



VS NEWS

A Newsletter for Velocity Swimming, 2014 IES LC Champs!

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No Substitute for Hard Work, Comfortable being Uncomfortable

By Coach Pringle

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UPCOMING EVENTS!

November 21-23

MRA Open,
Moses Lake HS Pool

December 6 & 7

Christmas Open,
EYAC Pool
Required Home
Meet!

December 10-13

USA Swimming
Jr. Nationals
KCAC Pool
Federal Way, WA

Wow, I can't believe it is already November! It feels like we just were done with summer and school started, yet here we are—four weeks from Thanksgiving.

I am pleased with the progress and state of our team. I am so proud to be the Head Coach of Velocity. I wear my team gear with pride on deck, and off. When people see me and ask, it is an opportunity to sing the praises of our staff, our athletes, and our parents. We have become a force in IES when three years ago we were an afterthought. That is in large part due to the collective efforts of all.

To elaborate, a five year strategic plan was put in place and lead by then President Jennifer Marquis. That plan guides our team toward short and long term goals that are slowly and diligently being met. Recently, our first “in the black” budget was passed thanks to the efforts of Past President Jackie Wilt and the rest of the Executive Board. In the three years that I have been here this years’ budget is the first to start off in the black. I think that it’s really good to plan for success—and we have done that in every phase of our program.

Last year, we hired a salaried Assistant Coach who has brought some very good skills and ideas to our coaching staff. This hire is actually a big part of our plans and is an instrumental piece in “Level 2” USA Swimming Team Excellence Program. Just last month, the team was recognized as a “Level 1” USA Swimming Team in the Club Excellence program. If you haven’t seen the new logo in the upper right hand corner of our team’s website, check it out. It is a major source of pride for me as a coach and for our Board. Thanks to Noelle Grigsby for being the driving force behind getting our team the recognition it deserves. Now, we are very close to also achieving the “Level 2” award. Each step of this program provides USA Swimming with documented evidence of the quality in our team’s business practices and water operations. These awards should not be taken lightly. They are a prime example of the dedication of everyone toward the overall success of our team. None of this has been easy; seemingly there has been some sort of hurdle at each step to block our way to success. It hasn’t always been comfortable, and I wouldn’t have it any other way!

I tell our Gold and Silver group swimmers all of the time to, “get comfortable being uncomfortable.” This is a way of letting them know that their success is dependent on them feeling uncomfortable—trying and doing things they think they can’t or know aren’t going to feel very good as a way of stretching limits and improving as a swimmer and as a human being. I like the fact that our parent leaders are setting an example—going beyond what is required, and then reaping the rewards for all of Velocity to be proud of. Thank you all for wanting our team to be an example for all. What’s next?

For me, I am focused on an increasingly successful and growing team. We have swimmers on the verge of National Competition, our numbers are higher than they have ever been this time of the year, and we are a force everywhere we go. I hope we always continue to try and get better, to be comfortable being uncomfortable. Sometimes, my own words remind me that struggle is good. Enjoy your November! Velocity HAA!!!!!!

TEAM RAMBLINGS

NEWS and NOTES

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 and from several coaches for our team efforts at the IES Champs Meet! 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.

Velocity Girls to High School State Competition: Several Velocity Girls will be headed to State Competition on Nov. 14th and 15th in Federal Way at the newly remodeled KCAC. Katie Mock, Kelly Hartman, Jordan Hartley, Jessica Wierzbicki, Isabelle Dressel, Hannah VanHeyningen, Kayli Brown, Tori Peterson, Erin Higley, Kayli Elwyn, and Rebecca Bay will all participate for their teams as of this writing. Congratulations to Isabelle Dressel for earning All-American Consideration status in the 100 Breaststroke!

Velocity Wins at Octoberfest! Velocity started the short course season the way it ended the summer, winning the first official short course meet of the season in Ellensburg. Velocity won the meet for first time ever by beating last year's champion Tri Cities by over 400 points. Brooklyn Dressel, Benjamin Grigsby, Christian Cutter, and Jessica Wierzbicki each earned High Point Awards in their respective Age Groups.

Congratulations to Genie Lutz for being awarded the IES Volunteer of the Year Award. Genie has been instrumental in officiating at most IES meets, but also was the Zone Team Manager for the Age Group Zone Meet this past August. Velocity HAA!

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

We are using remind.com for emergency communications this year. Link up with Coach John for our most urgent team communications (practice changes, emergency notifications etc.) by joining in at <https://www.remind.com/join/velocityal>.

NEW MENTAL TOUGHNESS PROGRAM!

We will begin a new Mental Toughness Training Program for our Bronze, Silver and Gold group members! Beginning on Tuesday, November 18th; the training will take place every Tuesday (except during vacations) from 6:00-6:50 PM at WHS in one of the class rooms by the Athletics Office or in James Elwyn's class room (we'll keep you posted on this through the REMIND system. Participants should make every attempt to make every class as lessons build upon one another and there is no room for review or catch up. The program will be proctored by Velocity Board Member Julie Broxson. Sign up on the team website beginning Monday, November 10th!

VCC SCORES (Virtual Club Championships):

USA Swimming keeps track of club progress and standings through the "Virtual Club Championship" format. Velocity, being a mid-sized club would have a hard time competing with the top teams in the nation, but the VCC, tracked since 2003, is a way to chart team progress over the years. Here are a few things of note by examining the VCC. Check it out at www.usaswimming.org

- 1.) For the first time in Velocity history, Velocity has the #1 VCC score in IES.
- 2.) In 2011, before the coaching change, the team VCC was 60,000 points. This past year it jumped to 89,500 and has increased each season since then.
- 3.) Velocity is the #9 team in Washington State (PNS & IES).
- 4.) Since 2003, the CUDA and WRAC teams combined never had a higher VCC score than Velocity.
- 5.) Velocity is currently the #105 team in the Western Zone and #447 in the USA. These are the highest rankings ever for our team. Velocity HAA!!!!

Velocity Character Awards

The following swimmers have earned 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 one of our swimmers doing it right!

Jamie Hobson and Brooklyn Dressel: Good Teammate Award
 Aiden Grigsby and Margaret Eifert: Clean it Up Award
 Justin Bellinger: Good Sportsmanship Award
 Abby Wilt and Lauren Marquis: Doin' it Right Award
 Marie Brangwin: Team Spirit Award, And Big Time Dropper Award
 Charlotte Eifert: Dedication Award
 Riley Big Bull Lewis: Determination Award