



# VS NEWS

A Newsletter for Velocity Swimming

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Velocity Swimming, PO Box 7033, East Wenatchee, WA 98802  
<http://www.velocity-swimming.com> [coachjohn@velocity-swimming.com](mailto:coachjohn@velocity-swimming.com)  
(509) 884-8917

## Warm Up and Cool Down, Swim Fast

By Coach Pringle

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Warming up and cooling down are important. Hold on, they are VERY important, and maybe more important when at a swim meet. There is a distinct purpose behind each that aids in a variety of things that enhance our swimming performance, or get us ready for the next thing. Please share these things with your children and encourage them to follow through with these activities. The swims that they have can be faster, and will feel better.

**Warm Up:** Warm up serves several purposes. It gets our body ready to perform, it helps to loosen our muscles and prevent injury, and it helps to pump out any residual lactic acid left over from training. It is important to swim a fairly long and purposeful warm up. This is usually directed by a coach, and the routine should be something that the swimmer can memorize in the event that they are at a meet without a coach. It is important that swimmers be behind the blocks and ready to swim five minutes before the warm up period starts.

Warming up does not mean swimming slow! In fact, a good warm up at a meet includes elements of pacing, sprinting, stroke technique, and starts and turns. This is the regular black group warm up:

500 Swim EZ

2x200 Fly/Fr/Bk/Fr/Br/Fr/Fr/Fr w/30 seconds rest

200 kick on side

6 x 50 Alt EZ/Pace @1:30

2 x 25 off blocks sprint

At the end of warm up, the swimmer should feel ready to go. If there is a long wait, swimmers should get in and swim at least 200 yards about 10 minutes before their race.

**Cool Down:** Cooling down is equally, if not more important for your swimming performance as warming up. It allows your heart rate to return to normal, pumps out lactic acid from the muscles developed during the race, and helps to get you ready for the next race. Cool down at a meet should happen within three to five minutes of your swim and after speaking with your coach about your race. Cool down should be about five minutes for a 50, seven and a half minutes for a 100 and

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*Swim A Thon fund raising is under way! Drive your potential donors to [www.velocity-swimming.com](http://www.velocity-swimming.com) to donate on line! Swim A Thon will be at WHS on March 24<sup>th</sup>. Details to follow!*

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## NEWS and NOTES

Several of our HS boys will be participating at State! Will Robinson, Connor Osterlund, Ryan Gangle, Gabe Stefanides and Scott Willis of WHS and Adam Couey, Derek Savage, and Jay Semmon will all represent their schools at the State HS Championships in Federal Way. Way to go boys!

Team gear is available for order through our team website. Please logon and check out the gear that helps our team look like a team. All swimmers and parents are encouraged to be in team colors at meets!

Please try to be on time: Coaches are asking that all swimmers please be on time for practice. Once practice starts, late arrivals disrupt the flow of practice and distract other swimmers and coaches from the training taking place. We are aware of regular activities with some families, and these have been approved.

Polar Bear High Point Winners: Christian Cutter (9&10 boys; Jessica Wierzbicki (11&12 girls); and Hannah Bruggman (15-18 girls)

**Goodbye and thank you to coach Kristen Heath! Coach Kristen is leaving us to coach a small team in Oregon where her husband recently landed a job. We will miss you Coach Kristen!**

## Warm Up and Cool Down continued

10 - 15 minutes for 200 or more. And...the cool down should not all be slow! About every fifth length should be a build swim or a sprint to help pump blood and oxygen through your system and clean the lactic acid toxins out of your body. Additionally, you should swim about a 50/50 mix of your previous race, and your next race strokes. This conditions your body to be ready for the next swim.

As a rule, our team has been very sporadic in their discipline regarding warm up and cool down. Swimmers come late (for a variety of reasons), aren't read to swim (for a variety of reasons), or don't cool down long enough or not at all. Complicating meet cool down is that the coach often cannot see or is too involved in the meet to notice if an athlete doesn't complete their cool down. Improper cool down can lead to poor performance as the meet goes on and lactic acid builds in the muscles. It is important that all swimmers take personal responsibility for warming up and cooling down appropriately. They will be surprised at least with how much better they feel in the water during their races. It is "their" race after all, and we hope that all of our swimmers want to take personal responsibility for positive performance habits.

As a parent, you can help the coaching staff by recognizing when and if your athlete isn't warming up or cooling down properly. Mention it to them first and see if their habits change. If not, report the problem to a coach so they can discuss it with your athlete. We have to work as a team to ensure all of our athletes are doing the right thing and maximizing their potential.

## SWIMMER OF THE MONTH (SOM)

Jenica Rose of the Teal group is our January Swimmer of the Month! Coach Darcy says, "Jenica has worked hard to learn new skills and technique in the water along with a positive can do attitude. She also has a strong work ethic at a young age and being fairly new to competitive swimming is on her way to big improvement and many personal best accomplishments." Congratulations Jenica! You will be awarded with a Swimmer of the Month team cap very soon! Group SOM's were: Maddie Dejong, Splash; Katya Kazulina, White; and Henry Bergstrom, Black. Each of you is to be commended for your hard work and dedication!