



VS NEWS

A Newsletter for Velocity Swimming

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TEAM?

By Coach Pringle

Perhaps you have heard of the acronym for TEAM; “TOGETHER EVERYONE ACHIEVES MORE.” The more common saying in terms of the word team is; “there is no I in team.” These statements reflect a feeling that the individual is a part of a higher purpose. As I have watched over these first three months as your head coach, I can see our sense of team building—and I am impressed by the level of service that is exhibited in support of our team.

The Very Scary meet afforded the opportunity for new parents to volunteer for the first time, being trained by our veteran families. I saw candy being traded and shared by the swimmers in a cooperative way, and I saw team mates cheering for each other on the pool deck. I also saw older swimmers teaching the new athletes “the ropes,” helping them to write their heat and lane numbers on their arms and teaching them to pay attention and get to the blocks on time for the next race. The group effort last Sunday is indicative of what is needed for our team to succeed in the long term. Each one of us plays a part every day in that success. Your help is needed, it is noticed, and I thank you!

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*Team Apparel is coming!
Check out the web site
or contact Nel Wheeler
or Shawna Pringle by
email with questions.*

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Velocity takes 2nd at Octoberfest

By Velocity Staff

Velocity swimmers earned a second place finish in the first swim meet of the short course season, finishing just 39 points back of the Tri Cities Channel Cats. Overall, 32 swimmers attended the two day meet at the CWU Aquatic Center.

The team was afforded High Point winners from Sierra Hartley (8&U Girls), Jack Wierzbicki (8 & U Boys), Hannah VanHeyningen (9 & 10 Girls), Jessica Wierzbicki (11 & 12 Girls), and Jared Vargas (13 & 14 Boys). Each of these swimmers won multiple first place finishes on their way to scoring the most points during the meet in their age groups.

Also earning first place finishes for Velocity were: Derek Savage in the 50 free for 15 & Over Boys, Jordan Hartley in the 200 yard breast for 11-12 year old girls, and Katya Kazulina in the 50 breast for 8 & under girls. Congratulations team and swimmers!

NEWS and NOTES

Welcome Coach Heath! Kristen Heath has joined Velocity as an assistant coach. She is currently working with Splash group and is substituting in with other groups as necessary. If you see her, please welcome her.

Matt Bruggman and Dan Howell will conduct officials training on an as needed basis. Contact Matt or Coach John for more information.

Team gear is available for order through our team website. Please logon and check out the gear that helps our team look like a team. All swimmers and parents are encouraged to be in team colors at meets! Team apparel representatives are listed on page 1.

Please try to be on time: Coaches are asking that all swimmers please be on time for practice. Once practice starts, late arrivals disrupt the flow of practice and distract other swimmers and coaches from the training taking place. We are aware of regular activities with some families, and these have been approved.

TEAM PIZZA NIGHT! Wednesday, November 30th, at 8 PM at Abby's Pizza. Right after the team teach session to get fired up about our home meet on December 3rd and 4th. Order pizza ahead and mention you are with Velocity.

Jared Vargas set a meet record in the 500 freestyle at the Harvest Invitational on November 5th! In all 16 swimmers attended the meet.

32 swimmers will compete for Velocity in the Turkey Trot November 18-20th at the EWU Aquatic Center in Cheney, WA.

Very Scary and what's next?

By Coach John

The first development meet of the year was held at the WHS pool on Sunday, October 30th. 53 Velocity swimmers competed in the meet, many swimming in a competition setting for the first time. The day was a complete success, with candy handed out for heat winners and best times. The biggest reward was the smiling faces of the swimmers as they showed off their practiced skills.

While I can't mention all of the swims, I thought that a few really stood out. Beth Chvilicek swam all five of her events for the first time and completed them all legally! Ben Madson completed his first 25 Freestyle doing all backstroke--great job Ben! Henry Bergstrom swam his first 100 fly and had a really great swim at 1:05 and Marcus Lolos completed his first 100 IM! These were just a few examples of the progress that the swimmers are showing in the pool.

Swim meets are the best way for your swimmer to know that they are improving! Whether it is getting that stroke right the entire length of the race or improving on their best time, successes can be measured and shown in a very real and positive way.

Our next "home" meet is an invitational-style meet with multiple teams. The "Christmas Invitational" meet is a multiple day affair and it is expected that all Velocity swimmers participate. Let's make this meet the next step in our team development!

UPCOMING EVENTS AND DEADLINES

Turkey Trot

Cheney, WA November 18th - 20th. EWU Aquatic Center

Team Pizza Night @ Abby's Pizza

November 30th 8:00 PM after Team Teach. Details on side bar.

Christmas Invitational **REQUIRED MEET TEAM EFFORT******

Wenatchee, WA at EYAC December 2nd - 4th. Entries Due 11/11.

This is a positive entry meet. Your swimmer will be entered unless you let Coach John know otherwise.

Washington State Senior Championship

December 15th - 18th, Federal Way, WA

Positive Entry Meet for those eligible. Info will come to you.