



VS NEWS

A Newsletter for Velocity Swimming

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COLLEGE, and SPONSORS, and AWARDS Oh my (Reflection)!

By Coach Pringle

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UPCOMING EVENTS!

May 30-June 1

Crunch Pak Apple
Capital (Home)

June 14

Swim A Thon

June 20-22

Wine Country Open
Toppenish, WA

June 26-29

Firecracker Classic
Missoula, MT

As I write this, I am struck by the fact that this team has come so far in the almost three years that I have been Head Coach. We are on the verge of creating a self-perpetuating culture, one that honors all of our team members while continually striving to become the very best team we can be. This has been a year of awards, college-bound athletes, and the special recognition that comes with the gifts we have received from our newly sprung corporate sponsorship campaign.

From Crunch Pak to Alcoa, from Brangwin and Woods to Peterson and Marquis, from Plumb Perfect to The Key FM, and from the Washington Potato Commission to Inna's Cuisine; we are grateful to those who give to keep our dues low and our programs afloat. Forgive me if I left some off of this list; it is not meant to be all inclusive, but is meant to illustrate the community support that our team has received.

As we receive this support, we send two of our young ladies off to intercollegiate swimming programs. Rachel Wilt has accepted an invitation to swim at Pepperdine, and Hannah Bruggman has accepted an offer to swim at Washington State for Olympic Gold Medalist Tom Jaeger. We are proud of our swimmers and their commitment to swim beyond Velocity.

And the awards wow! 2nd Place at IES short course champs, another spirit award at Jr. Champs...we are beginning to make the IES juggernauts a bit nervous. This is in no small part to a team concept that honors the individual needs of all of our swimmers while Making them feel to be a part of something larger than themselves. Our athletes have come together and have helped to include everyone as a part of the whole. I am proud of them and know they will continue to seek out the one who is sitting alone, come alongside and invite them into the group.

As we travel into our summer season, we have a lot to be grateful for, but I also feel like we have much to do. The pool time committee will need to get together and solve some pool issues that we have, but just as we think we have some major challenges, other opportunities have come forward. We are also headed toward gaining our USA Level 1 Club Certification—but there is work to do toward that end as well.

Highlighting our summer will be a return of Coach Darcy for parts of the summer. She will be helping us with substitute coaching as we need until July 31st. I am excited to welcome her back after her great season as the Eastmont HS Head Coach.

As many of you know, we have moved our Swim A Thon to June and we will look to capitalize on our team's momentum by having another outstanding fundraiser. Remember, if the swimmers want the coaches to wear costumes up to the blocks for the coach's relay, we need to raise \$32,000! Get those ducks!

Finally, we will look to make an annual trek to the Chelan slides. The date is still to be announced, and it cannot be on our traditional Friday due to the Wine Country Swim Meet. More details to come! Velocity HAAAA!

TEAM RAMBLINGS

NEWS and NOTES

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! 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. In fact, we are required to provide a number of officials commensurate with our number of athletes at any meet.

Did you know that we have 16 swimmers in our swim lesson program? Coach C has been coaching 16 new potential Velocity swimmers at WHS and formerly at the Holiday Inn Express. The new swimmers are doing well!

JOBS STILL AVAILABLE FOR APPLE CAPITAL! Please sign up for jobs at Apple Capital this weekend on the TU website. This is an all hands on deck meet please!

City Outdoor Pool: Our City Pool has opened and we had almost 70 swimmers at practice tonight (May 27th). What a great turnout despite some butts of rain.

SWIM A THON JUNE 14th! Let's make a push to get our Swim A Thon cooking! We need to raise \$32,000 for our coaches to wear costumes prior to the coach relay at Starlight.

DID YOU KNOW? Wenatchee Valley businesses have contributed over \$10,000 to our team? Please make sure to thank and use our sponsors as your "go to" business contacts. Special thanks to Julie Lolos for really getting this off of the ground.

AVOID CHARGES!!! All team members need to inform billing if you will be taking time off. This needs to be done at least 5 days before the 1st day of the month. Contact billing@velocity-swimming.com

CHARACTER, CODE OF CONDUCT, and FACILITIES

We have heard some complaints about potential code of conduct violations in the locker room. While we aren't sure the "who" of some of these concerns, we do know about two of the behaviors that we need help from parents to eliminate.

The first is swearing in the locker room. This behavior has no place on our team and all of the coaches work pretty hard to set a positive model in this area. Our facilities are all family oriented and swearing does not contribute to that atmosphere, nor does it reflect the values of our team. The facilities we use expect that our members' language is of a positive nature and contributes to the positive atmosphere that they all try to promote.

The second behavior occurs primarily in the boys' locker room where boys are slapping each other on the back to the point where a red hand print is clearly visible on the exposed back. This is a clear violation of the code of conduct and will be dealt with most expeditiously if it were to be appropriately reported or witnessed. Hitting of any kind is considered bullying and is simply unacceptable on our team.

Parents please discuss these behaviors with your children and express your desire that there is a safe locker room environment for our entire team. Make it ok for them to report locker room issues to you, or directly to the coaching staff.

Additionally, as coaches should limit their time in the locker room, it would be helpful if more parents walked in and out of the locker room on a more regular basis. A small effort in this area will curtail most of this behavior altogether. Together we can create an expectation of proper conduct that our entire team can be proud of in our facility locker rooms.

Apple Capital Info:

Apple Capital warm up information, timelines, and events will be emailed to the team by tomorrow evening. Prepare for a rather warm and sunny weekend!

MAR and APR SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for **March, 2014** are:

Blue: Lindsay Sutton
Teal: Benjamin Grigsby
White: Connor Elwyn
Black: Jessica Wierzbicki

The Swimmers of the month for **April, 2014** are:

Blue: Allison Price
Teal: Austin Elwyn
White: Tage Madson
Black: Noah Heminger
Congratulations on your dedication and hard work! Keep it up!