



# VS NEWS

A Newsletter for Velocity Swimming

June, 2013  
Volume 13 Issue 6

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## Zone Championships Qualifiers!

*By Coach Pringle*

Our team is improving and we have several swimmers that have qualified for the Western Zone Championships (Age Group or Senior). We have 10 swimmers that have qualified for at least one of the meets so far, this number is up from five such qualifiers last year.

The Age Group Zone Meet will be held in Roseville, California. Qualifying from our team so far are: Hannah VanHeyningen, Connor Elwyn, Braden Dilly, Jordan Hartley, and Jessica Wierzbicki. Each one of these swimmers has worked extremely hard to reach the goal of swimming in this meet. The qualifying times are extremely fast and swimmers with these kinds of times are often ranked in the top 100 in the country in their age group. I think this is pretty awesome and all of these athletes should be really proud of their accomplishments. The good news is that we still have some summer left and we have a few athletes still in range of making these fast qualifying times. I hope they do!

The Senior Zone meet is also a fast meet, with USA Swimming "A" time standards for qualifying times. It will be held in Fresno, California and is so big that the preliminaries are swum in two different pools! It will be a unique experience for sure. Qualifying for Senior Zones are: Rachel Wilt, Hannah Bruggman, Annie Stefanides, Kelly Hartman, and Jared Vargas. Also qualifying but choosing to go to Age Group Zones are: Jordan Hartley and Jessica Wierzbicki. We also have a few more swimmers who are close to qualifying times for this meet as well.

Both sets of Zones athletes from Velocity will compete under the "IES" umbrella making it possible for our athletes to also participate on relay teams that we could not put together if we were going it alone. At Senior Zones the IES Contingent will be made up of athletes from SWAT, CAST, MRA, and Velocity. At Age Group Zones, the team is managed by Amy Thorpe (YAC), and Coached by Chris Engledow (LCN). Chaperoning the IES team will be Olympic Gold Medalist Tom Jaeger and his wife Becky. Coach John will be attending and coaching at Senior Zones and Coach Kathy will be keeping an eye on our swimmers at Age Group Zones as she is attending as a parent for Connor.

All in all I think this is pretty cool stuff and because more of our athletes are making these meets our entire team will improve as a result. This is because success breeds success and what may seem impossible becomes possible when teammates set a great example.

Good luck to all of these swimmers over the coming month or so!

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### UPCOMING EVENTS!

**July 5-7<sup>th</sup>**  
**QUAD LSC's**  
*Missoula, Montana*

**July 12-14**  
**Alcoa Starlight!**  
*Wenatchee*

**July 26-28**  
**IES LC CHAMPS!**  
*Pasco*

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## NEWS and NOTES

I am pleased to announce that our new corporate fundraising efforts have born some fruit! Alcoa has agreed to a deal with Velocity Swimming to be a meet name sponsor for our 2013 Starlight Swim Meet. The meet will now be known as the "Alcoa Starlight Swim Meet." Thank you to Alcoa for their generous support of our team and our mission. Along these lines, there will be a full team meeting and Swim A Thon awards on July 9<sup>th</sup>, Stay tuned to your email for more information!

Swim A Thon raised over our \$30,000 goal. Great job! Of course this means that your coaches will swim a 200 relay at Alcoa Starlight Swim Meet to celebrate!! Coaches rule the pool! Also, our efforts have earned us the #3 best Swim A Thon Score in the nation for clubs our size...Fantastic!

**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!

**The 2013 Summer Long Course Age Group Regional scheduled meet on August 9, 10, and 11<sup>th</sup> has been cancelled. We will continue to seek out championship level meets to host and build our team's financial base.**

Over 73 team members and friends attended the Chelan Slides trip on June 28<sup>th</sup>. The weather was fabulous and we all had a great time. Coach John braved the Purple Haze!

## TEAM RAMBLINGS

**AVOID CHARGES!!!** All team members need to inform billing if you will be taking time off. This needs to be done 5 days before the 1<sup>st</sup> day of the month. Contact [billing@velocity-swimming.com](mailto:billing@velocity-swimming.com)

Welcome to our new team members! I am excited to see more new faces joining our team! Please let me or one of the other coaches know if you need anything. Don't be afraid to ask questions! We are here to help! (509) 884-8917

The 2013-2014 competition calendar has been finalized and will be emailed to you soon! It will also be available on the team unify website. Pay special attention to meets that require a hotel stay. Plan ahead and book your hotels early!

Your Velocity Board is hard at work making sure our team operates smoothly and efficiently. Current projects include a complete look at our team, its vision, and goals. If you have questions, you can speak with any of them—or ask a coach!

Did you know that Velocity Swimming was involved in a community-wide effort to highlight swimming safety and drowning awareness? Our team coaches, parents, and Board Members were a big part of "SWIMFEST" on June 22<sup>nd</sup> to highlight water safety awareness. 100 swimmers were tested at this hopefully annual event and booths were available on CPR, cold water immersion, use of lifejackets, and kayaking. There was also a dive rescue demonstration and a Hot Dog truck! This is just one of our community outreach projects. Our other team community efforts include the annual Apple Blossom parade; Master's meet officials and timers, and officials for WHS and EHS Swim Meets! Great job team! Special thanks to Anne Vargas, Darcy Bruggman, Mark Petereson, Genie Lutz, Todd Walsh, Jennifer Marquis, Dawn Wood, and swimmers Hannah Bruggman, Tommy and Adrian Marquis, Rebekkah Bay, Collin Walsh, Eythen Wood, Kayli Brown, Justin Pringle, and Jessica Wierzbicki for their help at Swimfest!

### MAY SWIMMERS OF THE MONTH (SOM)

Coach John announced that the following swimmers were selected as Swimmers of the Month for May:

Black Group: Isabelle Dressel

White Group: Katya Kazulina

Teal Group: Gabe Velasquez

Splash Group: Emma Smiddy

**CONGRATS!!!!!! AWESOME JOB!!!! KEEP UP THE GOOD WORK!**