



# VS NEWS

A Newsletter for Velocity Swimming

November, 2013  
Volume 13 Issue 11

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## The Competitive Edge

*By Coach Pringle*

### INSIDE THIS ISSUE

- 1 Competitive Edge
- 1 Upcoming Events
- 2 Team ramblings
- 2 Sept/Oct Swimmers of the Month
- 2 News and Notes

### UPCOMING EVENTS!

**November 15<sup>th</sup>-18<sup>th</sup>**  
**Turkey Trot Meet**  
Cheney, WA EWU  
*All Day*

**December 7<sup>th</sup>-8<sup>th</sup>**  
**Christmas Open**  
Home Meet! EYAC  
*All Day*

**December 19<sup>th</sup>-22<sup>nd</sup>**  
**Washington SR State**  
Federal Way, WA KCAC  
*All Day*

So much of what swimmers do is a mental exercise as much as it is a physical exercise. I often wonder how the great swims that we see our athletes have are achieved. Likewise, I wonder how an unexpected disappointing performance happens.

One thing is clear to me when I do think about this, and that is success comes from an expectation of success, confidence, and passion along with appropriate training and then recreating those conditions over and over again—every meet, every race, every time.

Likewise, we can eliminate disappointing performances by evaluating what happened prior to those performances and working to change negative factors next time. This type of mental evaluation takes some maturity on the part of the swimmer, and a willingness to openly discuss disappointment as much as success with the coach. Recreating success is ultimately far easier than reflecting on disappointment. Disappointment hurts; it doesn't feel good—but the benefit from reflecting on disappointment can be very beneficial.

As a team, I want us always focused on the positive. I can usually find something positive in a race and if swimmers take the time to think about it in the midst of a disappointing race—so can they. Constantly building on the positive will ultimately create that positive outlook that I believe is critical to success. I want our swimmers confident on the block, challenged to do their best and be their best all of the time. Here are a few steps that I think can help with this.

1. Create positive repetition in your warm up routine. If a warm up worked especially well for you, make a note of it and talk to your coach—repeating it and getting similar results will continue to build confidence.
2. Create a pre-race routine that is positive, upbeat, and focuses on everything BUT swimming. While not the most positive of role models, Tiger Woods was quoted as saying that he thinks about everything BUT golf immediately before his shot and then as he steps up to the tee sees the most positive outcome for each shot.
3. Don't pressure yourself. Be positive, and upbeat—and go do your best. Stress tightens you up and tight in swimming doesn't usually equal success.
4. When you swim against that fast foe, dream big and chase them with all your might. You may find you are closer than you think!

## NEWS and NOTES

Please contact [billing@velocity-swimming.com](mailto:billing@velocity-swimming.com) if you have any questions about your bill.

**High School Swimming:** Several of our lady swimmers are swimming for their respective High School teams this fall. Velocity has members on Cashmere, Eastmont, and Wenatchee High School teams competing at the State Meet next weekend. Congratulations to all of you on a great season!

**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.

**HS Boys swim season starts November 18<sup>th</sup>, Get those physicals done and get cleared before the season starts!**

Some apps worth looking into: Deck Pass (USA Swimming), Parent on Deck (Team Unify), Swim Converter (Beachside Coders).

**30 Swimmers will represent Velocity next weekend at EWU in Cheney for the Turkey Trot Open. The meet begins Friday night. Velocity HAA!**

## TEAM RAMBLINGS

**WELCOME TO OUR NEW SWIMMERS AND FAMILIES!** We are here to help. Contact Coach John if you need anything, he will get you pointed in the right direction.

**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 1<sup>st</sup> day of the month. Contact [billing@velocity-swimming.com](mailto:billing@velocity-swimming.com)

**Coach Committee:** We are working on bringing a coach candidate to Wenatchee VERY soon for an in person visit. We are getting closer! Stay tuned.

**Tell your friends!** The best way to advertise our program, team, and family to the community is through your voice. Please talk to your friends about what swimming has done for your kids and family.

**Velocity Gear Order:** Check your team email for brochure, information, and order forms! Contact Shawna Pringle via email at [mrssalsa6@aol.com](mailto:mrssalsa6@aol.com) or text or call at (509) 885-2979 with questions.

**Velocity Gear Fridays:** Please wear your Velocity gear to school or work on Fridays! Help us promote our team in the community.

**Home Swim Meet, Christmas Open!** Our only short course open will be held December 7<sup>th</sup> and 8<sup>th</sup> at EYAC. All hands on deck! We need your help to run this meet. Participation is important to our team! Please sign up your swimmer on the team website as soon as possible. Job sign up will be available soon!

**Quote of the Month:** "Swimming is a confusing sport, because sometimes you do it for fun, and other times you do it to not die. And when I'm swimming, sometimes I'm not sure which one it is."

[Demetri Martin](#)

## SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for *September* and *October* are:

	SEPTEMBER	OCTOBER
BLUE	Hans Nelson	Jesus Villa
TEAL	Margaret Eifert	Zoey Parlet
WHITE	Christian Cutter	Connor Elwyn
BLACK	David Vandersluis	Eythen Wood

Congratulations on your hard work and effort at meets and in practice!