



VS NEWS

A Newsletter for Velocity Swimming

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APPLE BLOSSOM IS COMING! And then.....

By Coach Pringle

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Each year Velocity participates in the Apple Blossom parade and festival by carrying banners in the Apple Blossom Parade. The parade, however, is only the culmination of an exciting day for our team.

This year, on Saturday, May 4th we will be doing a number of fun activities prior to the parade. These activities have been a tradition with parts of our team for years. Kicking off the morning, the team will hike Saddlerock and take a team picture at the top. After descent from one of the prettiest views around, we participate in the Kiwanis Pancake Breakfast at Triangle Park. Following the breakfast, we organize our team to carry the banners highlighting special portions of the Apple Blossom parade.

For this event, the team is asked to wear special shirts. These are available for order now on the team website. We will be doing another order for the typical Velocity gear along with some new items as well prior to Apple Capital (which is really right around the corner!)

Apple Capital is one of two "Open" swim meets in the Long Course pool that our team hosts each year. These meets, along with the Christmas Open, provide our team with approximately 25% of our annual budget income. They are a big deal! That said, Apple Capital is just a bit bigger than the others. This is because it has such a long standing tradition going back to the early 70's! That's right, 70's! Most of your coaches swam in the Apple Capital at a young age. We usually expect around 725 swimmers and their coaches and families. It is the largest open meet in the Inland Empire, bar none, and our team is respected for the way we operate and pull off a meet of this magnitude. That said, we will need ALL of our swimmers participating and all of our volunteers working together to pull it off. Apple Capital is May 31st, June 1st and 2nd this year so let's get ready.

This year we are bringing back medals for 1st through third place at the meet. This was tradition back in the day. Also, we will be bringing back towels as the high point awards for each age group. This truly is a quality meet that we operate in such a first class manner. I am continually impressed by the efforts of our parent volunteers. You are remarkable, and this is a remarkable team! Velocity HAA!!!!!!

**April 16th Parade
Apparel Orders Due!**

**April 19-21 Triple
Pentathlon, Spokane**

**April 27-28 Inland
Empire HOD Meeting**

**May 11th Mayflower
Developmental Meet
@ WHS Pool NOON**

**May 11th Officials
Training @ WHS 9 AM**

TEAM RAMBLINGS & Other News

AVOID CHARGES!!! All team members need to inform billing if you will be taking time off. This needs to be done 5 days before the 1st day of the month. Contact billing@velocity-swimming.com

Welcome to our new team members! I am excited to see so many new faces. Please let me or one of the other coaches know if you need anything. Don't be afraid to ask questions! We are here to help!

The 2012-2013 competition calendar has been revised and is available on the team unify calendar. Mayflower meet is now May 11th 11 AM Warm up, Noon Start.

Your Velocity Board is hard at work making sure our team operates smoothly and efficiently. If you have questions, you can speak with any of them—or ask a coach!

Our own Abby Wilt was selected as this year's Apple Blossom Jr. Queen! She wrote her essays on swimming for Velocity and being the fastest 50 freestyler in the world! Dara Torres has nothing on her! Congratulations Abby and thank you for your love of your team!

Did you know that Velocity Swimming is involved in a community-wide effort to highlight swimming safety and drowning awareness? We will be helping at "SWIMFEST" on June 22nd to highlight water safety awareness. Like the page on Facebook for updates. This is just one of our community outreach projects. Others include the annual Apple Blossom parade; Master's meet officials and timers, and officials for WHS and EHS Swim Meets! Great job team!

The Inland Empire HOD (House of Delegates) meeting is April 2th and 28th in Moses Lake. Several Velocity folks are involved with this. Coach John is Administrative Vice Chair, Dave Cutter is Sanctions Chair, and one board member will also go to vote on IES business for our team.

Coaches of Splash, Teal and White will be calling you to discuss your swimmer and the team. An email was sent to all team members announcing this.

MARCH SWIMMERS OF THE MONTH (SOM)

Coach John announced that the following swimmers were selected as Swimmers of the Month for March:

Black Group: Adrian Marquis

White Group: Noah Heminger

Teal Group: Kyle Sutton

Splash Group: Jesus Villa, Jonathan Brault

CONGRATS!!!!!! AWESOME JOB!!!! KEEP UP THE GOOD WORK!

NEWS and NOTES

18 Velocity Swimmers competed in the NWAG SC Age Group Championships! We had 16 individuals qualify and two relays! Way to go team! Finalists at NWAG SC Regionals were: Jordan Hartley 8th 100 Breast, 8th Place 200 Breast, Connor Elwyn 7th 100 back, Rachel Wilt, 50 Free and Jessica Wierzbicki 8th 100 Breast. This is an extraordinary accomplishment! Great Job!

Swim A Thon to date has raised over our \$30,000 goal. Great job! Turn in your money or settle your bill ASAP! Of course this means that your coaches will swim a 200 relay at Apple Capital to celebrate!! Coaches rule the pool!

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you! Matt Bruggman will be doing training on May 11th at 9 AM at the WHS Pool. Please contact Coach John if you are interested in becoming an official!

Apple Blossom is May 4th! We will need approximately 50 athletes to carry parade banners in the parade. Watch for sign up on team unify! Specific Apparel is required, Please go to team website to order prior to April 16th.

Our team will be hosting the 2013 Summer Long Course Age Group Regional meet on August 9, 10, and 11th. Please save these dates as we will need *all hands on deck* to host the revival of this once traditional and fast swim meet. Volunteering at this meet is a team requirement!