



VS NEWS

A Newsletter for Velocity Swimming, 2015 IES SC Champs!

May, 2015

Volume 15

Issue 4

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

SUMMER SEASON, ATHLETE CARE & DEVELOPMENT

By Coach Pringle

INSIDE THIS ISSUE

- 1 Summer Season
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes

UPCOMING EVENTS!

Apple Capital

City Pool this weekend!

Swim A Thon

June 13th City Pool

Wine Country

June 19-21

Toppenish, WA

Firecracker Classic

June 25-28

Missoula, MT

Alcoa Starlight Open

July 10-12

Wenatchee, WA

SPEEDO CHALLENGE

July 14-18 (SR MEET)

Gresham, OR

IES LC CHAMPS

July 24-26

Spokane, WA

The advent of Apple Capital this weekend marks the beginning of a busy summer season for Velocity Swimming. There are basically 11 weeks between now and the conclusion of the summer season at Age Group Zones in early August. I hope that you all can take advantage of the meet schedule to the degree that summer and family schedules will allow. The opportunities to earn time standards are there, but the opportunities are slammed together and perhaps a bit much for most families to take advantage of it all. This is OK! This means we shouldn't underestimate the importance of swimming well at as many meets as possible. In order to do that it is important that the athletes are taking care of themselves. In addition, it is important for athletes to try the longer events as these events in many cases may have time standards that are easier to achieve.

We have noticed that our swimmers in general are not hydrating appropriately. For a 2 hour practice the recommendation is a 16-20 oz. water bottle, and a 20 oz. Gatorade. The Gatorade should be regularly sipped throughout practice, while the water bottle should be emptied and refilled once during practice and the 2nd one finished by the conclusion of practice. We are finding that the less our swimmers hydrate, the more we are seeing headaches, cramps, and loss of energy by the end of the training sessions. Please make sure you (or your athlete) has the appropriate hydration tools at their disposal. This will only become a more poignant issue as our temperatures rise over the course of the summer.

This weekend's Apple Capital Open is our largest home meet and one of my all-time favorites. West-side clubs and teams from Canada are expected at what appears to be a glorious Wenatchee weekend with temperatures expected to reach 90 degrees. Drinking water is important, but will not be enough to ensure quality swims. The heat will zap the best of athletes if they aren't keeping up on hydration. Performances in warmer air can generally be very good as the muscles remain looser in warmer environs, but it all comes toppling down without both electrolyte replacement and hydration. Staying out of the sun and ensuring proper sunscreen application will be critical this weekend and throughout the summer too! All swimmers should be appropriately equipped and ready for the heat with water and Gatorade bottles at practices and meets—but more importantly they have to be reminded or helped to keep them filled or be disciplined enough to do it on their own.

Longer events for all age groups are highly encouraged on Velocity. Many Olympic athletes were proficient at and even excelled at longer events. Former gold medal sprinter Tom Jaeger, Coach of WSU, was a young champion in the 1500 meter freestyle as was former gold medalist Ian Crocker. They learned to swim the tough stuff early on and had later success in shorter events. The tough attitude seen amongst many Olympic swimmers is attributed to swimming longer events at younger ages. A guide for our swimmers would look like this: 10 year olds should all swim the 400/500 free fairly regularly. 11 & 12 year olds should attempt the 1500/1650 at least once and also add the 400 IM as a regular event effort on top of the 400/500 Free. All 13 & Over athletes should be swimming all of the tough stuff, especially the 400/500 Free and the 400 IM. You never know what your son or daughter could excel at until they try!

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 June 8th! Event file emailed yesterday! Please plan ahead for this travel swim meet in Missoula Montana June 25th – 28th. We would like as many team members to travel to this meet as possible!

MRA Pentathlon: Several athletes participated at the MRA Pentathlon in late April. Coming away with top 6 Pentathlon finishes (fastest through all five daily events) were: Lindsay Sutton, Rhowyn Stroud, Madeline Sutton, Jaime Hobson, Haidyn Stroud, Wyatt Van der Merwe, Sophie Black, Braden Dilly, Christian Cutter, Jessica Wierzbicki, Jared Vargas, and Charlie Cutter.

Congrats to our new officials fresh off official's school with Matt Bruggman! Hats off to: Mike & Julie Broxson, & Noelle Grigsby.

A big Velocity HAA welcome to our new swimmers! Grant Eilers, and Claire Quinn in Silver Group and Ada Bonnett, Emma Hernandez, and Allie Thompson all in the Copper Group and the Mott Family-Copper and Steel!

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 20th of the month before you are taking time off! Contact 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!

VOLUNTEERS NEEDED!

For both Apple Capital this weekend and Starlight July 10-12, we need all hands on deck! Volunteer help from our parents is crucial to our home meet success. Our home meets represent close to 25% of our budgeted income and help to keep our membership dues as low as possible. You can sign up for jobs on the Team Website.

SWIM A THON

The Swim A Thon will be June 13th at the City Pool! More information such as time scheduling is to come, but team members should be getting their donations and inputting them into the team unify Swim A Thon tracking tool that is on your account. Our goal is \$17,500 this year! Don't wait until the last minute! A minimum of \$250 per swimmer will be due soon after this date.

SENIORS HAA!

Congratulations to all of our current and former swimmers who are graduating from High School very soon and will be on to bigger and better adventures!

Kelly Hartman, Erin Higley, Patrick Keppler, Adrian Marquis, and Justin Pringle have all contributed to the Velocity cause through various forms of leadership, style, and class. We salute you all and wish you the best of luck in the future! Our seniors are what? "Dynamite!"

A special thank you to Adrian Marquis for her work with our Swim Lesson program and her efforts as a leader at our past Junior Champs meets.

Velocity Character Awards

"Benevolence": Haily Payne

"Respect" Award: Abigail Torres, Brooke Tucker, Hadassah Lurber

"Never Quit/Perseverance" Award: Sophee Mott

"Going the Extra Mile": Wyatt Van der Merwe, Grace Van der Merwe

"Doin It Right": Eythen Wood, Harrison Colette