



# VS NEWS

A Newsletter for Velocity Swimming

March, 2012  
Volume 12 Issue 3

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## SUCCESS BRINGS SUCCESS

*By Coach Pringle*

### INSIDE THIS ISSUE

- 1 Success Brings Success
- 2 Swim A Thon.
- 2 February Swimmer of the Month
- 2 News and Notes

With all of the fun we have been having as a team lately, it is easy to take accomplishments for granted. We really don't want to do that as I believe that success brings more success. Over the past month we have seen our HS boys do well at the State HS Swim meet, team trophy finishes at the IES Junior Champs in Moscow (2<sup>nd</sup>) and the IES Short Course Championships (3<sup>rd</sup>), and various swimmers qualifying for Zones, Age Group Sectionals (AGS), IES Championships, and more. If your swimmer hasn't reached these milestones yet, don't worry, I believe that many of our kids will experience great things in the coming months. That is because they have examples to look up to and who show them what is possible. All of our swimmers should be setting goals and working to achieve them, but it is the belief system—belief in ourselves as swimmers—that is maybe the most important part of the process. That is because believing in yourself is one of the hardest things to do!

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*Swim A Thon fund raising is under way! Drive your potential donors to [www.velocity-swimming.com](http://www.velocity-swimming.com) to donate on line! Swim A Thon will be at WHS on March 24<sup>th</sup>. Details on page 2!*

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Back in Snohomish in 1996 we had finally won a District HS championship, but we had no individual or relay State Champions yet. That all changed the next year when our freshman backstroker believed that she could win. And win she did! We placed her picture up on the wall of the pool and we really celebrated the accomplishment. She was also an All-American that year so we celebrated that too. The following year in 1998, we had three individual State Champions and a relay championship to lead us to the State 4A team title. All the other girls wanted a piece of the success, and believed that if their friend could do it—so could they. Needless to say we celebrated some more, and went on pretty neat run of success. Success brings success!

Our current successes at Jr. Champs and the IES Champs should not be taken for granted. Please talk about our team with your friends and family. Let them know how good we are doing. People want to be a part of a successful and family-oriented activity. Let's find a way to celebrate our team's success. Facebook is great, but verbal recognition from other team members, parents, coaches, and officials works too.

Another moral to the story is that if you see your swimmer experiencing doubts, point to one of our swimmers doing well and tell them, "They can do it—you can too!" And it is true. Let all of our kids know that they are great and that we notice what they are doing.

## NEWS and NOTES

We had several IES Champions at both the Jr. Champs and IES Short Course Championship Meets. Our newly crowned champions are:

IES SC Champs: Jared Vargas, Rebecca Bay, Jessica Wierzbicki, Jordan Hartley.

IES JR Champs: Riley Beaumont, Braden Dilly, Conrad Hasse, Tage Madson, Jack Van Well, Abby Wilt, Cameron Wheeler.

IES HIGH POINTS: Jared Vargas won the high point at the IES Short Course Champs in Walla Walla for 13 & 14 year old boys, Riley Beaumont won the high point trophy at the 14 & Under Jr. Champs in Moscow for 11 & 12 year old boys. These are HUGE accomplishments and the coaches are very proud of both of these young men!

14 & Under AGS Sectional Qualifiers: Jessica Wierzbicki, Jordan Hartley, Hannah VanHeyningen, Jared Vargas, Christian Cutter, Henry Bergstrom, Kelly Hartman, 10 & Under Boys 200 Medley and 200 Free Relays (Christian Cutter, Connor Elwyn, Tage Madson, Conrad Hasse, and Cameron Wheeler), 11 & 12 girls 200 & 400 Medley Relay (Hannah VanHeyningen, Jordan Hartley, Jessica Wierzbicki, and Gabrielle Davy)

Hannah Bruggman will be the sole representative for Velocity at the SPEEDO Zone Challenge in Federal Way this weekend. This is a prestigious meet with several Olympians scheduled to compete.

**WE NEED OFFICIALS!** Many of our officials are working way too much to fulfill our commitment at away meets. We are responsible to provide officials at a ratio commensurate with our participation numbers in a meet. It is easy to start the process to officiate at swim meets. Matt Bruggman and Dan Howell will be more than happy to train you. Contact Coach John if you are interested in learning more!

## SWIM A THON LARGE PART OF SUCCESS

I am not sure if everyone knows it or not, but the Swim A Thon fund raiser is a very large part of our team success. This annual fund raiser, where our team seeks donations for each of our swimmers swimming 200 lengths without stopping, contributes about 25% of our annual operating budget and is one of the ways that our team raises money. Another 25% of our operating budget comes from hosting swim meets. This means that 50% of our team's budget comes from fundraising efforts.

To put things in perspective, most teams only fund raise about 15% of their operating budget—charging the rest of the overhead expenses back to team members through user fees. At 50% fundraising we are able to keep membership fees as low as possible. That is why these final two weeks are crucial for us as a team.

This year, we are shooting for \$20,000 in Swim A Thon donations. Currently, we are at about 25% of that or just about \$5000.00 I am encouraging every family to make that final push over the next two weeks. Talk to your friends and family about our team. Use the Swim A Thon tools on the team website, or have folks take a look at our Facebook page to get to know what we're about—then don't forget to close the deal! Ask for a donation—no matter how small, it all helps.

All swimmers who meet requirements will be entered for prizes .

The schedule for the Swim A Thon is as follows...

March 24<sup>th</sup> 8-10 AM Black group; 10-12 noon white group; 12 - 2 PM splash and Teal groups.

March 27<sup>th</sup> Make up at WHS 6:00 PM

March 28<sup>th</sup> Make up at EYAC 7:00 PM

**WE NEED LAP COUNTERS! PLEASE PLAN ON COUNTING FOR YOUR CHILD!**

## SWIMMER OF THE MONTH (SOM)

Kaleb Pringle of the Splash and the Teal group is our February Swimmer of the Month! He was selected by both Coach Carolyn and Coach Darcy in each of their swimming groups. Coach Darcy says, "Kaleb has worked hard to learn new skills in a short time and his technique is improving. Kaleb swam in his first meet with no DQ's and moved up two groups in about a month's time!" Congratulations Kaleb! You will be awarded with a Swimmer of the Month team cap very soon! Note: Coach John is proud of Kaleb, but did not vote this month!

Group SOM's were: Charlie Cutter, White; and Jared Vargas, Black. Each of you is to be commended for your hard work and dedication!