



VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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New Season, Same HAA!

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UPCOMING EVENTS!

Sat, September 22nd
MRA SPRINT SHOOTOUT
Moses Lake HS POOL
Entries due: 9/3!!!!!!

Sunday, October 14th
Inland Empire
LSC House of Delegates
Moses Lake HS

November 3rd & 4th
Very Scary Open
*****HOME MEET*****
@ WHS POOL
****REQUIRED TEAM MEET****
Coaches will enter your swimmer unless you email Coach John by required deadline of October 3rd.

By Coach John

A new season is upon us, and we are back in doors and have begun preparations for the short course season. I was telling the Senior Group (formerly Gold and Silver) that there are 14 weeks until Winter Junior Nationals and 15 weeks until the Senior State Championship. December is not far off!

As the new season begins we will have new families starting, and veteran families leading the way to show them what to do. In a similar fashion, veteran swimmers also show new swimmers the way, through example and sharing. We have high expectations of a great environment for learning and coaching on Velocity. This is the way of our High Aiming Achievers attitude. Everyone plays a role in maintain a culture that allows our swimmers to succeed to the best of their ability.

Communication is critical to foster the connections and improvement we all want to see. Along those lines, the team competition calendar has been streamlined so all the meets we attend are in one document, complete with explanations. Additionally, we have the REMIND system (instructions on next page), the Google practice calendar, and emails. No system is perfect, but it is important that everyone stays engaged with the variety of communiques that go out from the team. It may sometimes seem like a lot, but for everyone to be on the same page, we all need to stay engaged with them. So, please read all the team communications that come your way. I pledge to do my part and get those communiques to you in a timely fashion.

Finally, swimmers need to know what they are shooting for. While time standards are posted on the team website, that doesn't necessarily help the athletes. So we will be bringing back the laminated time standard cards to refocus our swimmers and coaches on the times that mean success for our athlete development. The swimmers need to know where they stand on the swimming development path, and this was very successful in helping them see the possibilities.

Age Group Level Swimmers Path of Improvement:

Development Meets, Open Meets, Junior Champs, Champs, Washington Open, Age Group Regional (spring)/Age Group Zones (summer).

Senior Group Path of Improvement:

Open Meets, Champs, Washington Open, Senior Zones, Senior State Championships, Senior Sectional (Spring and Summer), Futures Championship (summer), Winter Junior National, Junior National, TYR Pro Series, National/US Open, Olympic Trials, Olympic Games.

HAA!

TEAM RAMBLINGS

NEWS and NOTES

VELOCITY HAA!

You've heard it shouted at swim meets and practices, but just what is HAA anyway?

HAA is an attitude that we want all our swimmers to carry with them from their experience with us. It is the notion that we are High Aiming Achievers in all that we do.

LEAD GROUP COACHES:

Copper: John Pringle
Steel: Carolyn Petersen
Bronze: Atiba Wade
Senior Group: John Pringle
Your Lead Group Coach should be your PRIMARY contact for matters related to your child's swimming! Please contact them first with questions, issues or concerns.

GROUP ASSISTANT COACHES:

Copper: Trent Grigsby, Sarah Barnes, Celine Vargas
Steel: Celine Vargas, Sarah Barnes
Bronze: Rachel Blyth, Trent Grigsby.
Senior Group: Rachel Blyth, Trent Grigsby.

**Check Out Coach Bios on the team website! **

AVOID CHARGES!!! All team members need to inform billing if you will be taking time off. This needs to be done by the 20th of the month before you are taking time off! Contact 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.

MRA SPRINT SHOOTOUT! SATURDAY, SEPTEMBER 22nd.

Entries are due Monday for the MRA Sprint shootout. Please get your entries in today! This meet is a neat format that allows the swimmers to swim in head-to-head races. This is a great one day meet to start our season!

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>

Coaching Changes

We have a few coaching changes to announce.

Copper: The copper group will be coached by Trent Grigsby, Sarah Barnes, and Celine Vargas. Coach John will be the Lead Coach for parent communication, while Coach Celine will write and share practices for the coaching group.

Steel: With Coach Stephanie leaving for Eastmont High School, Carolyn Petersen has been promoted to be the Lead Coach of Steel.

The coaching staff is committed to providing a safe and educational environment for your swimmer! If you have a concern, please talk with your Lead Group Coach first. If a solution can't be reached, then please contact Coach John. Thank you! It is important that the Lead Group Coach has an opportunity to solve your issues with you first. This is a professional consideration based on a mutual respect that we hope to always foster on our team.

Congratulations to the following swimmers who went on to USA Swimming Championship Competition in August! These swimmers represented our team well and many best times were made! There were also a few team records broken!

Age Group Zones: Brooklyn Dressel, Aiden Grigsby, Ben Madson

Senior Zones: Rebecca Bay, Sophie Black, Jackson Calloway, Christian Cutter, Gabrielle Davy, Brooklyn Dressel, Rae Anne Dressel, Emma Knott, Jordan Hartley, Sierra Hartley, Simon Madson, Tage Madson, Will Neer, Hannah VanHeyningen, Ian Walsh, Cameron Wheeler.

Futures: Connor Elwyn, Haily Payne.