



VS NEWS

A Newsletter for Velocity Swimming, 2014 IES LC Champs!

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JUNIOR NATIONALS, A COACH'S PERSPECTIVE

By Coach Pringle

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UPCOMING EVENTS!

February 13-15

IES JR CHAMPS
Clarkston, WA

February 27-Mar. 1

IES SC CHAMPS
CWU Pool
Ellensburg, WA

MARCH 6-8

SC FAREWELL
Moses Lake, WA

March 11-15

SR SPEEDO CHAMPS
Federal Way, WA

March 19-23

Age Group Regional
Federal Way, WA

It was a series of firsts for Velocity Swimming, our first attempts at swimmers making Junior Nationals, our first-ever Velocity Swimmer making Junior Nationals (the last Wenatchee Area swimmer to do so was Rebecca and Nate Bay's cousin Carmen Robb for the CUDA team), and the first time that I as a coach was able to go with an athlete to a meet of this caliber.

Jessica Wierzbicki became the first swimmer to qualify through multiple efforts that finally bore fruit at the Husky Invitational. She qualified in the 100 fly, and then earned a bonus swim in the 200 fly as well. This is a great accomplishment and one that the entire team cheered when announced at our own Christmas Open. There was pride in that cheer—Velocity "HAA" pride--High Aiming Achievers. Jess broke down a barrier—now I expect that we will see more of this from more swimmers. A culture of success breeds more success, and I think we have that here, and I believe that there is more coming.

Jessica's 1st event, the 100 Fly, on Friday was rough. She went out fast, really fast, and I thought to myself for a moment that she would drop even more time. Then I watched her hit a wall (figuratively); her legs went away and the back half was really painful for her, and for me to watch. She was nervous before the race, too nervous, and her breathing wasn't right for success that day. But she learned and did better on Saturday. I knew that the 200 fly was going to be tougher. After four weeks of trying to hold a taper, I was a bit worried there might be nothing left to work from—I was wrong! Jess nearly equaled her best time from the week before. She had managed to calm herself, adapt to the different feel of the meet and put together a really good race. Congrats Jess! And thank you for the experience—I needed experience too, and I learned a lot.

From coach's perspective, I learned that big meet deadlines are just that. I was stuck in traffic almost 4 hours to Federal Way for a trip that normally takes about 2 and a half. I was hoping to get our credentials and watch finals. The meet info said the check-in desk would close at 7 PM. It did, and I arrived at the pool at 7:05—desk closed and no way to get into the venue without paying. Bummer.

The next morning, I woke up excited and ready but I wasn't prepared for the total makeover of our KCAC pool. It was different. A lot different. Everything was in a different place, no coach tables along the pool (where do I sit?), and hospitality not in its normal place. But I learned, and watched and was amazed at the quality of swimming. Sometimes less than 2 tenths of a second separated 1st from 8th in heats.

I also learned to lean on my IES friends that had been there—done that. Swimming is after all a community of people helping each other. Bob from CAST and Todd from Boise Y (formerly Spokane), answered questions for me. It was all very exciting. And as I sat there watching finals Friday evening, it struck me. Our team has come a long way. When I arrived here, no one was close to making Junior Nationals. Now we have two swimmers ready for that level and several more on the way toward being able to. Our numbers are up, are parents are great, our kids work hard, and it all is really very positive. There is a culture of success being created here. We are Velocity-HAA!

TEAM RAMBLINGS

NEWS and NOTES

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you! 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. We are required to provide a number of officials commensurate with our number of athletes at any meet.

January Meets: The team wrapped up an awesome January with high point winners, several team records broken (see team website), AGR times, Zone times (Hawaii here we come!), and more. Championship season is upon us!

Championship Caps: We will wear the Blue Champs Caps from Long Course season at Jr and IES SC Champs. New cap style and color is on the way soon! Just not in time for these meets. Exciting!

Make sure and check under the trophy case at EYAC for any missing awards from past meets. There are plenty under there and we would like to get them in the rightful owner's hands!

Swim Lessons: We offer Velocity Swim lessons powered by Swim America on Saturdays at WHS. Did you know we currently have 8 potentially new team members in this program? Thanks to Adrian Marquis, Henry Bergstrom, Kasey Andersen, Jordan Hartley, and Kaleb Pringle, for helping with this important team development program.

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>

FINIS SUIT SIZE CHECKS WEDNESDAY, FEBRUARY 11th

Genie Lutz will be at EYAC at 7 PM Wednesday to assist swimmers new to technical suit sizing in figuring out which size they should buy. The suit size will be much smaller than your regular suit!

LOCKER ROOM EXPECTATIONS: Please remind your athletes!

The locker rooms at both of our rented facilities are considered "public" places. However, there are specific expectations on our athletes for locker room use and behavior. Please discuss these with your athlete so we develop a collective understanding of the expectations.

- 1.) No electronic devices including electronic games, cameras, phones & tablets. The use of these in locker rooms is expressly prohibited by USA Swimming rules.
- 2.) No "hanging out" in the locker room. Rule of thumb is suit up, or get dressed and get out quickly. Bathroom breaks should not be extended to include a comfortable shower. Locker rooms cleared 15 minutes after practice.
- 3.) See something, say something: If there is any trouble in the locker room report it to a coach or parent immediately. Swearing, fighting, teasing, etc. is not allowed.

DRYLAND NEWS:

Dryland has been very sporadic as school activities have bumped us from the Mission View gym fairly frequently of late. Additionally, with Champs season on the horizon, we would naturally be cutting back anyway. We have one more dry land date Wednesday, February 11th and then resume after spring break. The team is exploring possibilities at other locations, but the search has been difficult.

Velocity Character Awards

"Good Teammate Award": Aiden Grigsby, Brayden Sepulveda, Braden Dilly, Connor Elwyn, Tage Madson, Simon Madson, Ben Madson, Jackson Calloway, Christian Cutter, Isabelle Dressel, Rae Ann Dressel.

"Good Sportsmanship Award": Benjamin Grigsby.

"Doin' it Right Award": Grace Van der Merwe, Danny Gutzwiler

"Perseverance Award": Brooklyn Dressel, Bryan Sepulveda, Marie Brangwin.

"Paying it forward" Award: Jessica Wierzbicki, Rebecca Bay, Jordan Hartley, Kaleb Pringle, Henry Bergstrom, Kasey Andersen (volunteer).

"No Excuses Award": Haily Payne

"Tough Competitors Award": Eastmont HS Velocity Boys-Issac Janney, Henry Bergstrom, Noah Heminger, David Vandersluis, Tommy Marquis, Jay Semmons.