



# VS NEWS



Newsletter for Velocity Swimming, 2015 IES SC & LC Champs!

JUNE, 2016

Volume 16

Issue 5

Velocity Swimming, PO Box 2791, Wenatchee, WA 98807  
<http://www.velocity-swimming.com> [info@velocity-swimming.com](mailto:info@velocity-swimming.com)  
(509) 884-8917

## Building A Tradition Means Telling Our Story!

### INSIDE THIS ISSUE

- 1 Tell Our Story
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab

### UPCOMING EVENTS!

#### **Starlight Open!**

July 8<sup>th</sup>-10<sup>th</sup>

City Pool, Wenatchee, WA

#### **Sizzlin Summer**

July 15<sup>th</sup>-17<sup>th</sup>

Moses Lake, WA

#### **SPEEDO SENIOR SECTIONALS**

July 20<sup>th</sup> – 23<sup>rd</sup>

Gresham, OR

#### **IES LONG COURSE CHAMPS!**

*(Entire team eligible to attend—  
and we want you to!)*

July 29<sup>th</sup> – 31<sup>st</sup>

Pasco, WA

#### **Coming in August....**

#### **Futures Championships**

#### **Senior Zones**

#### **Age Group Zones**

### By Coach John

It will be five years ago in August that I came to Wenatchee to be the new head coach of Velocity Swimming. I came here for several reasons, but one was the compelling stories of a community of people that had come together to make swimming in the greater Wenatchee area great again. There was a time when solid swimmers came out of programs that had solid coaching and an overall focus on improvement. Not fully knowing the history of all of it, I cannot say what led to a period of apparent struggle for swimming in the valley. What I can say is that over the past five years, the team has come a long way. I am proud of our parents, our coaches, and most importantly our swimmers!

Our athletes are curious, and want to learn and improve. They are involved in other things even though swimming is most certainly #1 in most of their hearts. That only serves to show other programs the type of people we have—the type of athlete we nurture.

Whenever I talk to the coaches of cross country, track, football, soccer, or any other sport or activity that our swimmers do—I often hear a common theme. What hard workers our swimmers are! Our swimmers learn the importance of hard work and dedication early on. They learn how to pay attention, to listen, to try. They learn how to be on time, and how to focus in the moment. They learn to be good team mates and share personal space with others—even sometimes when it might be hard to do. They learn to push barriers, and believe in themselves and their teammates. There is a myriad of other things as well—but hopefully you get the point; that our swimmers are top notch in many ways.

So, what is the “so what,” of this? The development of positive life skills is our team mission. Do you see it in your child or children? What are the reasons you drive up and down the road to practices and meets? What are the reasons you choose swimming for your child? Do you share this with your coworkers? When someone asks you what is Velocity all about, are you prepared with an answer?

The facts are that your word of mouth advertising is the single best way to advertise our team. Sharing our story--who we are, what we do—is a very large part of that. So share our team story with anyone you know or come across. We might just pick up a few swimmers along the way as well.

With the Olympic Games coming up in August, people are going to notice your Velocity Swimming gear more and this is an opportunity to share our team’s story. Normally during this time, we see an increased interest in and an increase in our team numbers. This is good for everyone! A solid team population helps to keep our team dues low, and adds to the fabric and fun of our team. I know that I am biased, but I think that we are one of the best things going in the area. Why not be ready to share your swimming story with your family and friends? Help us to keep Velocity Swimming as a front-runner in the community youth sports scene. Thank you!

*Hint: One way to get friends excited about swimming is to host an Olympic Swimming watching party for your friends. Have some Velocity gear on and be ready to share your swimmers commonalities with Olympic Athletes—there are many!*

Velocity HAA!

## TEAM RAMBLINGS

### NEWS and NOTES

**OFFICIALS! THANK YOU!!!!** Our presence was noticed and needed at this summer's IES Championship in Spokane. Our official crew is bigger and better all of the time. We appreciate you! If you would like to become an IES/USA Swimming certified official, please call Genie Lutz. Our team is known for its diligent and focused work in providing officials at meets both home and away. We are required to provide officials according to our number of athletes at any meet.

**Missoula!** Congrats to all of our athletes who performed so well at Missoula! Lindsay Sutton set the tone for the team with a high point win and many best times were seen despite the cold and occasionally rainy weather.

**SPEEDO--official Swim Wear of Velocity Swimming:** Recently, Velocity renewed a relationship with SPEEDO Swim Wear. Our team is supposed to be outfitted in SPEEDO suits, SPEEDO sweats, and SPEEDO bags. When making your purchases, please make sure you are helping us fulfill the terms of our contract with them.

**IES LOOKING FOR HS JUNIOR TO BE A PART OF IES BOARD:** Inland Empire is looking for a HS Junior from a team that can attend USA Swimming Convention in September, and be a part of the IES Board. If you are interested, please let Coach John know as soon as possible!

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 a swimmer doing it right!

**AVOID CHARGES!!!** All team members need to inform billing if you will be taking time off. This needs to be done by the 20<sup>th</sup> of the month before you are taking time off! Contact [billing@velocity-swimming.com](mailto: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> This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

#### STARLIGHT SWIM MEET:

The Starlight Open is our 2<sup>nd</sup> home meet of the summer and another important money maker for the team. We need all hands on deck to volunteer for meet functions! Sign up on our team web page—you must be signed in to register for jobs. A few adjustments have been made to how we manage the volunteer spaces, so please make sure to look over all of the job options and times. The meet will be July 8<sup>th</sup> – 10<sup>th</sup>.

#### TEAM SAFETY:

It is highly recommended that all athletes take USA Swimming Athlete Protection Class on the USA Swimming website. This should be done with a parent. There is also a parent version of this (watch it first). For the summer, it is important that we keep a close eye on our kiddos, especially the little ones. Don't be afraid to identify strangers amongst us during practice. We rent the facility so after a short period of cross-over into our time, there really shouldn't be non-Velocity folks hanging around.

## VELOCITY GROUP GAB

#### COPPER GROUP GAB:

From [swimtoday.org](http://swimtoday.org), "Before they were winners, they were beginners. Check out this video of Katie Ledecky, Ryan Lochte, Michael Phelps and other National Team members when they were just starting out." #SwimUnited

[https://youtu.be/OV\\_vvcvps7g](https://youtu.be/OV_vvcvps7g)

This video is a fun reminder of what can be achieved with hard work and perseverance. I hope you will take a few minutes and view it with your swimmers. Hopefully you found time to watch the Olympic Trials as well! The television footage has been amazing, and the athleticism fun to watch. The funniest part of coaching is watching our swimmers progress from Copper to Steel to Bronze to Gold/Silver.

Thanks parents for the support you provide your swimmers to make this progression possible. Keep up the hard work Copper group! Hope to see as many of you as possible at Champs—all of our swimmers are eligible to compete!

--Coach Kathy

#### Characters of the Month:

Kathya Viramontes and Ryan Dage: Helping Hand Award  
Leif Broxson: I'm not in this alone Award (Thanking a Coach!)  
Abbey Mott: Positive Attitude!  
Lindsay Sutton: I Wanna Race Award!  
Charlotte and Alice Eifert: Attendance Award!  
**Congratulations and great job!**

## VELOCITY GROUP GAB Continued

## VELOCITY HAA!

**Silver and Gold Group Gab:**

The team has hit the two-a-day practice schedule and is now in the full feel of summer practices. Both squads are working hard and team members should have had their goal meetings by now. I have been impressed by the goals I have seen out of our kids!

Focus in both groups has been on increasing the amount of power and speed swimming that we do as well as maintaining our yardage that we had achieved in our aerobic phase. The training now allows the swimmers to work on their strengths as they are given a choice of strokes to choose as we do the sets.

Coach Joe and I are still encouraging all of the swimmers to have the proper equipment as swimmers without the right equipment don't get the appropriate results out of training, and often get behind, or even in the way of their teammates during equipment sets. Desired equipment is: long fins (Monofin optional as an addition), swimmer's snorkel, hand paddles (we are transitioning to Speedo Power Plus paddles), a pull buoy and a kick board.

The senior level swimmers will all have different meets they are attending toward the end of summer so things might seem a little chaotic—but we will work to get each one of them the best chance to perform well at the end of the season!

--Coach John

**Steel Group Gab:**

It has been great to see attendance in steel group go up as the temperature has gone up. We are finally able to get some good work in without too many blue lips. My entire group is getting so much better at going the longer distance and I can't wait to see the results at Starlight.

We have continued to work some on every stroke and lots of freestyle at every practice. We are trying to do more kicking as I felt we were somewhat weak on our kicks at Apple Capital. We have mainly been working on building up the endurance necessary for good swims in a 50meter pool and are just beginning to do speed work.

We will increase the amount of time we spend on speed work during the next week to be ready for Starlight. I am looking forward to another great home meet by our outstanding Velocity family.

Thanks again for all your work in getting your swimmers to practice. I hope everyone is enjoying watching the Olympic Trials. It has certainly been motivating to me as I'm sure it has been to all of our swimmers.

Go Velocity!!

--Coach Carolyn

**Bronze Group Gab:**

Olympic Trials and Olympic Games are upon us! I hope some of you have been checking out the Trials actions. It's a great way to get excited about swimming fast. There are 5 weeks left til' IES Championships; YES, it's happening that fast. To the many of you on vacation I hope you are having a wonderful time and we look forward to having you back for our short course season. I must give a shout-out to the kids who had a fantastic Apple Capital! I was very pleased with the kids results and we continue to try and get the best out of the kids. Our dry land training has been incredible. The kids who are taking advantage of our early morning practices have been working very hard and I hope that they will reap the benefits. I have been repeating to your kids that they should not make the morning practice their only practice; unless you have other things going on in life. We only have 1 hour of swimming during the morning time and that is simply not enough to accomplish our goals. The 1 hour of dry land we are doing is awesome, but it only works when we put work into the pool as well. I am excited for our upcoming Starlight swim meet. Bronze will ROCK the pool yet again!

Also here is a math formula that converts times into yards for you.

50 Meter time in seconds minus 1 divide by 1.1 (50M - 1 / 1.1)  
 100 Meter time in seconds minus 2 divide by 1.1 (100M - 2 / 1.1)  
 200 Meter time in seconds minus 4 divide by 1.1 (200M - 4 / 1.1)  
 400 Meter time in seconds minus 12 divide by 1.1 (400M - 12 / 1.1)  
 1500 Meter time in seconds minus 30 divide by 1.1 (1500M - 30 / 1.1)

example 1:07.00 Freestyle = 67 Seconds - 2 = 65 Seconds / 1.1 = 59.09  
 Pretty cool!

--Coach C