

THE VELOCITY WAVE



A MONTHLY DIGEST FROM VELOCITY SWIMMING MARCH 2021 VOLUME 1 / ISSUE 1

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Upcoming Events!

May 1st-
Apple Blossom Parade
and Velocity Saddle
Rock Hike

June 4th-6th-
Apple Capital Swim
Meet

June 25th-27th-
Starlight Swim Meet

WINTER MEET RECAP

By Coach Mike Hartley

Thank you to everyone who participated in our recent meet. It was great to see our team back in the water and competing! We hope everyone had fun, and we will try to do another meet again soon!

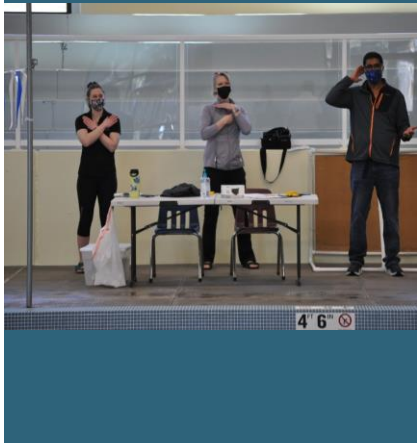
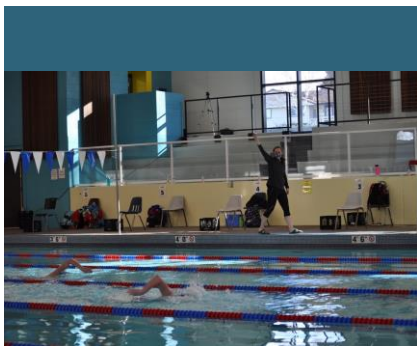
A huge THANK YOU to all the volunteers who helped at the meet. We could not have run the meet without you. Thank you to our meet referee, meet marshals, timers, officials, administrative officials, announcers, hospitality crew, senior athletes, and our awesome coaches!

Congrats to all the athletes who competed in our meet! We had a time trial just before Christmas, but it was great to be able to swim in a meet where the times count! Every training group had multiple swimmers who were able to achieve PR's, which means that the coaches, athletes and parents at every level of the club are doing a great job creating a positive environment that promotes growth!

- 31 of 46 swimmers achieved at least 1 PR! (67%, including previous NT events)
- 28 of 46 Swimmers achieved 2 or more PR's (60%, including previous NT events)
- 12 swimmers achieved 3 PR's (Molly Coonfield, Davy Gaytley, McKennah Gentili, Aiden Grigsby, Ryker Hall, Scout Hauge, Natalie Kelly, Tessa Mildon, Teague Monahan, Nathan Suydam, Cody Westra, Addie Willms)
- Ben Madson achieved his first ever Senior Sectional Time!
- Donovan Harrington dropped 49 seconds in the 200 IM, for the biggest time drop in a 200
- Davy Gaytley dropped 30 seconds for the biggest drop in a 50 (free).
- Tessa Mildon dropped over 18 seconds in a 100 (free)
- Nara Gaytley dropped 11 seconds for the most in a 25 (free)

It was great to be able to watch the meet from home on the internet! A special thanks to those who worked to make that happen! We had an awesome meet, but we have left room for improvement next time. Perhaps we set a goal to increase the number of PR's set in the next meet?

COACHES CORNER



What a crazy year this has been! I cannot remember the last time I wrote a “group gab”, but I wanted to fill you in on what has been happening with me and the groups I have been working with since last March when we first stopped Velocity. The last thing I really remember from that time was swimmers traveling to Idaho for the Champs meet and I was leading Piranhas at that point. We were all cramped into the Wenatchee High School pool and Moms were heading to Costco to stockpile toilet paper for some reason...they knew something I didn't at that point!

From Mid-March to June things with Velocity were fairly slow for me besides Zoom meetings with other coaches to come up with standards for the groups and creating a game plan for a potential pool or dryland workouts. When I could, I would participate in outdoor activities with the swimmers one-on-one, including playing backyard basketball, practicing long jump for track and biking the loop. What a blessing seeing the swimmers outside the pool during this tough time! Toward the end of June, we began dry land workouts at Kenroy Park in East Wenatchee in the early mornings with Coach Mike and his daughter. Sweating before 9 am always is a blast! I don't know if the kids would agree though. 😊 Within 2 weeks of offering dryland, we were able to practice at the WRAC and Lake Chelan. Unfortunately, I was unable to travel to the lake three times a week, but I was able to coach at the WRAC to assist with Sharks, Piranhas and Cudas.

In October we were able to move into the newly renovated Eastmont Aquatic Center. Practices looked different than before this all started, as now I was coaching alone with a lifeguard and a blow horn, and kids were separated on either side of the pool. Yet we were able to have one meet right before Christmas and another this past weekend.

With regard to our recent meet, I think Sophia said it best, “it feels like being back to normal!”. And it did--two quick days of swimming-- some for the first time as well. We had swimmers from each cohort get their best times, to first time no DQs and a sectional time qualifier! I enjoyed being able to interact with parent volunteers whom I haven't seen since summer, and a chance to see what the kiddos are capable of and what to focus on in practice to improve for another meet. A huge shoutout to the volunteers who made the meet run so smoothly, had the patience to spend the time to get the swimmers' breaks in between each event, and to make sure they made it to the blocks. Plus, the streaming technology to ensure every parent (and COACH!) got the chance to watch was

wonderful. At first it was overwhelming to think of how the meet would be organized and structured with Covid restrictions in place, but it seemed like a normal event (maybe a bit more quiet though) and I am hopeful to have more in the near future!

Still unsure at the moment what will happen come summer, but thankful the Eastmont pool is open since the WHS pool is now closed for maintenance (like perfect timing from where we were a year ago). Coaches, even today, are being flexible, working with any/every group while Coach Mike is out, learning to write practices/send offs, and incorporating volunteer coaches to lead practices.

Over this last year so many changes have occurred: from location, to which groups coaches are coaching, to learning and following Covid standards. However, we as a team have overcome every challenge. Sure, it's not perfect or ideal, but we have something rare in this valley and in the overall swimming community. We have been creative to “broaden our minds” to what exercise for age groupers could be: from dryland on frisbees to open water swimming with logs. We have leaned on each other for assistance—from coaches to volunteer parents who have checked temperatures for every kid before each practice. During this rough year this team has been my light and I know I am not the only one to say that. Parents have told me how much their kids needed swimming, but I always say back I needed them as much as they needed us. I know looking into the future we are going to continue to be creative, strong and the constant we need for each other.

~ Coach Carolyn Petersen



Swimming is the best sport ever, and I am not just saying that lightly. Not all sports have been able to continue practicing through this pandemic, which shows swimming and swimmers work through challenges and teach persistence and perseverance. This could not however have happened without our strong leadership and parent support. The leadership worked hard finding pool space, communicated challenges and advocated safety. Our parents showed commitment to our program, bringing their swimmers to practice and trusting our process. Least but not last, huge shout out to our swimmers. They continue to amaze me at practice. The barracuda group continues to perfect their strokes, the piranha group is getting faster with each practice, the shark group brings hard work and effort to each practice, and the Wahoo group, always impressive and amazing! All I can say is "Go Velocity!", the best team ever!

~ Coach Kathy Elwyn



Good luck to our Senior Sectionals Swimmers who will be traveling to Phoenix, Arizona March 19-22!!

Trenten Calloway

RaeAnn Dressel

Brooklyn Dressel

Emma Knott

Ben Madson

Haily Payne

Evan VanderSluis



Velocity's Olga Murillo!

2021 Apple Blossom Court

Top 10 Finalist and

Miss Congeniality

Congratulations!

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).

From your Velocity Exec Board:

You may see some new faces on the pool deck. Larry Dressel and Jana Sutton have completed their coaching credentials and have been on deck assisting our coaches and, in some cases, running practices for our older athletes. Benjamin Grigsby recently completed his junior coaching credentials and has been assisting with the Barracuda and Piranha groups. If there are any other athletes who are between 16 and 18 and would like to earn their junior coaching credentials, please email billing@velocity-swimming.com to learn more.

We continue to look for swim meet opportunities for all our athletes, including the option of hosting more small home meets. 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 become available closer to these dates.

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