



# VS NEWS *speedo*

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

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## The Secret of My (OUR) Success

By Coach John

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### UPCOMING EVENTS!

#### **Mayflower Development**

**TODAY!** Warm Up 1:00 PM  
WHS POOL, Wenatchee, WA

#### **APPLE BLOSSOM**

May 7<sup>th</sup>  
Appleatchee Trail Head 7:15 AM

#### **APPLE CAPITAL!**

June 3-5  
City Pool, Wenatchee, WA  
Request to miss due May 15<sup>th</sup>

#### **Missoula Firecracker**

June 16<sup>th</sup> -19<sup>th</sup>  
Missoula, Montana  
Entries Due May 25<sup>th</sup>!  
Moses Lake, WA

#### **Starlight Open!**

July 8-10  
City Pool, Wenatchee, WA  
Request to miss due June 15<sup>th</sup>

With all due respect to Michael J Fox in the movie, “The Secret of My Success;” Success is often not defined by serendipity, but rather some good hard work and commitment. This is especially true in swimming where conditioning, stroke technique refinement, and mental toughness often come from attendance at, and strong effort during practices. All swimmers of any skill-level, talent gift, or ability, will eventually fail if a fair amount of commitment is not applied.

Often, commitment can be directly related to desire. That desire can be the want or need to be great, to make or place at a certain swim meet, or simply an eye toward a growth mind set. Whatever desire an individual might have, it should spur some kind of action toward achievement.

In swimming; because of the lap after lap and same scenery every day--training may become mundane without a desire and vision toward a certain outcome. It is important that our swimmers have their own desire, vision, and the resulting commitment that should come from them. Swimming is counter-culture these days. It takes time, effort, and it often takes failures to find success. This is not always an easy concept as almost everything we do is done in an instant and is immediately gratifying or satisfying. Want to watch a movie? We no longer have to drive to the theater, video store, or box on a corner store. We can get it on our electronic device right now—anywhere and anytime. Swimming is not that way. Even the great swimmers have to put a great deal of time and effort into their craft. Without it, someone with equal talent that works harder will reap the rewards. Swimming is long term, swimming is lifetime, swimming is hard work and definitely is not immediate. So what does that mean for us all?

Everyone in a swimmers’ life should recognize that what they are doing is not easy. A great deal of patience should be exercised in almost every aspect of a swimmer’s growth. Additionally, coaches, parents, and swimmers alike should recognize that the commitment to swim—and swim well—means spending a great deal of time at and around swimming pools. When I was swimming high school, we had three AM practices per week, 5 PM practices and a Saturday practice. AM practices lasted 90 minutes, and PM practices were 2 hours. Saturday practices were 3 hours! In addition, we lifted weights 3 times per week for 45 minutes. While we often don’t see that amount of time this day and age in many places, you do see it at the upper levels of our sport and most definitely at the intercollegiate level. Division 1 College swimmers spend 20 hours with their team per week—all while maintaining minimum grade requirements in classes. It is the time that it takes to be successful.

Every swimmer should evaluate their personal commitment to swimming and be honest about it. Your coaches have an idea about how many practices or activities that you will need to succeed. Talk to your coaches and communicate your desire. We are here to help. There is no magic wand. Expect that if you want to become a better swimmer that you will need to spend a great deal of time in the water. And always remember, swimming is different, swimming is counter culture--but the rewards of the effort are often many.

## 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.

**COLLEGE BOUND!** Congratulations to our Senior Swimmers who have announced their swimming aspirations in college. Audrey Parrish recently committed to NCAA Division 2 Dixie State in St. George, Utah. Kayli Brown announced she will swim for Division 3 University of Puget Sound in Tacoma, WA. And Jared Vargas has selected Division 1 Arizona State University where he will be coached by Bob Bowman. Congratulations swimmers! We are proud of you.

**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.

**APPLE BLOSSOM ACTIVITIES!** We will begin our Apple Blossom day at the Saddlerock trail head at Appleatchee on Saturday morning, May 7<sup>th</sup>. Please arrive at the trail head by 7:15 AM. Hike begins at 7:30 AM. An alternative hike is available, contact Noelle Grigsby for details. Pancake breakfast at 8:30 AM, Parade Banner organization at 10:30 AM. Parade starts at 11 AM! This is one of our most anticipated activities of the year and a lot of fun!

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

**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.

#### LOCKER ROOM EXPECTATIONS:

**There are to be NO ELECTRONIC DEVICES that have recording capability out or used in the locker rooms.** This includes anything with a camera on it (some newer video game players have cameras). This is a serious issue and is addressed in the USA Swimming Code of Conduct as well as Safe Sport documents. Please help us supervise our locker room behavior and report a problem to a coach as soon as possible.

#### OFFICIALS TRAINING AND SOCIAL: Saturday, April 30<sup>th</sup> 7:00 PM

Official's training and social at Matt and Darcy Bruggman's house. Our team is proud of our officials and we need more! Many hands make light work, so if you are interested in becoming an official, please be at the Mayflower meet and then at the Bruggmans to finalize your initial training. Beverages provided, please bring a snack to share! Inquire at Mayflower meet for more information.

## VELOCITY GROUP GAB

#### COPPER GROUP GAB:

Congratulations Copper swimmers for a successful short course season! Welcome new swimmers, Kathya, Jesus, Isabel, Caroline, Ryan! Welcome back, Amirah! To those that advanced to Steel, congratulations! It will be fun to watch you continue to develop your swimming skills with Coach Carolyn! We have one more short course meet this Saturday, then we change our focus to the long course season. This is always exciting because it means summer is approaching, and we get to spend more time swimming outside.

For those new to swimming, you may have noticed there are terms the coaches mention, but you are not exactly sure what they mean. I interviewed my group today to check our knowledge of the terms, and here are the results: What do the following words mean, as it relates to swimming?

Short course =really short. Long course=really long. Catch=catch up to someone. Breakout=break out of jail. Build=make stuff. Descend=forget to send something. Negative split=do a swim and split it. BB time=Champs time! (Good job, Maddie!) Bilateral breathing=bubbles, bubbles, breathe. Anchor=stops a ship. Official=you finish something. Warm up=getting warm.

There is so much to learn! This is why swimming is so much fun!

--Coach Kathy

#### Characters of the Month:

Braden Dilly: Positive Outlook and Attitude!  
 Emma Reeves: Practice extraordinaire!  
 Rosie Ramos: Practice extraordinaire!  
 Madison Norton: Practice extraordinaire!  
 Haidyn Stroud: Group leadership  
**Congratulations and great job!**

**VELOCITY GROUP GAB Continued****VELOCITY HAA!*****Silver and Gold Group Gab:***

I am so impressed with the Silver and Gold Groups the past two weeks. Coming off of spring break, we have been working really hard. The swimmers are sore and complaining a bit—but still making the valiant effort required for good results.

Goal sheets went out and are being finalized with the Silver Group currently. Gold group will have that same opportunity very soon. Coach John will be setting goal meetings during practices for gold group once the goal sheets are finished.

Coach Joe is working with the Silver Group 3 days per week. The level of attention afforded to both the Gold and Silver group as a result is improved.

Team Captain questionnaires are due by May 22<sup>nd</sup> to a Coach or to Jeff Sutton.

The equipment we ask swimmers in Gold and Silver to have is critical to their success. Swimmers without the proper equipment can often unintentionally disrupt sets and technique of other swimmers. All swimmers in Gold and Silver should have fins, monofin (optional), swimmers snorkel, pull buoy, kickboard, and hand paddles. As we move into the City Pool, there is less equipment available to borrow. Please speak to a coach if you need ideas where to go. Thanks!

—Coach

***Steel Group Gab:***

It is great to be back in the water after spring break. Everyone is excited and eager to get back to work. It is fun to see the changes as several swimmers moved to bronze and we welcomed several copper swimmers into our steel group. I am eager to see our group's progress at the Mayflower meet on Saturday. We have been working a lot on stroke technique. We work on freestyle every practice and then rotate through one of the other strokes as well. Next week we will start adding a bit more distance to get everyone ready for long course. I am looking forward to an exciting summer with our strong 10 and under group. We would love to have a few more boys, so if anyone knows of any 10 and under boys who might be interested, please encourage them to try out our great Velocity family. Thanks to all of you wonderful parents who do so much to get your swimmers to practice every day.

--Coach Carolyn

***Bronze Group Gab:***

Long Course season is upon us! Starting on the week of May 16<sup>th</sup> we will make our transition to the outdoor city pool. I would like to continue reminding parents and swimmers about our expectations for this group and clear up some underlining issues.

First things first, water bottles. Please make sure your children are bringing a large water bottle to practice, the bigger the better (24oz or more). Not bringing water to practice can be very dangerous. Sports drink are ok too. However, I prefer the sports drink to be diluted with water if possible.

Swimmers getting out early. Swimmers may choose to get out 30 minutes later if they are doing other sports or have another reason given to me in advance. Parents must be present for pick-up if this is the case. Our practices are two hours in length and missing 30 minutes of practice should be kept to a minimum as important skills are can be missed. We do have several swimmers currently getting out early, but I have not heard from all of their parents. I am asking that if you are wanting your swimmer to get out early, to please communicate this with me. I am concerned that swimmers are getting out early and then sitting in the lobby. Swimmers waiting for a ride should please wait in the pool area as there is no supervision in the pool lobby.

Our practice schedule will be changing quite a bit starting on May 16<sup>th</sup>. Please get familiar with our Velocity website and calendar page as this will help you with the location and time of practices. Also, try to get the Google calendar on your phone if possible (this is what I do and it helps a TON!) Also check out the age group competition calendar for all upcoming swim meets and plan ahead for any vacations you may be taking. Please try and attend as many meets as you can. In season swim meets are a huge part our training plan. For Mayflower, we only have 50% team attendance (This is a 4-hour long home swim meet). I would like to see more of us taking advantage of these opportunities.

Finally, I would like to point out that Bronze group attendance as a whole is needing some improvement. Currently, on average the Bronze group attends about 50% of the practices offered. The highest attendance percentage for an individual in the group is at about 70%. In retrospect, most of the kids in Bronze have missed about half of practices that we offer. Remember that positive results come from attendance and effort in swimming practice.

--Coach C