



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## DECEMBER IS A MONTH TO REMEMBER!

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### UPCOMING EVENTS!

#### CHRISTMAS OPEN

East Wenatchee, WA EYAC  
December 2<sup>nd</sup> and 3<sup>rd</sup>

#### Winter Junior Nationals

Iowa City, IA U of I Pool  
December 6<sup>th</sup>-9<sup>th</sup>

#### WA SR STATE CHAMPS

KCAC, Federal Way, WA  
December 14<sup>th</sup> – 17<sup>th</sup>

#### January Storm

Whitman College, Walla Walla  
January 6<sup>th</sup>-8<sup>th</sup>, 2018  
Entries Due!  
Friday Dec. 15<sup>th</sup>

#### WASH SR OPEN

January 14<sup>th</sup>-17<sup>th</sup>, 2018

#### KCAC, Federal Way, WA

#### EARLY ENTRY DEADLINE

Entries Due December 4<sup>th</sup>

See Page 2 for more details!

*By Coach John*

Perhaps more than the typical holiday excitement we all feel around this time of the year, December has always become a month to remember for our team. The past 3 Decembers have brought some major milestones for our team. Among them are a 10<sup>th</sup> Place finish at the Senior State Championships, our first Winter Junior National swimmer (Jess Wierzbicki, 2013), our first swimmer to place at Winter Juniors (Jess, 2015) our first Winter National swimmer (Isabelle Dressel, 2016), and our first Winter Junior National meet with two swimmers qualified (Jess and Isabelle, 2016). And let's not forget about our successful hosting of the Christmas Open, long a holiday tradition in East Wenatchee. These are significant accomplishments for what is considered a small team by USA Swimming. The good news is that we aren't done!

Tomorrow will be the beginning of my 7<sup>th</sup> December as the Head Coach of Velocity. And it looks to be exciting yet again. On Saturday and Sunday, we will host our Christmas Open meet at EYAC. It will mark the last time we will host a competition in the EYAC that we have come to know. The upcoming remodel of EYAC in 2018 will bring some much-needed upgrades to a facility that has history for our team dating back to the early 1970's. The continued success is guaranteed this year by a \$2000 grant from the City of East Wenatchee and the Events Committee. The grant will offset facility rental charges and was solicited and secured by our president emeritus, Jeff Sutton. The EYAC closure will bring a few challenges to us for next fall, but the Board and I are already working to mitigate the impact of losing an indoor facility that we use 6 days per week in the fall. Stay tuned!

Next week we will see our 3<sup>rd</sup> Velocity Swimmer (Haily Payne), travel to the Winter Junior National Championships. This year's meet will be held at the new University of Iowa Aquatic Center. It is awesome that our team continues to support and nurture excellence in our program and I couldn't be more-proud of everyone.

Finally, on the 3<sup>rd</sup> weekend in December, Velocity will send 18 of 19 qualifiers to the Washington Senior State Championships at the King County Aquatic Center in Federal Way. This year's count of 18 swimmers represents the largest number of participants for the meet that our team has enjoyed. Taking such a large crew to this meet is exciting and it should be fun for our team. They will look to match or better our best 10<sup>th</sup> place finish in 2015.

So, as we approach the upcoming holiday season with Thanksgiving in our rearview mirror, it is looking like yet another December to remember and I am thankful to have such wonderful swimmers, coaches, and parents as the driving force behind our team. I am grateful for all of you. VELOCITY HAA!

## NEWS and NOTES

**Inlement weather is coming!**  
**With possible snow in the forecast, keep in mind that practices could be canceled due to facility closures, or by coach's decision based on the health and safety of our members. Please sign up for Remind (see text to right) to get instant practice status update**

**Technical Suits Continued (from Steel Gab):** --12 & Unders should not wear technical suits at any meet unless it is a Championship-Level Meet. Even then, there is still much debate on the effect of these suits on performance for most 11 & 12-year-olds. Parents should consider carefully before spending money on a technical suit for this age group. When in doubt, please speak with me about the need for your swimmer. The hard part in this age group is that you will see other swimmers wearing them and a "keeping up with the Joneses" attitude can ensue. In most cases you can save your money!

Technical suits for 13 & Over swimmers can be very beneficial but need to be used properly. They should not be worn at "Open" meets at all unless a specific goal is under a time crunch to be reached and that discussion needs to be made with a coach. The effects of the fast suit should generally be saved for championship meets, and sometimes—perhaps only in Finals (depending on the meet). The overuse of technical suits reduces the potential overall benefits of the suit, makes the suits deteriorate faster (costing you more money), and makes them feel less special—and they should feel special. If you have any questions, please ask!

**VELOCITY HAA!**

## TEAM RAMBLINGS

**AVOID CHARGES!!!** All team members need to inform billing if you will be taking time off. This needs to be done by the 20<sup>th</sup> of the month before you are taking time off! Contact [billing@velocity-swimming.com](mailto:billing@velocity-swimming.com)

### REMIND AUTO TEXT EMERGENCY COMMUNICATION

Link up for our most urgent team communications, practice changes, emergency notifications etc. by joining in at <https://www.remind.com/join/velocityal> This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

### WASHINGTON SENIOR OPEN ENTRIES DUE!!!

The Washington Senior Open is in January, but due to the nature of the meet, the entries are due in no later than Monday, December 4<sup>th</sup>! (that is this coming Monday!) This is a great meet for some of our transitioning swimmers to get a taste of senior-level (no age groups) competition. We do have several of our 11-12 and 13-year-old swimmers who may have qualified. If possible, parents should attempt to make the trip to expose the swimmers who have qualified to the highest quality competition pool in the Pacific Northwest. KCAC has been home to Winter Junior Nationals, Junior Nationals, Age Group Zone meets, and the 1990 Goodwill Games. It is also home to the High School State Championship Meets so any experience at the facility is valuable!

### USA SWIMMING LINKS:

Age Group Time Standards: <https://www.usaswimming.org/Home/times/time-standards>

Safe Sport: <https://www.usaswimming.org/resources-home/resource-programs-services>

## VELOCITY GROUP GAB & BLAB

### COPPER GROUP GAB & BLAB:

What a great start to the short course season! As the Copper group gets bigger, the swimmers are looking faster and stronger. We have enjoyed working with your swimmers and are excited to see their progress throughout the season. We have 20 Copper swimmers entered in the Christmas Open meet this weekend, and we are excited to cheer them on!

Thank you parents for your support of our program. Please let us know if you have any questions!

**--Coach Kathy**

I have been impressed with the progress of the Copper Group, and I have told Coach Kathy that this may be the best overall group of new swimmers that we have seen in some time. I am proud of our coaching staff's work with them, but also with the group's enthusiasm. It has been fun getting to know them! I am looking forward to seeing some of them swim this weekend! Velocity HAA! (High Aiming Achievers).

**--Coach John**

### Characters of the Month: Congratulations and great job!

*These swimmers exemplify team spirit, being a great teammate, growth-mindset, leadership, courage, helpfulness, perseverance, honesty, and more! Developing these lifelong skills is a source of pride for our team!*

Copper: Norah Bauman, for great listening skills and effort!

Steel: Olivia Johnson, Respect.

Bronze: Nate Carmack (see Coach Atiba's comments in Bronze Gab!).

Gold/Silver: Karlyn Kelly attention to detail in water and dryland!

**VELOCITY GROUP GAB & BLAB Continued...****VELOCITY HAA!****Silver and Gold Group Gab and Blab:**

Congratulations to all our High School Girls that participated in the State High School Championships two weekends ago! Our girls performed very well, and we are proud of all of them!

Now that the Girls' high school season is over, they have been returning to the pool for Velocity while the boys have begun their high school seasons.

All the senior-level swimmers have been working extremely hard. I have been impressed with their ability to try and learn some of the new skills we are teaching. We have been working on some specific drills for strokes as well as a new one for underwater work and flip-turn speed.

One of the main performance busters is a lack of rest! With our athletes seemingly under pressure from a variety of activities as well as school, it may be difficult to get enough of it. Keeping routines is a good way to establish a rest pattern that will work. The effect of a loss of rest is cumulative, so it isn't easy to just catch up with a weekend day sleep-in. By keeping routines, dips in the amount of sleep can be lessened and performance can be maintained!

--Coach John

**Steel Group Gab and Blab:**

I gave Coach Steph a break this month because I had a few extra things to say to all our parents and swimmers.

Recently, there has been much debate around the use of technical (or fast) suits by swimmers that are 12 & Under. In fact, some LSC's are banning them altogether for 12 & Unders at all meets below the Regional Level. Inland Empire Swimming has discussed a similar ban, but the plane has not been landed on the subject yet. Instead, the recommendation has been that coaches should share their philosophy on fast suits with their team. Here are my feelings.

It is far better that a swimmer believe that their own hard work and effort are the biggest equation in their performance. As such, it is extremely important to develop this attitude at a young age. A swim suit is no substitute for preparation and perspiration. The introduction of technical suits at a younger age is not the best and at older ages, they are becoming overused.

Technical Suits really don't offer much help to 10 & Unders and are usually a waste of money. While there are occasionally exceptions, most of the time parents can spend their money on something fun, like a nice date!

***Continued on side bar of page 2***

**Bronze Group Gab and Blab:**

Great job to the Bronze Group at the Very Scary Swim Meet! There were more treats than tricks because we had Nice job to those who went to the CAST Swim Meet! We had some great swims from those who attended. My character of the month is Nathan "Nate the great" Carmack. He has showed tremendous progress and has been working really hard to improve his technical skills. Congrats, Nate! Keep up the hard work! (it shows).

--Coach Atiba

**\*\*ALSO, please read the Steel Group Gab.**

**Banana Coconut Ice Cream****Ingredients**

- 4 ripe bananas
- 270ml Coconut Cream
- 2 tsp Vanilla extract or 2 Vanilla Bean
- 1 T honey (optional)

**Method**

Peel the bananas and mash them in a bowl with a masher until there are no big chunks  
Add the vanilla extract (or scrape the insides of the vanilla bean)

Stir in **coconut** cream

If you would like the ice cream smooth, put it in the blender

Pour in a bowl, cover it, and place it in the freezer

As soon as this firms up (1-2 hours), this ice cream is ready to devour!

**Tip:**

Stir in choc chips!