

# THE VELOCITY WAVE



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VELOCITY SWIMMING, PO BOX 2791, WENATCHEE WA 98807  
[HTTP://WWW.VELOCITY-SWIMMING.COM](http://www.velocity-swimming.com)

## SENIOR SECTIONALS RECAP

By Coach Mike Hartley

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### Upcoming Events!

April 24<sup>th</sup> – MRA Spring  
Into the Pool Meet,  
Moses Lake, WA

June 4<sup>th</sup>-6<sup>th</sup>-  
Apple Capital Swim Meet

June 12<sup>th</sup>-  
Apple Blossom Parade  
and Velocity Saddle Rock  
Hike

June 25<sup>th</sup>-27<sup>th</sup>-  
Starlight Swim Meet

Velocity is extremely proud of the 7 individuals who represented us at the Senior Sectional Meet in Arizona the weekend of March 19-22. All 7 of our athletes were able to either advance to a final, swim at least 1 PR or be part of a record-breaking relay!

The 4x50 medley relay team of Haily Payne, Rae Ann Dressel, Emma Knott and Brooklyn Dressel shattered a team record, lowering the previous best time by 2.19 seconds! That was a fast start to an incredibly fast weekend for these young ladies!

Rae Ann took some time away from her busy schedule at UNLV to swim yet another meet in her amazing Velocity career. Rae Ann swam a brilliant 29.51 breaststroke split in the record-breaking relay and followed that up with a very strong swim in the 100 free before heading back to Las Vegas to resume her training with the Running Rebels.

Haily Payne swam in 6 individual races. She PR'd in the 50 free and qualified for the final in the 200 breaststroke. In the 200-breast final, Haily was able to lower her own team record posting a blazing fast 2.23.22! Haily is an incredibly tough young lady, swimming very strong times despite a recent arm injury.

Brooklyn Dressel swam strong in the 100 and 200 free but created quite a wake in the 50 free. The San Jose State Spartan recruit, swam a 23.99 in the 50 free final, inching ever closer to the team record of 23.72 set by Hannah Bruggman in 2013.

Emma Knott swam a blistering 25.48 fly leg in the medley relay and swam the 100 and 50 free and 100 fly. Emma will swim at Cal State East Bay next year and is a fierce competitor who posted great times in Arizona!

Trenten Callaway set 4 PR's in 4 very strong swims. He dropped .78 seconds in the 100 free and .03 seconds in the 50 free. Trenten improved his best

Haily, Emma, Brooklyn & Rae Ann



time swam in a USA sanctioned meet in the 500 free by over 2 seconds! Trenten decided to swim the 200 free time trial and dropped time in that race as well! Awesome weekend Trenten!

Evan Vandersluis had a great weekend, qualifying for the C final in the 100 Breast. Evan finished 24<sup>th</sup>, the highest place finish for a Velocity individual in the meet. Evan will swim for BYU next year and was in top form in Arizona.

14-year-old Ben Madson was one of the youngest male competitors to qualify for the meet. 5 of 6 swims were PR's! Ben dropped an incredible 2.56 seconds in the 100 free, and 5.30 seconds in the 200 IM! Perhaps Ben's most impressive accomplishment was qualifying for the finals in the 100 back. Ben finished 27<sup>th</sup> overall but only one 14-year-old was able to best Ben's amazing effort. Ben finished up an extremely fast weekend with a .01 PR in the 50 free and a strong 1:59.28 swim in the 200 back!

Make sure to give an air fist bump to those who traveled to Paradise Valley. A special thanks to coaches Carolyn and Larry Dressel for making the trek! Those of us unable to make the trip were able to watch the races online due to their handy camera work. Our first championship level meet in over a year was an awesome experience for all involved. Great job Velocity!



Trenten



Ben, Haily, Emma, Brooklyn, Evan & Trenten



## COACHES CORNER

By Coach Carolyn Petersen

As we end of short course season, our team has a lot to be proud of! We had the opportunity to send 7 swimmers to sectionals in Phoenix! Way to go Ben, Trenten, Evan, Rae Ann, Brooklynn, Emma and Haily! The coaching staff had a lot of fun increasing the yardage and intensity targeted for the sectional kids, but beneficial for the whole team. In addition, we did a ladder down effect: every swimmer increased their yardage over the last month. Taking a break from swim during spring break creates a natural divide between short and long course season. When we return to the pool, we will start back with foundations of drills and technique, and rebuild up the yardage. We are looking forward to the spring and summer. As a staff we are working hard on several items: from cohort rebuilding, to pool availability, to a development meet in the works. Make sure you continue to check with the team calendar and email for any changes. And you might be seeing new faces at the pool in the next few weeks, we have a few volunteers who are almost completed with training and some potentially new hired staff! Lots of changes coming soon. Thank you for your continued patience and attendance! You are doing amazing! Keep up the hard work everyone!



**SENIOR SPOTLIGHT** - over the next several months, we will be taking the opportunity to recognize our graduating seniors. We are so incredibly proud of them and wish them the very best as they begin this new chapter in their lives.....

*Rachel Marquis*

*Sierra Hartley*

*Sophie Black*

*Zane Hernke*

*Karlyn Kelly*

*Olga Murillo*

*Olivia Knott*

*Will Neer*

*Katherine Kazulina*

*Simon Madson*

*Haily Payne*

*Brooklyn Dressel*

*Emma Knott*

*Evan VanderSluis*

*Lauren Marquis*

*Aiden Ringel*



Class of  
2021

## VELOCITY SWIMMING'S HAILY PAYNE

STARTED SWIMMING WHEN SHE WAS 10 YEARS OLD

SWAM WITH VELOCITY FOR 8 YEARS

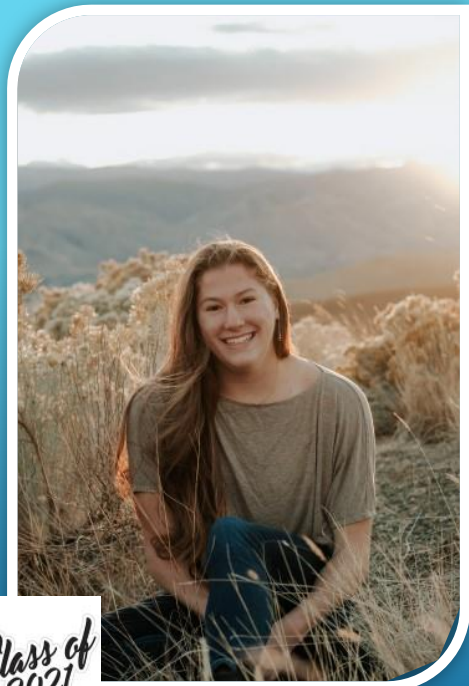
PLANS AFTER GRADUATION:  
ATTEND THE UNIVERSITY OF UTAH AND SWIM ON THE SWIM  
TEAM AND MAJOR IN NURSING (NOT 100% SURE YET THOUGH)

FAVORITE SWIM MEMORY:  
"THE FIRST 3 OR 4 TIMES I SWAM THE 200 IM, I WAS DQ'D OR  
I DID NOT FINISH. IT WAS SAD BACK THEN BUT NOW I THINK  
IT IS SO FUNNY, AND IT WAS GOOD FOR ME."

FAVORITE STROKE:  
5TH STROKE! OR ANYTHING OTHER THAN FREE

WORDS OF WISDOM:  
"LEAD BY EXAMPLE, HAVE FUN, THANK YOUR COACHES,  
PARENTS, AND TEAMMATES OFTEN."

"THANK YOU TO ALL THE COACHES I'VE EVER HAD, THANK YOU  
TO MY PARENTS FOR LETTING ME DO THE SPORT I LOVE AND  
COMING TO ALL MY MEETS, AND THANK YOU TO MY  
TEAMMATES FOR PUSHING ME AND HELPING ME BECOME A  
BETTER ATHLETE :). ALSO, A SPECIAL THANKS TO MY PHYSICAL  
THERAPISTS..."



Class of  
2021

## VELOCITY SWIMMING'S BROOKLYN DRESSEL

Started swimming when she was 7 years old.

Swam with Velocity for 8 years.

Plans After graduation: Attend San Jose State University and study  
computer science.

Favorite swim memory: having my older sister, Rae Ann, slap me in  
the face before I'd swim the 50 free to get my adrenaline up.

Favorite stroke: freestyle.

Advice for younger swimmers: "Don't put too much pressure on  
yourself to do well, just stay calm and try to enjoy it."

"Thank you to my parents for supporting me. Thank you to my  
coaches for pushing me to be my best. And thank you to my  
friends for keeping me motivated and making sure I have fun."

## NEWS & NOTES

### OUR KEY TO SUCCESS IS YOU!

As part of Velocity's 5-year strategic plan, several parent and/or coach volunteer committees were formed in order to help us achieve our goals. We are always looking for more parents interested in joining these committees. Contact a Board member for more information.

\*Admin/Home Swim Meet Committee

\*Marketing & Apparel Committee

\*Fundraising Committee

\*Coach & Pool Space Committee

\*Team Care Committee

### Velocity Gear!

*Team shirts, sweat shirts, water bottles, and more are available from our online team store. Visit the store at any time to order your gear:*

<https://velocityswimteam.spiritsale.com/>



Officials! We need you. Our official crew is small but mighty. Many of our current officials have athletes who are graduating this year and we will need more officials to fill the void. If you would like to become an IES/USA Swimming certified official, please contact Jeff Sutton ([jeffreysutton@yahoo.com](mailto:jeffreysutton@yahoo.com)).

*From your Velocity Exec Board:*

*Spring is in full force at Velocity and with that comes many exciting and transforming changes to the team. The coaching team will be announcing their Spring "Plan" soon which could include some athlete movement within groups, developing criteria for "move ups" to advanced level swim groups, alterations to lane assignments and the combining of groups may also occur. Any change is to enhance and accentuate athlete abilities and utilize time and facilities more efficiently. We do this with the safety of our athletes first and foremost.*

*We continue to look for swim meet opportunities for all our athletes, including the option of hosting more small home meets. We have been invited to a one-day swim meet in Moses Lake on April 24th. Make sure you check out the event on the team website since entries are due April 13th. We are also working hard to bring back our two big summer swim meets – Apple Capital and Starlight. The dates for these events are on the team calendar and more information will be communicated as it becomes available. While these meets may look a bit different than in past years, the aspect that won't be different is that it will take "all hands on deck" to pull them off!*

*If you have any questions or concerns for coaches or board members, please use their email addresses listed on the team website.*