



# VS NEWS

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

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## SWIMMING IN A BIGGER POND

By Coach John

### INSIDE THIS ISSUE

- 1 A Bigger Pond
- 1 Upcoming Events
- 2 Team ramblings
- 2 Characters of the Month
- 2 News and Notes
- 3 Group Gab

### UPCOMING EVENTS!

#### **Christmas Open**

December 5<sup>th</sup>-6<sup>th</sup>

EYAC, East Wenatchee

#### **Speedo Junior Nationals**

December 9<sup>th</sup>-13<sup>th</sup>

Austin, TX

#### **Washington Senior State Championship**

December 17<sup>th</sup> -20<sup>th</sup>

KCAC, Federal Way, WA

**Entries due Sun. Nov. 30<sup>th</sup>**

#### **WINTER STORM**

January 8<sup>th</sup> – 11<sup>th</sup>

Whitman College,

Walla Walla, WA

**NOT RECOMMENDED FOR  
WA OPEN PARTICIPANTS**

**Entries due Wed. Dec.23<sup>rd</sup>.**

Over the next 7 weeks, some of our athletes will have the opportunity to swim in some higher level competitions. These include Junior Nationals, the Washington State Senior Championship, and the Washington Open. We currently have 17 swimmers qualified for Senior State, and we should have even more for the Washington Open! These are great opportunities for our athletes to experience what I call, “a bigger pond.”

Our team has come such a long way in every way that we are now struggling to find competition that challenges us within our normal IES schedule. The two meets at KCAC obviously provide a greater benefit for more of our team members. While some of our athletes are challenged at the regular IES Meets, many of our swimmers are now regularly placing in the top 6 at local meets without having to give much effort. I have always thought it is better to be challenged, and even occasionally firmly beaten in order to gain a clear picture of ourselves. When I was coaching High School I wanted my teams to face the toughest competition there was—and we did. At first, we were trounced, but as time went on we began to close the gap. We got better, and then something interesting happened—the rest of our league began to respond to our improvement and the whole league got better. Success does bring more success in my estimation, but occasionally it is a good idea to take stock of where you really stand by heading to the bigger pond.

Our summer league transfers have a good idea what this is about. They have come to the bigger pond by joining us—and they discovered a whole new world. They are doing great, and the bigger pond that we provide is already helping each and every one of them improve. I am excited to see what they can do for the team going forward.

The meets at University of Texas (Junior Nationals) and at KCAC give us a chance to send swimmers to the bigger pond. At the KCAC meets, some of our younger swimmers that qualify get to swim with and be around our older athletes and may actually be on a relay with them. They get to see first-hand what a senior meet is like, swim against some fast swimmers that we don't usually see, and swim in some of the most fantastic facilities in the country. What a great way to learn and improve!

I would encourage all of our swimmers that qualify for these upcoming senior meets to attend. Even if it is only for one event, the experience in the KCAC pool can be invaluable experience for the upcoming championship season. Additionally, knowing that maybe there are other 12 and 13 year olds out there swimming fast too can be an inspiration to increase work ethic and dedication.

It is my hope that we can locate even more meets that can provide our athletes with regular challenges that provide a different picture of what we may see at our local IES meets. I am constantly on the lookout for a better place to go, a better way to do things, and a fresh outlook that can help our team improve even more. It is easy for the big fish in the little pond to think that it is the best. While I would like us to believe that we can be the best, I don't want any of us thinking that they really are. I want us to always be looking beyond to a bigger pond that we have to fight for our lives in. I think we do an excellent job, but I want everyone to know that there is a bigger pond out there. 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 a number of officials according to our number of athletes at any meet.

**USA SWIMMING ACADEMIC ALL AMERICA:** Congratulations to Jessica Wierzbicki for earning the USA Swimming Academic All-American award! This is the first one for the team since the merger.

**SWIM SUIT SIZING!** Dan from Swim 2000 will be at our practices Friday evening Dec. 4<sup>th</sup> at EYAC to size for technical suits, regular suits, and more! He will also be around all weekend for your swimming gear needs!

**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.

#### Helpful Swimming Links:

**USA Swimming:**  
[www.usawimming.org](http://www.usawimming.org)

**Inland Empire Swimming:**  
[www.ieswim.org](http://www.ieswim.org)

**Swim Swam News:**  
[www.swimswam.com](http://www.swimswam.com)

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.

#### VELOCITY HAA!

What does HAA stand for? It stands for **H**igh **A**iming **A**chievers...this is our team motto and is part of our team cheers at swim meets. Our team is awesome!

#### MRA THANKSWIMMING!

We had a great weekend at Moses Lake with several IES Championship, and Regional qualifying times. It was really great to see the improvement that one month of hard work brought to our swimmers. High Point awards were earned by: Lindsay Sutton, Aiden Grigsby, Haidyn Stroud, Haily Payne, Jack Wierzbicki, Connor Elwyn, Gabrielle Davy, and Charlie Cutter. If you are counting that is 8 out of 10 high point awards. It was awesome to hear so many team members earn top 6 finishes in the events as well. Congratulations to all!

## VELOCITY GROUP GAB

#### COPPER GROUP GAB:

We want to welcome Maya Anderson and Abby Brandt to the Copper Group this month. Abby joins her brother, Frank, who has been excited to help her transition from our swim lesson program to the Copper Group.

We have been working hard on all four strokes, and are seeing the progress displayed the swim meets. Swim meets are a fun and exciting way of showcase what we have learned in practice. It is also a way to celebrate the hard work we put in at practice.

We had 11 Copper swimmers participate at the Thankswimming meet, and have nearly every member of the group will be swimming this weekend at the Christmas Open.

We want to thank the parents and the swimmers for their *dedication* and *commitment* to attending practices and meets.

*Dedication and commitment are what transfer dreams into reality! - Author, unknown.* These are just two on many life lessons learned through the sport of swimming!

--Coach Kathy

#### Characters of the Month:

The characters of the month for November are Rae Ann Dressel and Haily Payne. They were recognized by parents of our team for their work and help with our younger or new swimmers. Great job you two! We are proud of our team tradition of helping our younger or newer team mates.

## VELOCITY GROUP GAB Continued

## VELOCITY HAA!

**Silver and Gold Group Gab:**

I have been really impressed with our older swimmers over the past month. I have seen leadership qualities in many of them shining out in different ways. One in particular stood out to me. Rae Ann Dressel was cheering on one of our new team mates at the end of her lane. This new team mate is starting the sport of swimming at the age of 13 and this was only her 2<sup>nd</sup> swim meet. I was pleased to see one of our best 13 & 14 year old swimmers behind her block cheering a new team member—awesome job Rae Ann!

Senior State Championships is coming up and we will be doing a mini-taper for those who are attending. This will involve longer rest periods, faster swimming, and an emphasis on starts and turns. We will be working on both relay starts and regular starts at WHS on Tuesdays the next two weeks.

Coach Joe will be coaching Gold and Silver while I am away at Junior Nationals December 9-12.

All Gold and Silver Swimmers should have snorkels, fins, monofins, and hand paddles as a part of their gear bag. Swimmers without these items miss out on the total training package that I am trying to provide—and that they need to become well-rounded and well-trained athletes. Please consider getting them if they don't have them.

—Coach John

**Bronze Group Gab:**

Congrats to all our swimmers at the Thankswimming Open! We had tons of best times, high point winners and team records broken! I can't wait to see this week's swim meet here at our home pool!

We are proud of Haily Payne who won over one of our young swimmers. The young swimmer's Mom took the time to write an email to us about the impact that she had on our new athlete. We are always glad to get positive feedback about our swimmers from parents of other swimmers!

For a great story about hitting a plateau and how to deal with it, check out: <http://usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=12271&mid=14491>

Just a reminder that ALL Bronze swimmers should have their own fins, and a swimming snorkel. 12 year old swimmers should also have their own hand paddles.

--Coach C

**Steel Group Gab:**

I am so proud of all the steel swimmers who went to the meet in Moses Lake. Every swimmer had several best times.

I was especially proud of Emma Reeves, Alyssa Merrill and Zane Hernke for doing the 500 free. It was a first for Emma and Alyssa and Zane took over a minute off his previous time. I'm looking forward to all the 9-10 year olds doing it at the Christmas meet in Wenatchee.

I want to thank everyone for celebrating my birthday with me. It made me feel much younger to be surrounded by young people. Our hula hoop champions were two steel swimmers. Congratulations to Margaret Eifert and Nate Carmack who could hula hoop forever. Congratulations to the coaches too who gave it their best shot!

I love to see our swimmers involved in other events and it was so fun for me to go and watch Kyle Sutton in his role in Chitty Chitty Bang Bang. He made a wonderful scientist. I would be excited to learn more about all of my swimmers and their outside interests!

Just a reminder that I would like ALL Steel Group swimmers to have their own fins, and a swimming snorkel. The pools often have kick boards and pull buoys so while it is nice to have them, they can often be borrowed at the pool.

--Coach Carolyn