



# VS NEWS *speedo*

Newsletter for Velocity Swimming, 2015 IES SC & LC Champs!

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## “Summer’s here and the time is right...”

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By Coach John

Well, here we are, and summer is about to hit us right between the eyes! As it stands now, it looks as though we will be looking at one of the warmest Apple Capital swim meets in recent memory with preliminary temperatures forecast in the upper 90’s. With this in mind, what does it take for our athletes to maintain good health and prepare for success at our summer meets? Here are a few ideas:

1. Hydration is critical and water is not enough: It is extremely important that our swimmers stay hydrated during a long warm swim meet weekend. Swimmers should constantly be sipping water interchanged with Gatorade or other electrolyte-laden sports drink. These should be consumed at a rate that the swimmer never feels full or bloated.
2. Stay undercover in the shade. This is easier said than done. Sometimes it is much warmer under the tents than outside in the sun so we have to be careful with this. Swimmers should definitely stay out of the sun, but should get out and walk around every now and then to cool off. Additionally, regular visits to the warm up/cool down pool to stay loose and cool off are a great idea. Just remember no playing in the warm up/cool down pool.
3. Dark mirrored goggles: Swim 2000 will be at the Apple Capital meet for all of your swimmer’s equipment needs. Mirrored dark goggles are a must for successful swims in the sun and glare of most completion pools. These help protect the eyes and decrease stress from an ultra-bright environment.
4. Nutrition: Light fruit, nuts, healthy crackers, pretzel’s, and bagels, along with a small amount of meat or peanut butter are great options! Swimmers should “graze” and not ever really fill up during competitions. The goal is to fuel steadily, without getting full. Many a swimmer who has eaten too much, or the wrong thing has suffered through a race only to “lose their cookies,” at the end.
5. Rest! Swimmers should remain quiet and visit with team mates in between events. Running around should really be limited.
6. Talk to your coach! All swimmers should check in with their group coach or group coach substitute before and after every race. Pre-race reminders and post-race evaluation are critical to a swimmer’s success.
7. This one is for parents: Please resist the urge to coach your kiddos. It can often confuse them and your advice may be contrary to what the coaches are saying! For instance, we may be working stroke counts or some other swim element and your focus as a parent is elsewhere. There is always something good to be found in every race—even if it isn’t a PR. You will gain much more as a parent by supporting your swimmer no matter what, giving them loves, and helping them in every other way above.

### UPCOMING EVENTS!

#### APPLE CAPITAL!

June 3<sup>rd</sup>-5<sup>th</sup>

City Pool, Wenatchee, WA

Request to miss due May 15<sup>th</sup>

#### Team Pictures

June 8<sup>th</sup> 5:00-6:30 PM

City Pool, Wenatchee, WA

#### SWIM A THON SWIM

June 11<sup>th</sup>

Gold/Silver + Sibs 6:00 AM

All Others + Sibs 8:00 AM

City Pool, Wenatchee, WA

#### Missoula Firecracker

June 16<sup>th</sup> -19<sup>th</sup>

Missoula, Montana

Entries Due May 29<sup>th</sup>!

Moses Lake, WA

#### Starlight Open!

July 8<sup>th</sup>-10<sup>th</sup>

City Pool, Wenatchee, WA

I am looking forward to a fast and furious summer! Together we can help our swimmers be the best that they can be over the next few months. Hopefully we will be dancin’ in the streets!!!

Velocity HAA!

## TEAM RAMBLINGS

### NEWS and NOTES

**OFFICIALS! THANK YOU!!!!** Our presence was noticed and needed at this summer's IES Championship in Spokane. Our official crew is bigger and better all of the time. We appreciate you! If you would like to become an IES/USA Swimming certified official, please call Genie Lutz. Our team is known for its diligent and focused work in providing officials at meets both home and away. We are required to provide officials according to our number of athletes at any meet.

**NEW TEAM CAPTAINS!** We have our team captains for the 2016 Long Course and 2016-2017 Short Course season. The executive committee and Coach John met to finalize the applicants last week. Our captains effective at Apple Capital are: Charlie Cutter, Christian Cutter, Kaleb Pringle, and Jessica Wierzbicki. The group will work through Coach C and Team Care to augment our athlete experience. Congrats!

**SPEEDO--official Swim Wear of Velocity Swimming:** Recently, Velocity renewed a relationship with SPEEDO Swim Wear. Our team is supposed to be outfitted in SPEEDO suits, SPEEDO sweats, and SPEEDO bags. When making your purchases, please make sure you are helping us fulfill the terms of our contract with them.

**Preliminary Date for Chelan Slides!** The preliminary date for our annual Chelan Slides team trip will be Friday June 24<sup>th</sup> after the AM Practice. Group rates will be available and we will rent the upper pavilion as well! Always a fun day away from our normal pool experience!

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> This is the #1 tool for day-of and emergency communiques! The phone app is available on several operating systems.

#### **PERSONAL ITEMS:**

Please have your swimmers place all personal belongings in their back-packs and bring onto the pool deck with them during all practices. For the summer, the City Pool staff will be cleaning locker rooms during our practice times and they don't want our swimmers' belongings getting soaked. In addition, this help prevent theft. There are occasionally non-swimming folks entering the locker room.

#### **TEAM SAFETY:**

It is highly recommended that all athletes take USA Swimming Athlete Protection Class on the USA Swimming website. This should be done with a parent. There is also a parent version of this (watch it first). For the summer, it is important that we keep a close eye on our kiddos, especially the little ones. Don't be afraid to identify strangers amongst us during practice. We rent the facility so after a short period of cross-over into our time, there really shouldn't be non-Velocity folks hanging around.

## VELOCITY GROUP GAB

### **COPPER GROUP GAB:**

Hooray! It's summer! Well, almost! We are looking forward to our first long course meet next weekend. We have several swimmers signed up for Apple Capital, and we are excited to see their performance. I have many great memories of swimming in the Apple Capital meet as an age group swimmer, and hope our swimmers will form memories to reflect upon when they are adults. At practice, our seasoned Copper swimmers have been training longer distance to make this transition to long course easier. For those new to the group, we are working on developing each of the four strokes. We want to welcome Ryan and Kathya, who are new to the team! We also welcome Dominick and Reece, who our trying us out!

Thank you parents for your support with helping us develop our awesome team! Go Velocity!

--Coach Kathy

### **Characters of the Month:**

Rebecca Bay, Jordan Hartley, Hank Bergstrom: Outgoing Captain Thank You Award!  
Austin Elwyn & Kelly Tucker: Practice Attendance Extraordinaire!  
Ian Eifert: Stepping It Up a Notch!  
Madeline Sutton: Group Leadership!

**Congratulations and great job!**

## VELOCITY GROUP GAB Continued

## VELOCITY HAA!

**Silver and Gold Group Gab:**

The hard work of the early spring is beginning to show in increased endurance and the effort overall in the Silver and Gold Groups has been noticeable. Some cold days at the City Pool now that we are there, have made for some difficult training—but all-in-all I think it has been really good.

The mantra of the season though still needs to be practice attendance. Please remember that the main way to improve is through regular practice attendance and effort. There is no other way! Swimming does not reap easy rewards; the work must be done.

Many swimmers still don't have the required group equipment. All Gold and Silver swimmers should have a yellow rubber FINIS Monofin, a swimmer snorkel, pull buoy, paddles, and kick board all stored in a mesh bag for easy transportation to and from practice. In addition, all swimmers should have a full water bottle on deck. Paddles should be SPEEDO Power Plus paddles (unless they already have IM Tech,). Not having the proper equipment takes away from practice efficiency, and effectiveness as well as making it difficult to keep the team together.

All Senior Level swimmers should plan on attending Missoula Firecracker. This is the only in-season shot at a prelim/final experience.

--Coach John

**Steel Group Gab:**

Long course season is upon us and I am very excited. For many in the steel group, Apple Capital will be their first long course meet. For those who have swum long course before, I know they will see big time drops. The long course season goes by quickly and it is so fun to be outside and have meets outside. It has been a busy spring with lots of the kids competing in a variety of sports. I know how hard it is to juggle practices, games, etc. and you parents have done a great job. I want to thank you for the efforts you make to get your swimmers to as many practices as possible. Hopefully, with summer coming, things will calm down a bit.

We have been working hard on freestyle along with doing a little on every other stroke during each practice. Snorkels play a big part in working on these things. Again, thank you so much for providing the necessary equipment which really does aid in helping your child to become a better swimmer. Let's have a great Apple Capital. It is so fun as a coach to see all our swimmers and parents working together to host such a great meet and getting to know each other better as a swimming family. Go Velocity!--Coach Carolyn

**Bronze Group Gab:**

I'm super excited about Apple Capital next week and I hope you are as well. You may notice that those who will be 13 or older at IES Champs are entered into the 1500 Free, 400 IM and some in the 200 Fly. Why!?

**Number of kids in events at last year's IES LC Championship:**

Girls 11-14 200 Butterfly - 6 out of 16 (10 open places); Boys 11-14 200 Butterfly - 4 out of 16 (12 open places);

Girls 11-14 400 IM - 13 out of 16 (3 open places); Boys 11-14 400 IM - 12 out of 16 (4 open places);

Girls 13-14 1500 Freestyle - 6 out of 16 (10 open places); Boys 13-14 1500 Freestyle - 7 out of 16 (9 open places)

IES long course scoring is up to 16 places. The 1500 Free and 400 IM are swum only once--so no prelim/finals swims. Additionally, USA Swimming "B" times are all that is required to qualify for the LC Championship. I believe that a many of our swimmers can qualify for this'; and if you qualify--you will be in the top 16 almost guaranteed.

These events are considered difficult and I certainly understand that. One of my goals as a Coach is to send every swimmer to Gold or Silver groups having swum every event there is. It is growth-minded to swim every event! You never know what can happen in a swimmer's career. Swimmers who thought they wouldn't be successful in an event ended up saying the swim was one of their best and favorite events. If anything, perhaps look at it like this: I am asking your children to do a task that they may not enjoy, but that doesn't mean it isn't good for them. Velocity's mission statement is, "to promote the development of life skills through the sport of swimming." Every day as adults at work we are asked to do things we don't enjoy doing, yet we do it because we understand that is what we have to do.

Please encourage your kids in performing these difficult but doable events. I promise that they are ready for them. In one practice we did 5,700 meters! That's almost 4 x 1,500 Freestyles! We also have done plenty of 400 IM and 200 Butterfly swims during practice. I have been preparing our swimmers for these events for almost 2 full months now. Finally, please remember that no matter the outcome to please be supportive. All I can ever ask from your swimmer is that they have a good attitude and try their best every time they step up on the blocks--no matter the event and no matter the circumstance.

--Coach C