



# VS NEWS

A Newsletter for Velocity Swimming

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## JR CHAMPS, IES CHAMPS, REG CHAMPS WHICH CHAMPS?

*By Coach Pringle*

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### UPCOMING EVENTS!

**January 25-26**

TCCC Winter Open

Central Wash. University

**February 14-16**

Junior Champs

CWU Ellensburg

*\*Team hosted Event,  
Volunteer rules apply*

**February 28-March 2**

IES SC Champs

Moscow, ID

**March 12-16**

Speedo Series

Federal Way

**March 20-23**

Age Group Regionals

Federal Way

A lot of questions come up this time of year as to what all of the Championship meets are and whether or not a swimmer should or can attend. The short answer is: a swimmer is required to attend as many of the Championship meets that they qualify for. I will try to explain with a longer answer, but this time of year is about swimming in the highest level of competition that you can. Below is a brief explanation of each meet and a statement on qualifiers and who should attend. Dates are listed in the left column of this page.

**JUNIOR CHAMPS: Held at the CWU Aquatic Center in Ellensburg.** This meet is for all of our swimmers who do not have an IES time standard in ANY event. It is especially designed for newer and improving swimmers as well as those who may be between age groups (such as 11 in 11 & 12 age group). A swimmer may swim any event that they don't qualify for in the IES Champs. All swimmers that meet these criteria are encouraged and expected to go. Swimmers may advance to the IES SC Champs by achieving times at this meet. This is a "co-hosted" meet for us so home meet volunteer rules will apply.

**IES SC CHAMPS: Held at University of Idaho Aquatic Center, Moscow, ID.**

This is the Inland Empire's Short Course Championship meet. Qualifying standards must be met in each event entered. The team is allowed 2 relays for each age group for scoring. Swimmers may be invited by the head coach on a "relay only" basis.

**SENIOR REGIONAL SPEEDO SERIES: Held at KCAC Federal Way, WA**

This meet is designed for 15 & Older athletes who meet at least one qualifying time. Bonus events are available as are time trials. A 15 year old or older that meets one time standard for this meet is eliminated from the Age Group Regional Meet. Standards are extremely fast.

**AGE GROUP REGIONAL CHAMPIONSHIP: Held at KCAC Federal Way, WA**

This meet is for swimmers 9 to 18 years of age who meet qualifying standards. 15-18 swimmers may not have qualified for any Speedo Series event. The meet is divided up by ages 10 & U, 11, 12, 13, 14, 15-16, and 17-18 and events are scored in this fashion. Time standards are designed to get the top 40 swimmers in the Region in each event. This is a high powered, exciting meet.

No matter what your meet (s) is, we want you competing. If you have questions about any of the meets, please contact me via phone or email and I will help you through it. The coaching staff is looking forward to a fun and exciting championship season! If you need a time standards card, email coach John.

Championship team caps are required, have been ordered and will arrive soon. There will be a \$10 charge for these caps this year.

## NEWS and NOTES

**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. Team has 8 rooms still available at Fairfield Inn. Coach John also has three rooms available at the Holiday Inn Express Pullman. Speak up soon if you want them!

**7 Swimmers competed at the Washington Open in Federal Way.** Hannah Bruggman, Isabelle Dressel, Jordan Hartley, Katie Mock, Hannah VanHeyningen, and Jessica Wierzbicki scored enough points to finish 23<sup>rd</sup> in the meet. That is Six 14 & Under swimmers and one 17 year old placing for us at a senior meet, VERY IMPRESSIVE! Zone times, team records, and 52% best times were achieved. Some team records were broken as well! Thanks Coach C for the stats!

62 Swimmers will compete in the Tri-City Winter Open at CWU in Ellensburg this weekend! Velocity HAA!

## 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 1<sup>st</sup> day of the month. Contact [billing@velocity-swimming.com](mailto:billing@velocity-swimming.com)

**White Group Doing Well!** Coach C, Coach John, Coach Carolyn, Coach Kathy and Coach Joe have all have a hand in seeing that our white group swimmers are cared for as we seek a more balanced and long-term solution. The athletes are doing great!

**Firecracker in Missoula Added!** We have added a new meet in Missoula, Montana on Thursday, June 26<sup>th</sup> through Sunday, June 29<sup>th</sup>. 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:** "The best athletes are people who don't let anything stand in their way. Whether it is stuff on or off the field, sickness, or soreness, whatever it is, they don't let anything stand in their way. There's no excuses."— Unknown Olympic medal winning swimmer.

**Web Link of the Month:** <http://swimswam.com/pool-indoora-1ir-quality-matters-health-performance-part-1>

## SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for December, 2013 are:

Blue: Jamie Hobson

Teal: Hannah Patterson

White: Tara Dilly

Black: Jessica Wierzbicki

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