



VS NEWS

A Newsletter for Velocity Swimming

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SUMMER, SUMMER, SUMMER

By Coach Pringle

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“It turns me upside down.” In the words of the popular 80’s band “The Cars”, summer turns us upside down. School is out, kids are home more, and we try to find time to enjoy the beautiful recreational opportunities that Wenatchee and East Wenatchee hold. We also get to enjoy swimming outdoors at our magnificent 50 meter pool (and it is magnificent by the way—it just needs some more TLC).

The plan for summer practices is basically done and you should be able to see the schedule by looking at the end of the June Calendar. Still, we will make the attempt to start training in the evenings at the city pool as early as May 16th depending on the weather. Pay attention to Facebook and emails once that day hits. Regardless, Splash and Teal will continue to train at EYAC at the current days and times through the end of school.

Our Swim A Thon went wonderfully! The athletes raised over \$20,000 for our team and we are still seeing \$ come in. Please get your money turned in to Jen Marquis ASAP if you have not done so! Great Job Team!

Once school is out, things will change drastically. Black group and those white group swimmers age 11 and over will have morning practices at the city pool from 7-9 AM. Evening practices at the outdoor pool will be 6:30-8:30 PM for white and black groups. Teal will train at EYAC on Mondays and Wednesdays from 4-5:30 PM and at the outdoor pool from 6:30-7:30 PM on Tuesdays, Thursdays, and some Fridays. Splash will train at EYAC on Mondays, Tuesdays, and Thursdays from 4:00-5:30 PM. As you can see, things look quite a bit different.

I am encouraging all 11 and over swimmers to train twice a day at least three days per week. You should see some big improvement just from the additional training. Black group swimmers should swim as much as possible all summer long. White group swimmers should check with Coach Anne for the number of mornings that you should swim.

The swim meet schedule is packed and we have meets every other week in June and July. Apple Capital (home), Wine Country (Toppenish), Starlight (home), Sizzling Summer (Moses Lake), and IES Champs (Spokane) are all on the calendar. Remember that the home meets are required attendance as is the IES Champs Meet. Let’s get this summer started!

RAMBLINGS FROM IES & Other News

Short news from IES House of Delegates Meeting (HOD).

Athletes are encouraged to get the USA swimming “Deck Pass” application for their phone. (Parents can get it for their kids too).

IES will continue to support the Age Group Zone Meet as an “All-Star” meet and will now support the Senior Zone Meet as well. There is money that comes back to the athletes after paying for and participating in these meets.

Velocity will host the 2013 Age Group Regional Meet at the outdoor pool and will help to coordinate a short course meet that will be hosted by the Manta Rays at EYAC the same weekend. There may be an “Open Water” event on Sunday as well. More info to come-stay tuned!

Coach Pringle was named to the IES Executive Board as “Age Group Chair” This will be in addition to his duties as sanctions chair for IES.

The 2013 IES meet calendar was approved and will be released soon.

Five Velocity Swimmers participated in the IES Break Out Clinic with Olympic Gold Medalists Josh Davis and Misty Hyman. Alexis Raber, Henry Bergstrom, Justin Pringle, Gabrielle Davy, and Katie Mock were all inspired and taught by two of the world’s finest swimmers.

SUMMER SWIM MEET NEWS:

The team hopes to “Camp Out” together at the Sizzlin Summer Meet in Moses Lake July 13th - 15th. Get that camping gear checked out and get ready for some summer team fun!

Anyone who has qualified for the Zone Swim Meet needs to talk with Coach Pringle about the meet and deposits, etc. due to IES Swimming very soon. Due to the location, air travel is limited and expensive.

SWIMMER OF THE MONTH (SOM)

Jordan Hartley of the Black Group was named the Velocity Swimmer of the month for by the coaching staff for her hard work and her outstanding performance at the Age Group Sectional Meet. Jordan placed in several events and qualified for the Western Zone Championships as well. A complete listing of AGS placers is listed in the news. Great job Jordan!

Group SOM’s were: Aiden Grigsby, Splash; Benjamin Grigsby, Teal; and Simon Madson, White. Each of you is to be commended for your hard work and dedication!

NEWS and NOTES

Apple Blossom Parade is Saturday, May 5th. Check your emails and the website for news and schedules pertaining to our activities on Saturday. The team will meet at Appleatchee at 7 AM on May 5th.

USA Swimming “Deck Pass” is a new application that is fun and motivational for swimmers. Several of our swimmers are deck pass users and those who are on deck were issued their first award from Coach Pringle this weekend.

AGS Finalists (top eight places):

10& U Boys 200 Medley Relay:
Cameron Wheeler, Tage Madson,
Connor Elwyn, Christian Cutter, 7th

Connor Elwyn, 10 yrs: 8th, 100 Fly

Jordan Hartley, 11 yrs: 4th 100
Breast, 7th 100 Fly, 5th 50 Breast

Jessica Wierzbicki 12 yrs.: 8th 100
Breast, 6th 50 Breast

Jared Vargas, 14yrs: 7th 200 Breast

SPOKANE TRIPLE PENTATHLON:
Fourteen of our swimmers
competed in the Triple Pentathlon.
Swimmers must swim in five
events and their total time is used
for placing. We did quite well!

Saturday: Charlie Cutter, 6th; Ben
Grigsby 4th; Christian Cutter, 2nd;
Nate Bay, 6th; Jessica Wierzbicki,
2nd; Hannah VanHeyningen, 5th.

Sunday: Ben Grigsby, 2nd; Katya
Kzulina, 5th; Christian Cutter, 2nd;
Jackson Calloway, 4th; Nate Bay, 5th;
Jessica Wierzbicki, 2nd; Hannah
VanHeyningen, 4th; Rebecca Bay;
6th; Charlie Cutter, 5th.

WE NEED OFFICIALS! Many of our officials are working way too much to fulfill our commitment at away meets. We are responsible to provide officials at a ratio commensurate with our participation numbers in a meet. It is easy to start the process to officiate at swim meets. Matt Bruggman and Dan Howell will be more than happy to train you. Contact Coach John if you are interested in learning more!