



VS NEWS

A Newsletter for Velocity Swimming

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Velocity Swimming, PO Box 2791, Wenatchee, WA 98807
<http://www.velocity-swimming.com> coachjohn@velocity-swimming.com
(509) 884-8917

YEAR IN REVIEW or a NEW YEAR?

By Coach Pringle

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UPCOMING EVENTS!

January 3-5

Walla Walla Storm
Whitman University

January 16-20

Washington Open
KCAC, Federal Way

January 25 & 26

TCCC Winter Open
CWU, Ellensburg

February 14-17*

IES Junior Champs
CWU Ellensburg

**Team hosted Event,
Volunteer rules apply!*

Undoubtedly, 2013 was good to our team. We have a lot to celebrate and most of that has been noted in previous articles and emails. I would write a year in review but I really feel that the past is the past...while remarkable in many ways, we still have a lot of work to do!

This year, we will endeavor to do more than ever. We will continue to carry out an aggressive strategic plan, we have added a new assistant coach, and we will add a new swim lesson program.

All of these are exciting elements for our team and have been a part of a larger vision that seems behind the scenes. Really though, it isn't and I would encourage you to know what those plans are by speaking with board members or becoming involved on a committee. Thank you to those of you who have joined the board or a committee already!

We also must continue to build our team. While our numbers are solid, they could be better. Our largest groups should be Blue and Teal, and that is not the case right now.

Word of mouth continues to be our best form of advertising. Talk with your friends and family in the area and let them know what a good thing we have going at Velocity. Swimmers, talk to your friends about fun swim meets and team meals that bring us all together. Talk about a safe sport taught by professional and certified coaches who teach and care about kids. Talk about the discipline and work ethic that is learned from the expectation of hard work and attention to detail. These are the hallmarks of our program and will continue to be our strength.

Challenges will continue with pool space and time. I will go on the record again and say that pool time in the fall, winter, and spring will continue to be a challenge. I appreciate the adaptations made by all of you who are enduring the 7-9 PM timeslot. This time slot is not of my choosing and we will adapt as needed to earlier pool time when it comes available. When we do, it will be necessary to pay close attention to the team calendar as some practice times change at the conclusion of the Boys' HS swimming season.

While there is talk of pools potentially being built in Chelan, and in Quincy, it is important for us to keep our eyes and ears open as new potential pool space and markets may open up for our team to grow.

The future is certainly bright for Velocity! Swimmers keep working hard, coaches, keep on coaching them to race, participate in team operation when possible, and just love your kids. Velocity HAA!

NEWS and NOTES

High School Swimming: Several of our boys swimmers are swimming for their respective High School teams this winter. Velocity has members on the Quincy, Eastmont, and Wenatchee High School teams. Eastmont is much improved over last season and showing their ability in some early season victories as well as in a hard-fought loss to Wenatchee.

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!

There are many ways to help out our team but maybe the most important way is to become an IES/USA Swimming certified official. Contact Matt Bruggman if you are interested in starting this process! Our team is becoming known for its diligent and focused work in providing officials at meets both home and away. In fact, we are required to provide a number of officials commensurate with our number of athletes at any meet.

New Competition Calendar: There have been changes made to the competition calendar and that calendar is available on our team website.

IES SC CHAMPS SITE: The IES SC Champs will be held at the University of Idaho Pool in Moscow. Hotel space is limited due to conflicting events. Try Pullman for best results. Not ideal, but seems like the only option. Don't wait!

10 Swimmers competed for Velocity at the SR State Championships in Federal Way right before Christmas. Congratulations to Jessica Wierzbicki and Hannah Bruggman for their individual top 8 performances! Our relays placed very high and we had several B and C final performances as well!

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

Coach Max Cristofori: Coach Max Cristofori arrived in Wenatchee and will begin his coaching duties on January 2nd. We are excited to have this young, knowledgeable, and energetic coach from Yuma Arizona join our staff. Please make sure to give him a warm Velocity family welcome when you meet him.

Firecracker in Missoula Added! We have added a new meet in Missoula, Montana on Thursday, June 26th through Sunday, June 29th. We had such a great time at the Quad LSC Meet that when it was canceled, we wanted to try and keep the location on our calendar. The meet is a prelim/final format that will get us ready for the championship season! I am excited about this and we will make an effort to include swimmer/chaperone options to decrease costs for families. This will be a complete team effort meet as we would like to make our presence felt in comparison to some very good Montana teams. Watch for more news to come!

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.

Velocity Gear Fridays: Please wear your Velocity gear to school or work on Fridays! Help us promote our team in the community.

Quote of the Month: "Do what you can with what you have, and forget the things you don't have control of." *Olivier Poirier-Leroy--a former national level swimmer based out of Victoria, BC*

Web Link of the Month:

<http://swimswam.com/importance-short-term-goals-swimmers/>

SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for November, 2013 are:

Blue: Justin Bellinger

Teal: Olga Murillo

White: Abigail Torres

Black: Eythen Wood

Congratulations on your dedication and hard work! Keep it up!