



VS NEWS

A Newsletter for Velocity Swimming

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Cha, Cha, Cha, Changes...!

By Coach Pringle

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UPCOMING EVENTS!

September 3rd
Parent Meeting A @
WHS Pool 7 PM

*one required before kids can swim

September 4th
Parent Meeting B @
EYAC Pool 7 PM

*one required before kids can swim

September 7th
Make up Parent Mtg
@ EYAC Pool 9 AM

*one required before kids can swim

September 22nd
Velocity Annual Board
Elections & Desert
Social @ Eastmont JHS
6:30 PM

Well, Coach Pringle is two years into this wonderful adventure called Velocity Swimming now and I have certainly had enough time to evaluate how we are operating and where I really want to be as a team. With this in mind we will be seeing a few changes for 2013-2014. Some will come right away, and others will take some time, but they are coming. Don't get me wrong, we don't want to reinvent the wheel here, but we do want to keep moving forward as a team and organization. We want to stay on good financial footing, and provide the best environment that we can possibly provide to our swimmers.

One of the first changes that you will see is on the calendar for September. I have streamlined our pool space and our program to allow more pool space for every group (see calendar emailed to you last night).

In addition we will be renaming our Splash Group to Blue. Blue is now our 4th team color and will provide us with a myriad of marketing and apparel opportunities. This change will be fully seen on the October Calendar, but will also show during the registration process.

A third change will bring the addition of Joe Black as an assistant coach. Joe brings many years of successful coaching experience with him. He is known for building the successful Bainbridge Island Swim Club team that we are familiar with. Joe will substitute anywhere we need him, and I am hoping to give him some special projects as well.

We will also begin the process of adding in a swim lesson based program to feed our team in a more efficient and inclusive manner. Once implemented, this program will become our Velocity "Splash" program and will be officially called "Velocity Splash powered by Swim America." Before this occurs however, we must secure some water time which I am working on AND we need to search for and hire a quality assistant coach to help with our building process. This may take some time, so I ask that everyone please be patient with the process. In the meantime we will keep Teal in good hands with a combination of Coach Trent, Coach Kathy, Coach Carolyn, and Coach Joe.

Finally, the Velocity Board has undertaken some great work in strategic planning for the team as a whole. As a group we have had some great discussions and ideas that have transformed into a base plan for our team that will provide the framework for how we operate in the future.

I am excited about all of these developments and I am looking forward to working with everyone to continue to make Velocity the best team around. Thank you to everyone for your ideas and support, Velocity HAA!

NEWS and NOTES

SENIOR ZONES:

Participants: Hannah Bruggman, Kelly Hartman, Rachel Wilt.

Finalists: Hannah Bruggman, 6th 50 Free, 30th 100 Free.

AGE GROUP ZONES:

Participants: Andreas Broxson, Braden Dilly, Isabelle Dressel, Connor Elwyn, Jordan Hartley, Sierra Hartley, Tage Madson, Hannah VanHeyningen, Jessica Wierzbicki.

Finalists: Andreas Broxson 50 Breast. 16th; Braden Dilly 50 Free, 13th; Connor Elwyn 200 Fly, 14th; Jordan Hartley 1500 Free 15th, 200 Breast 13th, 200 Fly 10th; Hannah VanHeyningen 400 Free 12th; Jessica Wierzbicki 100 Fly 11th, 200 Breast 15th, 200 Fly 6th.

NOTE: Many of our Zone Swimmers also swam on Inland Empire Relays that placed very high in both meets! On another note, congratulations to Jessica Wierzbicki for making her first Senior Sectional qualifying time in the 200 fly!

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you! We have received kudos from the IES Officials Chair for our team efforts!

High School girls' swimming starts August 26th for our EHS and WHS lady swimmers. First home meet together is Saturday, September 14th 10 AM Start at WHS Pool. Good luck to Coach Darcy and Coach Elwyn and all of our girls this season!

VELOCITY PLACED 2nd at the IES LONG COURSE CHAMPIONSHIPS! The team had several IES Champions, Relay Champions, and several meet records along with one IES Record! Way to go team!

TEAM RAMBLINGS

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

Pre-Season Parent Meeting Requirement! This year we are requiring parents meet with a board member and a coach prior to registering for the upcoming season. These meetings are for your benefit! **Your swimmer may not enter the water in September until one meeting has been attended.** Please see the front page for dates, places, and times or the September training calendar. There will be three such meetings in the first week of September.

Annual Team Business Meeting and Desert Social: This by-law required annual meeting highlights the business of the team and also serves as an election for our Board of Directors. The team has been in good hands and we want to see that continue. There are a total of 13 spots on our board, 5 Executive positions and 8 at-large positions. If you are interested in participating on the board, please contact Jennifer Marquis or Jackie Wilt. This year's meeting will be a desert only and will be held at Eastmont Junior High School on Sunday September 22nd at 6:30 PM. Please let your voice be heard...we (all) are Velocity!HAA! Please bring your favorite desert for everyone to try!

Tell your friends! The best way to advertise our program, team, and family to the community is through your voice. Please talk to your friends about what swimming has done for your kids and family. Also, don't forget that Fridays are Velocity team gear days at work, school, and anywhere you might be. Help us get the word out and grow our team!

Quote of the Month: "The price of excellence is discipline. The cost of mediocrity is disappointment." --William Arthur Ward (tweeted by Coach Bob Bowman).

AUGUST SWIMMERS OF THE MONTH (SOM)

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

Black Group: James Adams

White Group: Abbey Torres

Teal Group: Benjamin Grigsby

Splash Group: Ben Madson

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