



# VS NEWS

A Newsletter for Velocity Swimming, 2015 IES SC Champs!

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## IES SHORT COURSE CHAMPS, SSC, AND AGR

*By Coach Pringle*

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### UPCOMING EVENTS!

**April 11**

IES Swimposium with  
Olympic Gold  
Medalist:

Aaron Piersol  
Moses Lake, WA

**April 12**

IES HOD  
Moses Lake, WA

**April 19<sup>th</sup> 5-7 PM**

SC Celebration  
Swimathon Kickoff  
Town Toyota Center

**April 25 & 26**

MRA Pentathlon  
Moses Lake, WA

The short course season for 2015 finished with a bang as we saw some great swims at each of the end of the short course season championship meets—IES SC Championships, SPEEDO Senior Sectional Championships (SCS) and the NW Age Group Regional Championships (NWAG).

In Ellensburg, the IES Championship featured all of the IES teams competing for individual and team placing. Despite poor air quality in the pool Velocity finished the meet with its first Short Course Championship title since the merger (in fact the first in over 20 years in the Wenatchee Valley). Individual high points were earned by Benjamin Grigsby (boys 10 & under), Christian Cutter (boys 11 & 12), and Jessica Wierzbicki (girls 15 & Over). In addition, the team earned Age Group Championships in the 11 & 12 and 13 & 14 age divisions. Further highlighting the weekend was the awarding of Connor Elwyn's National Top-Ten award, Individual IES record recognition for Connor and Jessica, and recognition of our IES records in multiple relays. Finally our two graduating seniors were recognized—Kelly Hartman, and Justin Pringle. WOW!

At the SCS meet, the team saw four of our athletes compete in the meet—the most ever since the merger. Hank Bergstrom, Isabelle Dressel, Kelly Hartman and Jessica Wierzbicki represented the team and each has best times at the meet. Jessica was the only finalist at the meet placing 16<sup>th</sup> in the 200 fly and 17<sup>th</sup> in the 100 fly—bettering her Winter Junior National qualifying time in the process.

At the NWAG Championships last weekend in Federal Way, Velocity finished in 23<sup>rd</sup> place out of 140 teams from 7 states. Taking the largest team in Velocity history to the meet with 26 swimmers Velocity watched several of its swimmers gain individual top 8 finishes. Braden Dilly, Connor Elwyn, Benjamin Grigsby, Jordan Hartley, Sierra Hartley, Simon Madson, Kaleb Pringle, and Jack Wierzbicki each recorded at least one individual event top 8 finish for the team. The 10 & Under Boys 200 free relay team of Leif Broxson, Trenten Calloway, Austin Elwyn, and Benjamin Grigsby recorded a 3<sup>rd</sup> place finish setting a new IES record in the process. The total team effort was very evident!

Several Velocity swimmers have qualified for higher-level USA Swimming championship meets later this year. Qualifying for Winter Junior Nationals (Austin, TX), Jessica Wierzbicki; for Futures Championships (Hood River, OR), Hannah Bruggman, Isabelle Dressel, and Jessica Wierzbicki; for Speedo Championships (Hood River, OR), Hank Bergstrom, Hannah Bruggman, Jordan Hartley, Kelly Hartman, Isabelle Dressel, Hannah VanHeyningen, Jessica Wierzbicki and Rachel Wilt; for Senior Zones (Fresno, CA) Rebecca Bay, Hank Bergstrom, Hannah Bruggman, Braden Dilly, Isabelle Dressel, Connor Elwyn, Kayli Elwyn, Jordan Hartley, Kelly Hartman, Audrey Parrish, Tori Peterson, Kaleb Pringle, Hannah VanHeyningen, Jessica Wierzbicki and Rachel Wilt; and Finally for Age Group Zones (Maui, HI), Andreas Broxson, Braden Dilly, Rae Ann Dressel, Connor Elwyn, Sierra Hartley, Tage Madson, Haily Payne, Hannah VanHeyningen, and Jack Wierzbicki. These are all fast and prestigious meets and we are proud of every one of you for reaching these milestones! Velocity HAA!

## TEAM RAMBLINGS

### NEWS and NOTES

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

**Firecracker Meet Entries will be due May 12<sup>th</sup>!** Please plan ahead for this travel swim meet in Missoula Montana June 25<sup>th</sup> - 28<sup>th</sup>. We would like as many team members to travel to this meet as possible!

**City Pool: EYAC will be closing for two weeks at the end of May and we have secured the City Pool a week early (May 15<sup>th</sup>) to accommodate our team. Copper and Steel Groups will practice at WHS during this time, but Bronze, Silver, and Gold will be outdoors. Some Copper and Steel practices may be scheduled outdoors as weather permits. Our Long Course season is so close!**

**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!**

**Swim Lessons: We offer Velocity Swim lessons powered by Swim America on Saturdays at WHS. Did you know we currently have 4 potentially new team members in this program?**

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>

#### **PARADE SHIRTS REQUIRED FOR PARADE PARTICIPATION!**

May 2<sup>nd</sup> marks our annual Apple Blossom participation. We will hike Saddlerock, join in on the Kiwanis Pancake breakfast, and then carry the award banners in the annual Apple Blossom parade! Swimmers carrying banners must have a parade shirt in order to carry banners! Get yours today as the deadline is quickly approaching!

#### **PRACTICE BEHAVIOR AND EXPECTATIONS:**

We have had a number of practice behavior issues cropping up lately, and we are doing our best to curtail them and educate our team on expected and proper practice behaviors. Perhaps the #1 issue we have is our swimmers carrying on conversations when coaches are talking and/or giving instructions. Other issues range from playing in the middle of a set (i.e. diving to the bottom of the pool when freestyle is being swum), not giving proper space between teammates on intervals, swimming down the wrong side of the pool, being disrespectful to teammates, and more. You can find our practice guidelines on our team website. Basically, the #1 tenant is that swimmers should never interfere with another's right to a quality practice and practice environment. In general our swimmers are hardworking, and respectful—but they are young people and occasionally will forget. If you could assist us in talking with your swimmers about our practice guidelines and being respectful of others, it would be much appreciated.

#### **SWIM A THON KICKOFF AND SHORT COURSE RECOGNITION:**

Join us Sunday, April 19<sup>th</sup> from 5-7 PM at the Town Toyota Center for the Swim A Thon kickoff, Short Course Recognition and Fun night! We will be ice skating! The team received a \$500 grant from the North Central Washington Foundation to pay for the event. Watch your email and the team website for more information!

### Velocity Character Awards

“Smiling Attitude” Award: Rowyn Stroud

“Good Ambassador Award”: Olga Murillo

“Iron Kid” Award: Jaime Hobson

“Attitude of Gratitude” Award: Abigail Torres

“Giving one for the Team” Award: Kayli Elwyn, Kayli Brown, Erin Otruba, Isabelle Dressel, Torri Peterson.

“Never Quit/Perseverance” Award: Brooke Tucker, Jessica Wierzbicki, Jordan Hartley, Hannah VanHeyningen, Benjamin Grigsby, Violet Madson.