



VS NEWS *speedo*

Newsletter for Velocity Swimming, 2015 IES SC & LC Champs!

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Successes Keep Coming for Our Team

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By Coach John

We finished out 2015 with some successes that are worthy of mentioning. The hard work of our athletes is paying off, and it is truly fun to watch as our team has transitioned from an age group-only team to a team that can be and is a presence at every level. Make no mistake about it though; it took hard work to get us here, and it will take even more hard work to press further into the upper level age group and senior competitions. Swimming in and placing at the Age Group Regional, Age Group Zone, WA State Sr. Meet, Senior Sectionals, Futures, Junior Nationals, Grand Prix meets, and National level meets takes dedication from swimmers, parents, and coaches. The coaching staff is proud of our transition to a team that can compete at many levels of swimming. Here is a synopsis of our accomplishments this fall!

Age Group Meets: At our traditional IES swim meets, our team earned an average of 7 high point awards out of 10 possible. Performances included qualifying times for IES Champs, Age Group Regionals, and even Zones. Many of these efforts were accomplished while our athletes were involved in other activities, making the swims that much more impressive. Our young swimmers in particular were shining with 8 & Unders Lindsay Sutton and Aiden Grigsby picking up multiple high point awards.

Two of our athletes broke Team IMX score records. Connor Elwyn broke the 14-year-old boys IMX record with a total of 3649 points, and Haidyn Stroud broke the 9-year-old girls record with 2535 points. The old records were held by Braden Dilly and Sierra Hartley. The IMX score is a way for us to chart the strength of our team across multiple events and different strokes. Congratulations to these two!

Winter Junior Nationals: Jessica Wierzbicki became the first Velocity swimmer to place/final at a National level meet. Her 20th place finish in the 200 butterfly earned her a 2nd full qualifying time for the Winter Championship as well as an IES record for 15-16-year-old girls. Jessica moved up 37 spots with a 3.1 second time drop. The University of Texas pool was really cool, and Coach John was able to watch the Longhorns practice and learn a few things along the way. The entire team should be proud that we can send athletes to these high level meets. And we are certainly proud of Jessica!

Washington Senior State: 17 of our swimmers qualified for and competed in the Washington State SR Championships last weekend. Our relays were crucial for a 10th place team finish! Our team was noticed and our presence felt at a meet that was extremely fast in comparison to past years. Swimming in A finals and placing in the top 8 were Isabelle Dressel and Jessica Wierzbicki. Isabelle placed 7th in the 100 breaststroke and on the meet's final day, earned Velocity's 1st Senior Level Championship meet Gold Medal. Her time of :29.49 was also a new meet and team record! Jessica finished 4th in the 200 IM with a team record 2:07.59. Swimming in B finals or placing 9th-16th for the team were Jordan Hartley (200 fly, 200 Breast-team record), Jessica Wierzbicki (200 Back, 100 Free), Hannah VanHeyningen (1000 free, 1650 free—both team records), and Jared Vargas (100 Breast, 200 Breast-team record). Swimming in the "C" finals for our team were Wierzbicki, Vargas, Hartley, Kaleb Pringle (50 fly), and Rae Ann Dressel (50 Breast). Wierzbicki, Pringle and R. Dressel all set new team records in their C final events. Topping it off were our two 12-year-old qualifiers Haily Payne and Sierra Hartley. Both had excellent swims throughout and began to get a feel for Senior-level competition. Congratulations to all of our SR State swimmers as well. What a way to finish up 2015—and everyone made it home safe with a really snowy drive!

Thanks to all of you parents, coaches, and swimmers who make our team great!

Velocity HAA!

UPCOMING EVENTS!

WINTER STORM

January 8th – 11th

Whitman College,

Walla Walla, WA

NOT RECOMMENDED FOR WA OPEN

PARTICIPANTS

Entries due Wed. Dec. 23rd.

WASHINGTON SR OPEN

January 14th – 18th

KCAC, Federal Way, WA

Entries due Sun. Dec. 27th

TCCC WINTER OPEN

January 14th – 18th

CWU, Ellensburg, WA

Entries due Sun. Jan. 17th

IES JUNIOR CHAMPS*

February 12th – 14th

Clarkston, WA

Entries due February 1st

This meet is for ALL of our 14 &

Unders who do not have BB times!

TEAM RAMBLINGS

NEWS and NOTES

OFFICIALS! THANK YOU!!!! Our presence was noticed and needed at this summer's IES Championship in Spokane. Our official crew is bigger and better all of the time. We appreciate you! If you would like to become an IES/USA Swimming certified official please call Genie Lutz. Our team is known for its diligent and focused work in providing officials at meets both home and away. We are required to provide officials according to our number of athletes at any meet.

IES JUNIOR CHAMPS: This meet is for all of our 8 & Unders and also for any other 14 & Under swimmer who has not met a "BB" or "Champs" time standard in any event. Achieving a "BB" time means you cannot swim that event at Junior Champs! We are strongly encouraging this fun and exciting meet our team. In the words of one of our swimmers, "this meet changed my life!"

SPEEDO official Swim Wear of Velocity Swimming: Recently, Velocity renewed a relationship with SPEEDO Swim Wear. Our team is supposed to be outfitted in SPEEDO suits, SPEEDO sweats, and SPEEDO bags. When making your purchases, please make sure you are helping us fulfill the terms of our contract with them.

Helpful Swimming Links:

USA Swimming:
www.usawimming.org

Inland Empire Swimming:
www.ieswim.org

Swim Swam News:
www.swimswam.com

Velocity character awards for their examples of team spirit, attitude, trustworthiness, compassion, daring, and/or hard work. This is not an all-inclusive list of traits! If we see it, we'll recognize it! Anyone can nominate a swimmer for this recognition. Email Coach John if you catch a swimmer doing it right!

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.

LOCKER ROOM EXPECTATIONS

Please review the following expectations in regards to locker room behavior. We are guests at the facilities we use and we want our team to portray a positive image at all times. 1.) No horseplay—expectation is in, shower, suit or clothes on, and exit quickly and efficiently. 2.) No cell phones or devices with cameras are allowed in the locker rooms per USA Swimming Code of Conduct. 3.) Harsh language, and/or physical confrontations cannot be tolerated.

PICK UP TIME:

Just a reminder that parents should be at the pool at the end of each practice and no later than 15 minutes after practice is concluded. Also, swimmers with siblings still in the pool and waiting for parents should go back out into the pool area after getting dressed. There is no supervision out front and we are concerned about safety.

VELOCITY GROUP GAB

COPPER GROUP GAB:

What an amazing group!! As I said at our awards ceremony, we have enjoyed working with your swimmers, and are excited to see them continue to progress. We had nearly 100 % attendance at the Christmas meet, and many best times. Several of the swimmers tried out new events, which is important to becoming a "versatile" swimmer. Even though they were nervous about these races, they swam them very well. We want to thank Hannah Patterson for her assistance with the Copper group at the Christmas meet. She was very helpful entertaining the kids while at the staging area, and helping direct them to their races. At practice, we continue to work on stroke technique and turns. We will continue to assess the readiness to change groups, and will communicate this with you as the appropriate time nears. The requirements for Steel group can be found under the Team Info tab at the Velocity website. We try to be careful about advancing swimmers before we feel they are ready. We find this can be frustrating for the swimmer to be moved too soon. If you have any questions or concerns, please let us know. Parents, thank you again for all you do to help your kids become better swimmers!

--Coach Kathy

Characters of the Month:

Gabrielle Davy: Hard worker, Gabrielle is always pushing herself in practice and wanting to improve every day!

Brooke Tucker and Grace Van der Merwe: These two young ladies swim everything! We are really proud of them for attempting the "hard stuff".

Hannah Patterson: This young lady is such a good teammate; she was spotted cheering on the Copper swimmers at Christmas Open. We are so glad she is back!

VELOCITY GROUP GAB Continued

VELOCITY HAA!

Silver and Gold Group Gab:

Merry Christmas and Happy Holidays to our entire swimming family! 2016 is certainly looking promising!

We have a number of swim meets coming up and I would like every Silver and Gold swimmer to make the effort to attend the meets that they are able to! Now is the time to make the push toward our goals with Champs about 10 weeks away, and Age Group Regionals and Senior Sectionals in March. We have three meets in January to attempt to get our goals accomplished before the championship run. Watch the team website for specifics and entry information.

Morning practices for Gold Group swimmers will begin in January and we will go the following mornings at WHS. January 5, 7, 12, 19, 21, 26 and February 2, 4, 9, 11, 16, and 18. These are intended to be doubles and not a supplement for the regular evening practices unless absolutely necessary.

All Gold and Silver Swimmers should have snorkels, fins, monofins, and hand paddles as a part of their gear bag. Swimmers without these items miss out on the total training package that I am trying to provide—and that they need to become well-rounded and well-trained athletes. Please consider getting them if they don't have them.

—Coach John

Steel Group Gab:

Congratulations to steel swimmers for great swims at our Christmas meet. I was especially proud of all the 10 & Unders who swam the 500 free for the first time. Great job! We are getting close to our goal of no DQ's in a meet as we had 3 at the Christmas meet. I was also proud of your streamlines off of walls and not breathing on the first stroke. It's these little things that in the long run will make you champions.

All steel swimmers and parents, mark your calendars now for the Jr. Champs meet in Lewiston, ID on Feb. 12-14. This is probably the best meet of the year for most steel swimmers. I hope we can have great attendance at this meet. Also, if you can attend one of the two meets in Jan. that will give you another chance to make Champs times. We have several steel swimmers qualified for Champs which is Feb. 26-28 in Ellensburg. You can find the qualifying times on the web site to see how close you are to getting some of those times. Jr. Champs is the best opportunity to make Champs times.

We have been working hard on our freestyle technique in practice and the result of that definitely showed in your swims at the Christmas meet. I try to get at least a little of each of the other strokes in each practice but have been doing a lot of freestyle as that is where we will do a lot of training to build up endurance. I am so excited to see the progress of steel swimmers since the beginning of the season. Keep up the good work.

--Coach Carolyn

Bronze Group Gab:

I could not be more pleased with Bronze Groups progress. Almost our entire Bronze group has already qualified for the IES Championship! This was my goal at the beginning of the season, so to be mid-way through the season and approaching on succeeding this goal is AWESOME! As many of you may already know from Dec 21 to Jan 2 I will be traveling back down to Arizona to visit my family. Coach John and Coach Joe will be assisting with the group during my absence. I would like to give a shout-out to Benjamin Grigsby, Leif Broxson and Andres Broxson for taking home the Champion Award at their Robotic competition! I LOVE hearing about this kind of stuff that your amazing kids do outside of the water.

I heard a wonderful talk by Paul Yetter of T2 Aquatics given to National Select Camp Athletes and decided to share with you the big points of that talk. It was about becoming the complete athlete and competitor. He mentioned how being able to do aerobic sets is only 1 out of about 6 things needed to become a great competitor. But in no way, shape or form is this to discredit the importance of training aerobically BELIEVE ME. The 6 things of importance he mentioned were:

1. Being able to do aerobic sets.
2. Being a great racer and being race ready.
3. Handling nutrition and things outside the pool well.
4. GOOD TECHNIQUE during hard and easy sets.
5. Visualizing Success and being mentally tough.
6. Being OPTIMISTIC and embracing the challenges.

He goes on to mention that if you MASTER these qualities it equates to: 6 out of the 6 qualities = Olympic Medalist; 5 out of the 6 qualities = Olympic Qualifier; 4 out of the 6 qualities = Finalist at a National Meet; 3 out of the 6 qualities = Sectional Finalist / High School Finalist

“Just understand that there are a lot of ways to go FAST!”

In addition to this summary of Coach Yetter's talk I will leave you will this Mike's Mailbag:

<http://usaswimming.org/ViewNewsArticle.aspx?TabId=1&itemId=13280&mid=14491>

Excerpt for the article: “When you're kicking all your teammates' butts during practice, during all those hard main sets, and the pain begins to set in, who, ultimately, gets you through that agony? Who gets you through that pain? Who pushes you to go to all those doubles, to work hard in practice, and to put yourself through all those difficult main sets and swim practices?

You do. You push yourself. You go to practice. You work hard”

Hope everyone has a wonderful Holiday!!

--Coach C