



VS NEWS *speedo*

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

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

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UPCOMING EVENTS!

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!*

IES SC CHAMPS

February 12th – 14th

Moses Lake, WA

Entries due February 15th

SHAMROCK SHAKE UP

March 4th-6th Spokane, WA
Whitworth College

Entries due Feb. 22nd

NW AG REGIONALS

March 10th–13th

KCAC, Federal Way WA

NW SR SECTIONALS (LCM)

March 17th – 20th

KCAC, Federal Way, WA

By Coach John

Championship season is upon us! I love this time of year because most of our team will be swimming fast! Time improvements of monumental proportions can be seen, and the genuine excitement of the swimmers and their parents when improvement is earned. That collective improvement is what drives our team's success as a whole. Each person improving makes our whole team better and improvement will be necessary for us to keep a Champs team title out of the hands of our IES competitors. The heart of the matter is T.E.A.M. TOGETHER EVERYONE ACHIEVES MORE.

One of the things that has separated Velocity has been the level of participation from our whole team. We travel! Many other teams don't. Their swimmers stay home, or they leave on Sunday leaving the entire team lacking the talent, skill, and ability that a single swimmer can provide. Perhaps the swimmer who isn't there provides one of their teammates with encouragement—that teammate doesn't quite have the same edge without them. Maybe they are the important 4th swimmer on a relay and now swimmer #5 has to take their place—the relay isn't the same. Or they are the biggest cheering team mate on the team and the level of enthusiasm isn't the same. Whatever the impact of a team mate missing—any absence makes it harder for the team to succeed.

The moral here is that each and every one of our swimmers is important to the team effort. Each team member has value. When one or more members are missing, that team just isn't quite the same. The coaches have recognized the commitment of the swimmers, parents, and families of Velocity and the level of enthusiasm for our team. It is awesome to watch and our collective effort is one of the things that has made us just a little bit different than our competition.

Historically we have taken the championship season seriously and the results are hard to ignore. We succeed because our top level swimmers attend and compete, even when they may not be at their 100% best. We succeed because we have had swimmers willing to swim in one individual event simply to fill out an important B relay, and we have had swimmers find a way to be at the meet when their parents maybe could not attend. This collective effort and recognition that it is important to the team is the heart of HAA (High Aiming Achievers). It may mean subverting personal choices for a weekend, but I can tell you that the special effort makes our whole team better, it makes our whole team proud, and it makes you part of something that is bigger than yourself.

I think we can continue to succeed based on the history of our team as a whole stepping up to earn positive recognition for our whole Velocity family. Thank you for stepping up, thank you for being a part of our team and family, and thank you for everything each of you does to make our team better. After all, we can't do it without you!

Velocity HAA!

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: 37 of our up and coming swimmers will compete in Clarkson next weekend for the IES JR Champs meet. This is a great meet that has inspired some of our Gold and Silver group swimmers to get where they are today! In the words of one Silver group swimmer, "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, put downs and verbal bullying, and/or physical confrontations cannot be tolerated. Keep it positive!

CHAMPS PSYCH NIGHT!

Come get psyched for Jr. Champs and Champs! This Saturday, February 6th at the East Wenatchee Abby's Pizza 5:00 PM! This is a fun team get together that will set us up for our Championship run.

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:

Nolan Wilms: "Good Sport" Seen shaking opponents hand regularly at swim meets.
Lauren Marquis: "Doing it Right" (practice and work ethic)
Rebecca Bay and Karlyn Kelly: "No Quit Attitude"
Alyssa Merrill: "New Member Welcoming Committee!"

Congratulations and great job!

VELOCITY GROUP GAB Continued

VELOCITY HAA!

Silver and Gold Group Gab:

The Silver and Gold groups have been hard at work with practices hitting a peak before championship season preparation. The team had solid swim meets at the Washington Open in Federal Way and at the Winter Open At Ellensburg.

Gold group has been participating in early morning practices and working on starts, turns, and race pace. Not to mention pulling buckets!

IES Champs, Age Group Regionals and Senior Sectionals are next in line for our older swimmers who qualify. This year, we have 8 swimmers qualified for Senior Sectionals and will hopefully have one or two more by the time the meet rolls around. During this championship season it is important that swimmers do their best to take care of themselves with what I call the "intangibles."

Intangibles are things we normally do every day that can affect our swimming either positively or negatively. Eating right, hydrating, personal hygiene and care, and rest are the big ones. Rest is probably the biggest one and parents can help with that by insisting on reasonable limits on bed time. Personal hygiene includes things that can help us from being sick like dressing warm, and washing hands (a lot!). Just an ounce of prevention can help fast swims!

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:

With Championship meets just right around the corner, it's time to hone our mental game and preparation for the big meet. Whatever that meet may be, months spent investing in all those mornings and evenings and seemingly impossible sets, the opportunity to reap the benefits of all the hard work is upon you! Here are tips that I especially liked and found off the famous swimswam.com.

1. Have your pre-race routine planned out. Your pre-race routine acts as a trigger, a cue telling your body that it's time to rock and roll. Have a plan for your warm-up, how long you are going to stretch, what you're going to listen to, and so on. Having a pre-race routine helps to keep things familiar and comfortable for you, even if you are at a pool halfway across the globe. Don't know how to build one? Think back to the last time that you swam completely out of your mind, and emulate those same circumstances.
2. Have goals for the meet. Duh, right? But you would be amazed how many swimmers don't bother to plan this out. No expectations, no chance of being disappointed, am I right? Wrong. Revisit your dream goals and see where the upcoming meet fits in the long term plan. Go into the meet with a clear outline of what you hope to accomplish, whether it is time, stroke rate, splits, and so on.
3. Perfect practice. Repetition and volume are important, but fairly useless unless you are executing with proper form. With lowered yardage heading into the big meet there will be a greater emphasis on developing speed and power; sharpening the blade, so to speak. If you have been focused on maintaining excellent technique in practice until now, this isn't the moment to let that slip.
4. Envision yourself swimming successfully (especially in the face of adversity). Phelps was a monster at this; he visualized his races up-and-down, imagining all sorts of scenarios, so that inevitably when something did go wrong (his goggles filled up in the 200m butterfly at the Beijing Games), he was able to remain calm and collected. In the months, weeks, and days leading up to the meet make a daily effort to visualize the perfect race, while also including variations where things don't go exactly as planned. Here are some sample scenarios to give you some ideas: The warm-up pool is overflowing; You are late to the meet; You don't have time for your usual stretch and warm up; And of course, your bathing suit either rips (a la Berkeley Dreamboat, aka Nathan Adrian), or worse; When going through the negative scenarios your reaction should be calm and focused. If you catch your imagined self getting all freaked out, take a breath and reset.

Also check out Swimmingrank.com for a great site with tons of stats from IMX scores, to rankings, to time off from a certain meet, to giant graphs of your entire swimming career progress, to comparisons with NCAA D1-3 Swimmers and more!

--Coach C