



# VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## Transitions, Part of Life and Part of Swimming

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*By Coach John*

Transitions are a part of life, and invariably they are also a part of swimming. With the recent news that Coach C will be leaving us for Swim Mac North Carolina, our team finds itself in the middle of one yet again. We have been here before. It was just about three years ago now when another of our lead group coaches announced she was leaving. It was difficult, but our team came through the process with a new young coach who helped me and our team in ways that perhaps we can't even define. We have been here before, and we made it through, and in my estimation, our team is stronger for it. We will get through this—again.

While transitions aren't easy, they provide us with new opportunities. When our swimmers move from elementary to middle school, and middle to high school, and high school to college they experience transitions. Seemingly we leave a little of ourselves behind through each one of life's transitions—hopefully better off for it in the long run, but obviously changed by the experiences of before.

Everyone may be wondering, “what's in store for us?” Through the doors of the next phase lie the answers and curiosity, excitement, pensiveness, and perhaps a bit of sadness permeates our emotions. The wonderful part of all of this is that we don't have to experience our transitions alone. We have our parents, our families, our friends, teachers, and coaches to help us through these times. That we can share our hearts with those closest to us helps us through the hard part of transitions. And when you're experiencing the hard parts of transitions, don't forget to seek refuge with the people and pieces of your life that are consistent. The water is still wet, you still know how to swim, you still have your parents, your siblings, and your friends. Someone has moved on—and it will be you someday! This just happens to be Coach C's turn—his time to look and move forward.

Coach C's time with Velocity saw our team go from zero IES Championships to 4. Our qualifiers in every championship meet increased, and ALL our swimmers improved. He came to Velocity as the Lead Group Coach of the Steel and left as the Lead Group Coach of the Bronze Group—and oh, so much more. He came to our team as a young coach looking to help and learn, and he leaves having taught all of us something along the way. He leaves as a trusted assistant coach who did all he could to help our team. I will miss him. I think we all will. In our discussions of late Coach C has thanked every coach on our team, the humility and gratefulness I feel in our talks has been, well, a little overwhelming. I am grateful to have had him on our staff—even if it does feel a bit short. He moves forward now in his own transition—like a son or daughter leaving for school—and a friend moving away for a new job. It leaves a mark on us—these transitions. We will all be better for it. So, with that, we will say our goodbyes to Coach C.

The team will be having a get together on Monday, November 7<sup>th</sup> at 6:00 PM at Coach Carolyn's house. It will be a potluck so please be prepared to bring some food. All practices will be canceled that day. Sometimes the swimming must wait!

***GOOD LUCK COACH C! “And we're racing!”***

### UPCOMING EVENTS!

#### **HARVEST OPEN**

November 5<sup>th</sup> & 6<sup>th</sup>  
CWU Aquatic Center,  
Ellensburg  
entries due on Oct. 21<sup>st</sup>

#### **FALL SPLASH**

November 18<sup>th</sup> & 20<sup>th</sup>  
KROC Center, Couer D'Alene  
entries due on Nov. 4<sup>th</sup>

#### **CHRISTMAS OPEN**

December 3<sup>rd</sup> & 4<sup>th</sup>  
East Wenatchee, WA-home  
entries due on Nov. 18<sup>th</sup>

#### **WINTER JUNIOR NAT'S**

December 7<sup>th</sup> – 10<sup>th</sup>  
Texas A&M Aquatic Center  
College Station, TX  
entries due on Nov. 22<sup>nd</sup>

#### **WA SR STATE CHAMPS**

December 15<sup>th</sup>-18<sup>th</sup>  
KCAC, Federal Way  
entries due on Dec. 1<sup>st</sup>

## 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 officials per our number of athletes at any meet.

**SENIOR SWIMMERS!** Please share your desire to attend the Washington Open team travel style or traditional family style with your team captains. We need to gauge interest in the team travel aspect of this meet. Thanks!

**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.

#### Girls HS Swimmers at Districts:

Congratulations and good luck to all our lady swimmers swimming in District Swim Meets in Moses Lake and Pullman this weekend. We are proud of our strong bond with our HS programs and we look forward to seeing our ladies back with Velocity after Districts and/or State competition is over.

#### VELOCITY HAA!

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.

**SHARED BY COACH KATHY: Excerpts from article on USASWIMMING.ORG** (<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1664&mid=6563&ItemId=3529>)

#### WHY SHOULD MY CHILD BE A SWIMMER?

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self-improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.

We realize there are a lot of sports to choose from in the valley, but in my opinion, swimming offers the greatest life-long benefits. Our goal, as coaches, is to keep you excited about swimming for your lifetime!

## VELOCITY GROUP GAB

### COPPER GROUP GAB:

First, we are excited to have 2 new coaches helping our team, Coach Stephanie and Coach Tommy. Second, we, as coaches, want to share some of the amazing (and amazingly fun) things the Copper group swimmers have done over the past few months. Here are a few examples:

- Our strokes are looking more like actual strokes
- We are swimming in the right side of the lane avoiding the head-on collisions
- We have had cannon ball contests
- We have learned team cheers
- Many of us have swam in a meet and have another one soon
- We had a fabulously fun pizza party
- We had an amazing trip to the pumpkin patch.

We are excited to see what adventures we will have in the next few months! We currently have 10 Copper swimmers entered in the Harvest meet, and hope to have nearly 100 % of the group attend the Christmas meet. We will discuss this more as the date approaches.

--Coach Kathy

**Characters of the Month: Congratulations and great job!**  
**These swimmers exemplify team spirit, being a great teammate, growth-mindset, leadership, courage, helpfulness, perseverance, honesty, and more!**  
**Developing these lifelong skills is a source of pride for our team!**

Jaycob Rebel  
Jack Wierzbicki

Nate Carmack  
Haily Payne

Karlyn Kelly

\*All names will be put into a drawing for a Velocity Prize!

**VELOCITY GROUP GAB Continued****VELOCITY HAA!*****Silver and Gold Group Gab:***

Practices have been a little light in terms of attendance lately as most of our group seems to be involved in other activities. To swim at a high level, attendance at practice is crucial for a swimmer's success. A rule of thumb should be at least 5 practices a week plus 2 dryland sessions for most senior swimmers. Hopefully we will see an uptick in our practice attendance over the next few weeks with other activities winding down.

Gold and Silver groups have been working on endurance and power over the past few weeks. As mid-November approaches, we will add more and more speed-type work into our training.

We want to welcome Kalea Bergren to the Silver Group. Kalea has swum summer league with the WRAC and swims for Cashmere HS with Coach Darcy.

Gold and Silver swimmers are expected to have ALL the group required equipment. Swimmers without appropriate equipment alter practice logistics for the entire group. Please help us to maximize the practice results by bringing the appropriate gear every day.

--Coach John

***Steel Group Gab:***

Steel has been working hard on technique in backstroke, breaststroke and butterfly this last month. I have seen tremendous improvement in all strokes. We will gradually start increasing distances and speed work in these strokes provided technique doesn't fall apart. Right now, perfect swimming has been our main goal. As you have probably heard from your swimmers, I am encouraging all steel swimmers to try to get their own snorkel. I told them I thought it was a perfect gift to ask for Christmas. Thanks to all of you who have already ordered them for your swimmers. We will continue to use them more and more. I'm glad to see several steel swimmers signing up for the November meets. Our goal, or course, is to have 100% attendance at our Christmas meet in December. Thanks so much for all your support.

--Coach Carolyn

***Bronze Group Gab:***

As many of you know I will be leaving in November. I honestly never expected to be in this situation. It has always been a dream of mine to work for a national caliber swimming program. I have challenged myself to try and become the best swim coach I can be. Months ago, I saw a job posting for SwimMAC Carolina and thought to myself, "Well I'll never get this job, but it would be pretty cool to talk to some of the coaches down there." Now I find myself in the position to become the next coach at SwimMAC. It is both exciting and saddening. It hits me even more as each day gets closer to my leave date that this is all real and not some dream. I will miss my Velocity family. Thank you for all the great memories and know that I will never forget this great place and the great people.

My goal is to leave these kids in good shape, both physically and mentally. We have begun to add things that I learned while visiting in North Carolina, such as giving each other high fives at the end of difficult sets and getting out like a Champion. I have seen a true change in attitude upon adding this. I want this group of athletes to realize that they can continue expecting greatness out of themselves and others. And that this quest of excellence can be facilitated through each other's support. I consider it as trying to leave apart of myself to this group that I hope will last through their swimming careers. "All you need is a lane and you've got a chance!"

I wish you all the best of luck for the remainder of the season. If you know anything about me, then you know that I will be watching the results of each swimmer in Velocity. I'll be cheering you on from afar and more than likely send Coach John a text of congratulations for all the goals these swimmers are bound to achieve. Have faith in Velocity as I am sure the next coach who will fill my shoes will be a fantastic person and coach. Also, know that swimming is a small world. We may run into each other again one day; you never know!

***And we're racing!***

--Coach C