



VS NEWS

A Newsletter for Velocity Swimming

Feb/Mar , 2013
Volume 13 Issue 2/3

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CHAMPIONSHIP SEASON IS UPON US!

By Coach Pringle

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- 2 Team ramblings and other news.
- 2 January and February Swimmers of the Month
- 2 News and Notes

MAR 9 *Swim A Thon*
Make Up 8-10 WHS

MAR 8-11 *SC Farewell*
Ellensburg, WA

MAR 14-17 *SR*
REGIONAL CHAMPS
Federal Way, WA

MAR 22-24 *AGE GR*
REGIONAL CHAMPS
Federal Way, WA

We are really doing so well as a club right now and this is a great time for our kids to be swimming fast and having fun. Both the Junior Champs Meet and the IES SC Championships over the past few weeks went really well. Both meets were well attended with 56 at juniors and 43 at Champs.

At juniors in Ellensburg, several swimmers not only qualified for Champs, but also sectionals! Our team at juniors won races, set meet records, earned the team spirit award on the way to a 2nd place overall team finish. The meet venue was a bit crowded, but it made for some fun team interaction in the stands.

At the IES Champs in Moscow, ID we had a really great showing. Comments in the stands and on deck were how much our team is improving and that other teams are becoming a bit nervous with our success. These are great things to hear! We had several IES Champions, several sectional qualifiers, and we ended up 3rd overall as a team surpassing the mighty Waves of Spokane. Jordan Hartley had an excellent meet and was the 11 & 12 girls' high point awards winner. The coup de gras' was that our 10 & Under Age Group won the Age Group High Point Award! Congratulations to the team, those swimmers, and Coach Darcy and Anne for doing such a great job with these kids.

Upcoming March 14-17 is the Senior Regional Championships in Federal Way where Jared Vargas and Hannah Bruggman will represent our team. Both have had successful years so far and their ability to qualify for this meet is a credit to our entire swimming community and our own team support. This is a prestigious meet and has included athletes like Amanda Beard and Missy Franklin.

Then, the following week it is back to Federal Way where we will send a large contingent of swimmers to the Age Group Regional meet. So far, we have 15 swimmers qualified in individual events and our 10 & under boys have qualified relay teams. There are other team members close, as well as two 12 & under boy's relays. This weekends' Short Course Farewell is a last chance event for qualifying! Velocity HAA!

As you can see our team is on a solid competitive footing. We compete well, often with fewer numbers than the teams that beat us. I am proud of our progress, of our coaches, of our parents, and of our leadership group. We certainly are making some noise! Special thanks to Adrian Marquis for her team spirit efforts and Noelle Grigsby for purchasing the team spirit hats!

NEWS and NOTES

USA Swimming "Deck Pass" is recommended as an APP for all swimmers and their families. Download it from your APP store today!

Swim A Thon to date has raised slightly over \$16,000. Great job! Turn in your money by May 15th please and if you are paying, please don't wait to be billed. The billing process overloads our volunteers.

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you!

56 Swimmers represented the team at the IES JR Short Course Championships February 15th-17th in Ellensburg. The team was strong and placed 2nd at the meet. The team won the team spirit award! Velocity HAA!!!!

43 Swimmers participated at the IES SC Championships last week in Moscow, ID. We had several IES Champions, and Jordan Hartley was the 11 & 12 High Point winner! Great job EVERYONE!

Thank you to Dan Howell who continues to help our team despite his daughter Kasey being retired from competitive swimming. We are blessed to have Dan around for our summer meets. Please join me in wishing him a big thank you. We are looking forward to having him on the pool deck a little this summer.

Our team will be hosting the 2013 Summer Long Course Age Group Regional meet on August 9, 10, and 11th. Please save these dates as we will need all hands on deck to host the revival of this once traditional and fast swim meet.

TEAM RAMBLINGS & Other News

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

Welcome to our new team members! I am excited to see so many new faces. 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!

The 2012-2013 competition calendar has been revised and is available on the team unify calendar. Mayflower meet is now May 11th 11 AM Warm up, Noon Start.

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

Please review the behavioral expectations that were emailed to the entire team before the holidays. All swimmers are expected to know these and follow them. Our biggest problem, especially with the younger groups, is keeping our hands to ourselves. Please help us create an awesome training environment by discussing appropriate work out behavior with your kids.

Our own Abby Wilt was selected as this year's Apple Blossom Jr. Queen! She wrote her essays on swimming for Velocity and being the fastest 50 freestyler in the world! Dara Torres has nothing on her! Congratulations Abby and thank you for your love of your team!

Did you know that Velocity Swimming is involved in a community-wide effort to highlight swimming safety and drowning awareness? We will be helping at "SWIMFEST" in June to highlight water safety awareness. Like the page on Facebook for updates. This is just one of our community outreach projects. Others include the annual Apple Blossom parade; Master's meet officials and timers, and officials for WHS and EHS Swim Meets! Great job team!

JAN/FEB SWIMMERS OF THE MONTH (SOM)

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

Black Group: January Katie Mock, February Josiah Lamb

White Group: January Teyler Valle, February Bergen Lane

Teal Group: Jan. Rachel Marquis, Feb. Andreas Broxson

Splash Group: January Aiden Grigsby & Haily Payne
February Mia Bollinger & Hannah Poland

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