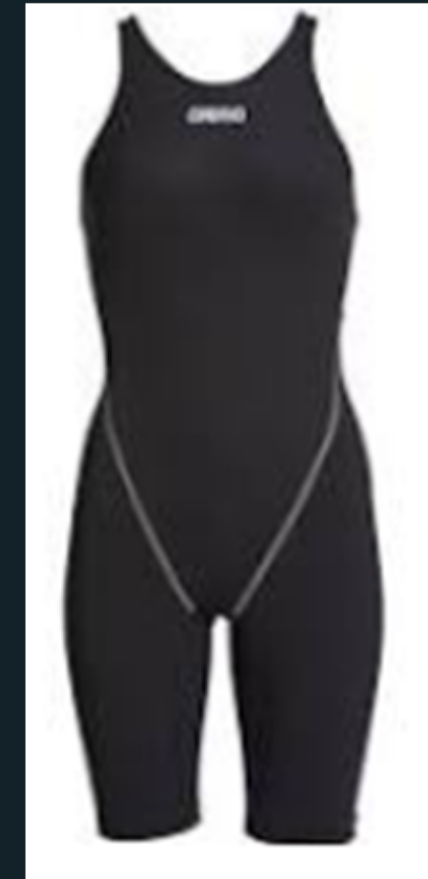
- Board Jammer



Arena black competition suits

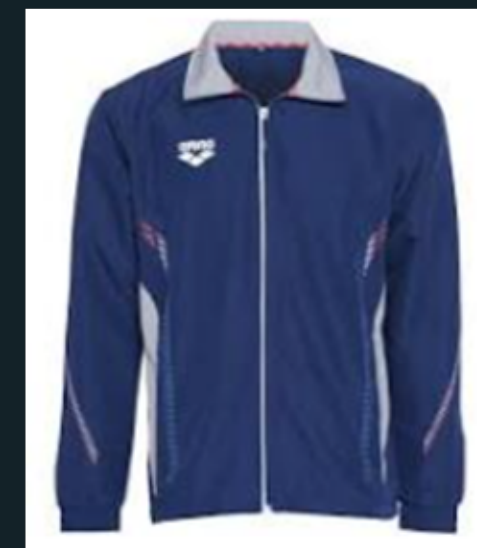


T-shirt and cap provided by team



Arena tech suit (any color)

Only select meets
for swimmers 13+



Arena
warmup jacket
or Parka

SWIM MEETS RESPONSIBILITIES



SWIMMERS

- Arrive 15 minutes prior to warm -up
- Check -in with the coach
- Stay at the pool during the meet
- Make it to your events on time
- Check in with the coaches before and after you race
- Be present for finals if you qualify
- Give your best
- Learn from each event and swim
- Cheer for your teammate

CAREGIVERS

- Watch for registration deadlines
- Volunteer!!!
- Keep your swimmer fed and hydrated
- Get your child ready for their race
- Be an official
- Refrain from coaching your child
- Love and support
- Cheer for your child and the whole team.
- Stay at the pool during the meet

OUR BOARD OF DIRECTORS

Big Board

Sarah Applegate

Amanda Vargas

Greg & Laura
Lammert

Ed & Crystal
Eddings

Nichole Brownlee

Kris Sullivan

Executive Board

President

Kristopher Moore

Vice
President

Ian and Mandy
McLaren

Secretary

Kate Stiles

Treasurer

Noelle Grigsby

Member at
Large

Claudia Ribellia

VELOCITY COMMITTEES



TEAM CARE

Events, Social, Team Spirit



FINANCE

Scholarship, budget and \$\$\$



MARKETING

Apparel, social media,
website, recruiting



COACH & POOL

Pool, support
coaches, swim meets



FUNDRAISING

Activities, Sponsorship

**Join one
Today!**



Thanks to generous donations, budgeting, and grants, Velocity can provide limited scholarships for families in need

- Scholarships are based on financial need and are dependent on the Scholarship committee approval.
- Certain expenses will be the responsibility of the swimmer while others will be Scholarship eligible.
- Scholarships will help with monthly practice dues -however, scholarship will not assist with travel expenses.
- Apply online on our Velocity Webpage

MEMBERSHIP AGREEMENT

- Competitive: Installment vs Paid in full
 - Installment: full year/11 months
 - Paid in Full : 5% discount
- Pre-team/Rec/Masters: Month-to-month
- Monthly payments are due on 15th of every month
 - - \$25 late fee
- Your invoice can be view by logging onto the website



PAST DUE ACCOUNTS

Accounts 30 days past due

- You will be notified via email from *sportsengine* .
- Your swimmer will not be eligible to enter swim meets
- A swimmer already entered in a meet will be scratched from the meet if the account becomes 30 days late effective the first day of the meet.
- You will still be responsible for the meet fees regardless of the scratch.

Invoice

PAST
DUE

Accounts 60 days past due

- You will be notified via email from *sportsengine* .
- Your swimmer will not be eligible to enter swim meets or practice with the team until the account is made current.

Accounts 90 days past due

- Billing department will turn over your account to the executive committee with the option to turnover to collections.
- Any open account balances from prior seasons must be paid before registering for an upcoming season.

WORKSHARE COMMITMENT

Meet	Date(s)	Meet Type	Eligibility	Minimum Hours per Family
Very Scary	Oct 25-26	Home	All Athletes	6 hours
Christmas Open	Dec 6-7	Home	All Athletes	6 hours
Masters Winter Open	Jan 10	Masters	Masters Only	Fundraiser for Velocity Athletes (\$10 per hour worked)
James Elwyn	April 25	Home	All Athletes	2 hours
Apple Capital	May 28-31	Home	All Athletes	16 hours
Velocity Distance	June 3	Home	All Athletes	2 hours
Starlight	June 19-21	Home	All Athletes	16 hours

Families play a **vital** role in our organization. To run a successful home swim meet, families have **REQUIRED** Workshare hours.

VOLUNTEER POSITIONS

To run a successful home swim meet and generate critical operating income for the team, volunteers are needed! Some of the positions include:

- Officials
- Clerk of Course
- Head Timer and Timers
- Stagers
- Meet Marshalls
- Computer Operator
- Announcer
- Hospitality
- Facilities
- Set-up and Tear-down





fundraising

FUNDRAISING OPPORTUNITIES

- 
- Swim -a-thon
 - Gorge
 - Raise Right
 - Wild Hockey Game
 - Corporate Sponsorships
 - More to come

Join the
FUNDRAISING
COMMITTEE

