



VS NEWS

A Newsletter for Velocity Swimming

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The Art of Improvement

By Coach Pringle

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There are definite signs that the team is getting stronger, faster, better. Our winter team numbers in the water are 114, over that of this past summer. We had 9 swimmers at the Senior State Meet and placed 20th as a team, when we had one swimmer last year. We have swimmers moving from Splash to Teal, and Teal to White, and from White to Black. Our swimmers are earning respect and admiration when we are at swim meets, and our parents are making an impact on the quality of every meet we attend. These are all signs of a team on the rise.

Recently, we checked the rankings for swimmers in their age brackets and discovered something....our kids are fast! As of today, we had four athletes with rankings in the USA Swimming top 100 for their age. They are: Hannah Bruggman, Jordan Hartley, Hannah VanHeyningen, and Jessica Wierzbicki. Their **NATIONAL** rankings are as follows:

CONGRATULATIONS!

Hannah Bruggman: (16 years old)
17th 50 Back
47th 50 Freestyle
66th 100 Freestyle

Jordan Hartley (12 years old)
29th 200 Breast
73rd 1650 Free
80th 50 Breast

Hannah VanHeyningen (11 years old)
29th 500 Free
35th 400 IM
38th 100 Breast
64th 50 Breast

Jessica Wierzbicki (12 years old)
20th 100 Breast
27th 50 Breast
87th 100 Fly

While these rankings in themselves are remarkable, they represent an environment where athletes can work to achieve their goals and do their best. The art of improvement is hard work, attention to details of stroke mechanics, and attention to other aspects such as strength, nutrition, and hydration. When we are all pushing to get better, our team will get better from the effort. Are you next on the list? You can do it!

TEAM RAMBLINGS & Other News

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 all of 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.

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!

The Winter Open in Ellensburg is a **TEAM EFFORT MEET!** We want as many of our team members to attend this meet as possible. Give us one day please. This is the last chance for times going into the championship season for many of our swimmers.

There will be an informational meeting on the championship season for new team members at 6:00 on Wednesday, January 9th at EYAC.

Please review the behavioral expectations that were emailed to the entire team before the holidays. All swimmers are expected to know these and follow them.

MASTERS SWIM MEET!!!! Each year, Coach Carolyn puts on a Masters Swim meet at WHS. This year's meet is Sunday, January 13th at 11:00 AM. Our swimmers usually help with timing and raise Swim A Thon dollars in the process. Look for the job sign up on Team Unify. Please help! This is a big deal for our fundraising efforts,

SWIMMERS OF THE MONTH (SOM)

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

Black Group: Hannah VanHeyningen

White Group: Rae Ann Dressel

Teal Group: Seth Jorgensen

Splash Group: Cole Scott, Tess Scott

Congratulations to these swimmers for their improvement and hard work! Keep it up!

NEWS and NOTES

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.

21 Swimmers will attend the Walla Walla Storm meet January 4th-6th at Whitman University.

112 Swimmers participated in a 1st place team finish at the Christmas Open! Great job! High Point winners were: Benjamin Grigsby, Christian Cutter, Braden Dilly, and Henry Bergstrom.

Swim A Thon is here! Raise those funds if you want to see the coaches swim.

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you!

Winter Open Commitments and entries are due by January 4th. This is a TEAM EFFORT meet. Give us one day please.

MASTER SWIM MEET VOLUNTEERS NEEDED!!!! Please sign up on the job list. We need timers, officials, and runners.

9 Swimmers participated in the Washington Senior State Championships in Federal Way. They finished 20th as a team. We even had relays! Awesome job to Henry Bergstrom, Jared Vargas, Hannah Bruggman, Rachel Wilt, Kelly Hartman, Erin Higley, Jordan Hartley, Jessica Wierzbicki, and Hannah VanHeyningen!