



VS NEWS

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

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THE ROAD LESS TRAVELED & MAKING A TEAM IMPACT

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UPCOMING EVENTS!

Coach Carolyn's 70th

At her house

Nov. 7th 3:30-7 PM,

Thankswimming Open

November 20th – 22nd

Moses Lake HS Pool

Entries due Sunday, Nov. 8th

Christmas Open

December 5th-6th

EYAC, East Wenatchee

Entries due Sun. Nov. 22nd

Speedo Junior Nationals

December 9th-13th

Austin, TX

Entries due Sun. Nov. 22nd

Washington Senior State Championship

December 17th -20th

KCAC, Federal Way, WA

Entries due Sun. Nov. 30th

By Coach John

Our team has come a long way. We have leaders now; when I first arrived—the team didn't really have that. A solid group of older swimmers has impacted our team in very positive ways. Many of them take the road less traveled. They work hard, compete hard, and have time for our little swimmers whether it is in the form of demonstrating strokes and turns or taking a minute out of practice to do a team cheer, or organizing a Pumpkin Patch visit with the Team Care or a group get together for food and a movie. It is all noted AND appreciated. Our older swimmers should be leaders. I think for the most part they are. This group will set the tone for the team for the next five years. The swimmers are also having a say in team processes—something that is at the core of what USA Swimming is trying to do.

Opportunities to lead...they are really there for our entire team—not just the big kids. I would like all of our swimmers to think of themselves as leaders. Even our youngest kiddos have displayed leadership. So what are the opportunities to lead on our team? They are many! Examples might include: 1.) Making sure the deck is picked up after practice, 2.) Greeting new faces with a smile and a hello at the pool, 3.) helping to install lane lines when needed, 4.) Picking up trash at the pool, 5.) wearing team caps (and suits when they are available) and gear to represent your team and show team pride and look a part of the team, 6.) Encouraging team mates to work hard—or just setting the hard work example by doing so. 7.) Saying no to the pressures of peers as early as middle school—being different and enjoying it. The list can go on but these are just a few leadership possibilities at the pool and beyond. All of these help to develop a team culture of commitment, compassion, and courage. It takes courage to be a swimmer—this isn't an easy sport.

Number 6 above is of great importance to every swimmer's development. Working hard is more than just physical effort. It is being fully present and listening to instructions, paying attention to the details of stroke mechanics, turn technique, and how to have an explosive start and breakout. Swimmers should work equally hard at changing their technique as they do with their physical effort. The mental side of swimming is part of working hard too.

Swimming is the road less traveled because of the toughness of it, because of the tedium that sometimes comes from staring at that black line for two hours. But swimming is also one of the most rewarding sports there is. Relationships I think are really the biggest reward from swimming. They carry through to adulthood and beyond. I remain friends with many of my old team mates from club, high school, and college today. That reward comes from a mutual understanding of a price paid and an appreciation for the talents and gifts that each person brings into a life—into a team. That mutual belonging is what ultimately knits us all together. I think our team has really improved at providing a sense of belonging to our new swimmers and families. It is great to see and fun to watch develop.

Everyone's commitment to inclusion, hard work, and a mutual recognition of the talents each one of us has to bring to the team helps us all to walk that road. I hope you all feel a sense of belonging to the Velocity family! Think about what you can do to be a leader for our team in the pool and out—and, if you can, encourage others to join us and walk our less traveled road.

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.

GIRLS HIGH SCHOOL DISTRICTS:

Several Velocity Swimmers trek to Moses Lake on Saturday (10/31) to represent their High School teams in the girls' high school district meet: Current and former members representing Eastmont are: America Avilez, Gabrielle Davy, and Brooke Tucker; representing Wenatchee are: Rebecca Bay, Kayli Brown, Isabelle Dressel, Charlotte Eifert, Alice Eifert, Kayli Elwyn, Amy Graves, Jordan Hartley, Hadassah Lurbur, Erin Otruba, Audrey Parrish, Victoria Peterson, Abigail Torres, Hannah VanHeyningen, Maya Velasquez, Jessica Wierzbicki and Kailin Wulf.

Helpful Swimming Links:

USA Swimming:
www.usawimming.org

Inland Empire Swimming:
www.ieswim.org

Swim Swam News:
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 20th of the month before you are taking time off! Contact 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!

VERY SCARY OPEN!

The Very Scary Open held at Wenatchee High School pool was a big success thanks to all of our great swimmers, parents, and coaches. Thanks to each of you for your support. We had many best times and our new swimmers showed that they will be a force for us this season. We had 7 swimmers earn high point awards at the meet: Rhown Stroud and Lindsey Sutton tied in 8 & Under girls; Aiden Grigsby, 8 & Under boys; Haily Payne, 11-12 girls; Katya Kazulina and Rae Ann Dressel tied in the 13-14 girls, Connor Elwyn, 13-14 boys; Brooke Tucker, 15-18 girls; and Charlie Cutter, 15-18 boys. Additionally we had several first-time IES Championship qualifiers. Congratulations to all!

Velocity Group Gab

BRONZE GROUP GAB:

What a great way to start out our Short Course season! It was a tough, but fun swim meet! Everyone came away with at least 1 best time, if not more. Our team's Backstroke vastly improved at this meet and the coaches could not be more pleased with that! Backstroke has been our lowest percentage stroke when it comes to the Virtual Club Championships (VCC) scores. Our goal has been to raise our Backstroke VCC score percentage. After this weekend I believe that we have made great progress towards that goal.

A special congrats to: Leif Broxson, Brooklyn Dressel, Austin Elwyn, Benjamin Grigsby, Katya Kazulina and Haily Payne whom had the courage to swim a full slate of events on both days! My favorite quote that I tell the kids quite often is, "Hard Work Works." I hope for this to become a culture. A culture of embraced work and challenge. Because challenges create growth and opportunity.

Reminder: For most of our swimmers we have **4 swim meets left** until Championship swim meets. Get signed up for the Thankswimming Open as soon as possible! Velocity HAA! --Coach C

Characters of the Month:

The characters of the month for October are Sophie Black and Charlie Cutter. They were recognized by parents of our team for their work and help with our younger swimmers. Great job you two! We are proud of our team tradition of helping our younger team mates.

Velocity Group Gab Continued**VELOCITY HAA!****Silver and Gold Group Gab:**

Several of our Gold and Silver swimmers swam their first meet of the season and overall I felt pretty good about where the team is at and progress being made. I saw some really neat stroke changes going on by the IKKOS users. Also; Rae Anne Dressel, Brooke Tucker, and Charlie Cutter each earned high point awards at the meet.

Gold group swimmers should start getting their goals together on paper in order to begin to meet with me and set your practice paces, practice plans, and meet expectations for the remainder of short course season.

The new equipment is here and is being used. If you haven't picked yours up yet, it is available at EYAC!

All swimmers qualified for the Senior State Meet Dec. 17-20 at Federal Way should plan on attending. This is an excellent meet and we have seen some great successes in the past. More experience in this pool is always a good thing!

The Gold and Silver groups should see themselves as the leaders of our team! Effort should always be made at setting an example for our younger and new swimmers. Smile and say hi to new faces, help pick up the pool deck, and don't tolerate negativity or bad behavior—say something! How you conduct yourself is being watched and modeled by our littles! Help them to "Do it Right!"—Coach John

Copper Group Gab:

We want to welcome two new swimmers to the Copper Group this month, Jonathan Reeves and Maya Anderson, and congratulate those that swam at the Scary meet! We had almost 100 % participation at the meet, and nearly 100 % best times in events swum before. Everyone in group tried out new events, and even took on the more challenging events.

We will continue to work on all four strokes as the next meet is coming soon. We would love to see as many Copper swimmers as possible at the Thankswimming meet in Moses Lake even if you can only make it for one day.

If you have any questions about meet entries, let us know. We are available before and after practices for any questions you have for us. —Coach Kathy

Steel Group Gab:

I am so pleased at how well our steel swimmers did at the Very Scary Meet. It was the first USA meet for Atalee Gregg, Emma Reeves, Haley Loewen, and Rami Escure and they did an outstanding job. Most of our experienced swimmers had big time drops in almost every event. Abby Mott swam her first meet in the 11-12 age group and had no problem tackling the 200's. Our 10 and under girls were the darlings of the meet with Jaime Hobson, Haidyn Stroud, Margaret Eifert, Kelly Tucker, Molly Mott, Violet Madson, Haley Loewen and Hailey Gutzwiler making several B times and also many champs times. It's exciting to see such a strong 10 and under contingent of girls. I know we will see great things from them as the season progresses. In the boys division, experienced swimmers Aiden Grigsby and Kyle Sutton had big time drops in every one of their events.

Our group goal was no disqualifications and although we did not quite reach that goal we were amazingly close for our first meet of the season. That will continue to be our goal for the next meet. I am excited to see how many are going to Moses Lake.

Remember: no DQ's = donuts. We will also be shooting for 100% participation at our home meet in December.

I'm glad to see how many of the steel swimmers now have snorkels. We will be doing a lot of work with them. Snorkels are great tools to help develop good body position in the water as well as enabling us to work on stroke corrections. We will be doing a great deal of freestyle with our snorkels before branching out into the other strokes.

I hope you are all as pleased with your swimmers progress as I am. Thank you for the tremendous support you show in bringing your swimmers to practices and giving them positive feedback for their efforts. --Coach Carolyn