



VS NEWS

A Newsletter for Velocity Swimming

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THE DOG DAYS OF SUMMER!

By Coach Pringle

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UPCOMING EVENTS!

JULY 11-13

Alcoa Starlight Open
(Home)

JULY 14

Chelan Slides
\$13 plus an equal
share of the \$100
pavilion charge.

July 16-19

Senior Sectional
Gresham, OR

July 25-27

IES LC Championship
(Home)

The summer seems to fly by so fast; it is hard to believe we have Starlight tomorrow and IES Champs in two weeks. That will mark the end of the competitive summer for many of our athletes. For a few though there will still be more to accomplish at Senior Zones (Fresno, CA) and Age Group Zones (Federal Way, WA). All of this competition will be wrapped up in just over 4 weeks!

That said I am extremely pleased with our team's progress and the feel around our training at the outdoor pool. It is nice to have all of our groups together on Monday, Wednesday, and Friday. Seeing the growth of our team at the lower levels is rewarding and fun for many of us to watch. Additionally, seeing swimmers get their first finals swims, their first medal, their first legal race, or their first best time is even more exciting. Kids get excited, coaches get excited, as do families. Our entire team gets excited! These are all really cool things to see. The progression of this team from three years ago to now is evident; from swimming lessons to corporate sponsors, to our new Silver Group, to meet participation (96 swimmers in Starlight) Velocity is truly on a roll.

It might be easy to get complacent. If we all care about the team as much as I feel like we do then we can't afford to relax. So, as we get into these last days of hosting two swim meets in three weekends, please do your part to keep things fun, focused, and alive for all of the athletes visiting our city. We have a great responsibility and I think we do things so well. Our volunteerism is what drives the entire ship. Without everyone's help we can't continue on our quest to become a long standing premier swimming program in IES and beyond.

The team has some lofty goals, among which is to become a USA Swimming Certified Club in the Club Excellence program. We are very close! Thanks to Noelle Grigsby for all of her effort in this area. There are a few formal items that need to be wrapped up before we can present our package to USA Swimming for review. This is an exciting development and one which was a goal for me when I came to almost Velocity three years ago. Coming from a club that was struggling to pay bills in that first year to this is something to be proud of!

So as the dog days of summer are upon us, please take some time to reflect upon all that is good with this big family-oriented team. Have some fun with team events, meets, practices and such. Revel in the accomplishments of our swimmers and how far they have come. And finally do your part to help our team continue this grand momentum that just seems to keep rolling. Success builds success and I can see it across the board. I hope you can too!

Thank you for all that each of you does for the betterment of our team. I am proud to be your head coach and I am looking forward to the next five weeks. Let's enjoy the ride together! Velocity HAA!

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 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.

Did you know that we have 16 swimmers in our swim lesson program? Coach C has been coaching 16 new potential Velocity swimmers at the Cutter home. The new swimmers are doing well!

JOBS STILL AVAILABLE FOR ALCOA STARLIGHT! Please sign up for jobs at Apple Capital this weekend on the TU website. This is an all hands on deck meet please!

High Point Winners: Apple Capital: Brooklyn Dressel, Jack Wierzbicki, Connor Elwyn, and Braden Dilly. Wine Country: Christian Cutter, and Braden Dilly. Firecracker: Brooklyn Dressel, and Tage Madson.

Jessica Wierzbicki and Hannah Bruggman will represent the team next week in Gresham, OR at the Western Section Championships.

DID YOU KNOW? Wenatchee Valley businesses have contributed over \$10,000 to our team? Please make sure to thank and use our sponsors as your "go to" business contacts. Special thanks to Julie Lolos for really getting this off of the ground.

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 1st day of the month. Contact billing@velocity-swimming.com

ALCOA STARLIGHT INFO:

Starlight warm up information, timelines, and events was emailed to the team earlier in the week. Prepare for a hot and sunny weekend!

IES LONG COURSE CHAMPS:

As you may know we are hosting the IES Long Course Championships in two weekends. This meet is the Championship meet for the Inland Empire LSC (Local Swimming Committee). Last year our team finished third at this meet behind TCCC (Tri-Cities) and CAST (Coeur d'Alene, ID). We should be in the mix again and I believe that we may even have a chance at winning.

All of our swimmers who have any legal time (No "NT" allowed) in the 50 events may swim those events. For all other events, swimmers must have at least a "B" time standard for entry with the exception of the 15 and over age group who may swim 50 Free and the 100's of all strokes and must have a "B" time standard in races 200 meters and above. Some swimmers qualified in events via a short course qualifying time. Bottom line is that most of our swimmers will be able to swim in this meet and should do so just to be a part of it. If you aren't sure, please ask a coach!

CHELAN SLIDES TRIP:

Chelan Slides is Monday, July 14th! We will leave the City Pool at 9:20 AM and get to the slides when they open at 10 AM. To get the group rate, all swimmers and their families need to sign in on the clipboard and we all need to go through the gate together. Cost is \$13 dollars plus a shared pavilion fee (if we have 50 people that fee would be \$2). The final amount will be billed. The upper pavilion has been reserved and it has majestic views of the Lake and surrounding scenery. Coolers will be allowed in the pavilion. Families are responsible for their own rides and supervision.

MAY SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for *May, 2014* are:

Copper: Josh Anantatmula
Steel: Margaret Eifert
Bronze: Andreas Broxson
Silver: Brooke Tucker
Gold: Gabrielle Davy

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