



VS NEWS

A Newsletter for Velocity Swimming, 2014 IES LC Champs!

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B Champs, Champs, AG Champs...Which Champs?

By Coach Pringle

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UPCOMING EVENTS!

January 15-18

Wash Sr. Open,
Federal Way, WA

January 24-25

TCCC Winter Open
CWU Pool
Ellensburg, WA

February 13-15

IES JR CHAMPS
Lewiston, ID

February 27-3/1

IES CHAMPS
Ellensburg, WA

The short course championships season is quickly coming upon us and for many new families, and perhaps some families that have been around a while, it can be a bit confusing. You may be wondering... "which champs is for my swimmer?" Well, the answer may not be as simple as you think! Below is a guide that may be of some assistance. Championship meets are a great reward for our swimmers! Please make every effort to attend the championship meet or meets most appropriate for your swimmer.

IES Junior Champs Lewiston, ID, February 13th – 15th: This is one of the most fun meets of the year and it is back together at one pool after being split between East and West sides of our LSC last season. The meet is for any swimmer age 14 and under that does not have USA Swimming motivational "BB" time standards (these times qualify for the IES Champs Meet). Formerly called "B" Champs, this meet was originally designed for newer and 8 & under swimmers. The same philosophy is present today and swimmers do not have to have a time in an event in order to swim. All of our team members that don't have "BB" times are encouraged to swim at this meet. Velocity has a long history of winning the highly contested "Spirit" award at this meet. It will be well worth the drive for our younger and less experienced athletes. I hear the pool is fabulous!

IES Short Course Championships Ellensburg, WA February 27-March 1: The short course (yards) version of the meet we won last summer, this meet features the best swimmers in our Inland Empire Swimming LSC (Local Swimming Committee) and is the team championship meet as well. Qualifying times are required in each event this year whereas in previous years swimmers were allowed bonus events and 15 & over swimmers were allowed a slower standard. That is not the case this year! The USA Swimming motivational "BB" time standards will be used for all swims and all age groups. Additionally, no relay only swimmers will be allowed. Velocity will be a team favorite headed into this meet! Team pride is on the line so qualify soon and help Velocity shine.

SPEEDO Champions Series (Senior Level) Federal Way, WA March 11-15: This Senior Level Championship represents 16 states and 13 LSC's. Time standards are very fast and top level talent is always present. Bonus swims are available at a 1:1 ratio, meaning a qualification time in one event means you may swim one other for a total of two. Time trials are also available.

NW Region Age Group Championships Federal Way, WA March 19-22: This is a unique meet in that most swimmers swim only with their own age (i.e. 11 as opposed to 11 & 12) with the exception of the 10 & under and 15-18 age groups. The meet usually reflects around the top 40 swimmers in each age per event. Time standards are fast and are posted in the meet information.

Take some time to acquaint yourself with the meet information for each meet when it is out. Some are out already and others will be available soon. Champs meet are a great reward for the hard work our swimmers do every day!

TEAM RAMBLINGS

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 and from several coaches for our team efforts at the IES Champs Meet! 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.

Velocity Boys have started their high school seasons! Current (summer and fall) team members swimming at Eastmont are: Hank Bergstrom, Issac Janney, David Vandersluis, Noah Heminger, Tommy Marquis, and Jay Semmons. Current team members swimming for WHS are: Eythen Wood, Braden Dilly, Ty Vanderpool, Dillon Goodell, Charlie Cutter, Collin Walsh, Jack Van Well, Patrick Keppler, Justin Pringle, and Kaleb Pringle.

Velocity Wins at MRA and Christmas Open! Velocity continued its meet dominance by winning both the MRA Open and Christmas Open. At MRA, Leif Broxson and Jordan Hartley earned High Point honors for the team. At Christmas, Ben Madson, Rae Anne Dressel, Hanna VanHeyningen, Rebecca Bay, and Noah Heminger each won high point honors for Velocity. The next meet up is Walla Walla's Winter Storm January 9th - 11th. Hotel Block for this meet is the Holiday Inn Express. Book soon!

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!

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>

DRYLAND! Mission View Elementary Monday & Wednesday 5-5:50 PM

Dryland is for any of our team members age 11 and older. It is held at the South Wenatchee Mission View Elementary School from 5:00-5:50 PM and will resume in January. We realize this may be inconvenient (time & location) for some people, but this is literally the only gym space we have been able to secure during the school-year. If anyone knows of a similar space that could be available Monday and Wednesday closer to EYAC from 5:45-6:45 PM, please let Coach John know. The space needs to have a clean floor or carpet and be about the same size as a small gym. The program features the use of medicine balls, boxing gloves, heavy rope and workout bands as well as more traditional planks, pushups, burpies, abdominal exercises and running.

LOCKER ROOM EXPECTATIONS:

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.

Velocity Character Awards

The following swimmers have earned 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 one of our swimmers doing it right!

Lydia Willingham, Violet Madson & Leif Broxson: Good Teammate Award
 Ben Madson: Clean it Up Award
 Abigail Torres: Good Sportsmanship Award
 Zoey Parlett & Rosie Ramos: Doin' it Right Award
 Kyle Sutton & Sam Hobson: Monster Effort Award
 Hans Nelson & Trenten Calloway: Overcoming Adversity Award
 Isabelle Dressel & Jessica Wierzbicki: Never Say Die Award