



VS NEWS

A Newsletter for Velocity Swimming

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What's New?

By Coach Pringle

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New coach, new swimmers, new families, new swim practice times, new look newsletter, and a more integrated and easy to use website. We have a new feel as a result of all of this "newness" that is translating to excitement in the pool and beyond.

Don't forget that I do morning coffees at Starbuck's each Tuesday at 8:00 AM. The next one is in East Wenatchee—Valley Mall Starbucks on October 4th. On October 11th, I will be at the Wenatchee Ave. Starbucks near Wal-Mart, again at 8 AM. I am moving the time later to accommodate those who may be getting kids on the bus. Hope to see you there!

And Coach Carolyn has this to offer! "I am so excited to have the opportunity to be involved in coaching again. I have really missed working with kids. I love their enthusiasm and I think we are off to a great start for an exciting year of swimming. I hope to get to know all the kids and parents soon. Thanks for letting me join this wonderful Velocity family."

Don't forget that Coach John hosts morning coffees at Starbuck's each Tuesday at 8:00 AM. The next one is in East Wenatchee—Valley Mall Starbucks on October 4th!

Velocity Swimmers Shine at Zones

By Velocity Staff

Four Velocity swimmers participated in the Western zone championships this past August. Derek Savage, Hannah Bruggman, Jared Vargas, and Hannah VanHeyningen joined Coach Darcy Bruggman in Fresno, California.

Hannah Bruggman finished second in the 50 freestyle (27.42 seconds) and 100 freestyle (59.99 seconds). She also added one fourth-place (400 medley relay), two fifth-place (400 free relay and 100 butterfly), and two sixth-place finishes (200 free and medley relays). Derek took fourth in the 400 free relay and was of the sixth-place 200 and 400 medley relay teams. Jared placed eighth in four events and ninth in two more. Hannah V. placed 15th in the 50 breaststroke.

Great job swimmers!

NEWS and NOTES

VOLUNTEERS NEEDED! For the Very Scary Meet. Please contact Coach John if you can help on Sunday, October 30th and with preparation before the date.

Coach John attended the PNW Swim Coaches Clinic on Saturday, September 24th.

Coach Carolyn has asked her Splash Group kids to stay until 8:00 PM. More swimming!

Coach John and some of our volunteer officials will attend the Inland Empire House of Delegates meeting on Sunday, October 2nd.

Coach John will attend a "Save Pools, Save Lives" conference in Seattle on October 12th. The conference is put on by USA Swimming.

Team Caps have been ordered and will hopefully arrive soon. The caps will cost \$9.50 each. We did order a few extra if you did not manage to get your name on the order sheet.

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 are encouraged to be in team colors at meets!

Coach Darcy Says..."It is exciting to see so many swimmers in the water for start of short course season! Way to go Velocity swimmers for training and giving the time to do and be your very best in and out of the pool. I am very proud to have the opportunity to be a Velocity coach. Thank you!

GIVE US ONE!

By Coach John

So, as a parent you are asking yourself, "should I have my swimmer go to the meet, or not?" You are thinking to yourself that the meet is in Yakima, it is two days, and that you are feeling overwhelmed with all of the things that you have to get done at home. Well, I am here to say...It's OK!

The coaching staff understands all too well the demands placed on our lives these days as we are parents too! Relax and, "Give us One!" Give us one day at an away meet and that is fine by us as coaches.

You see, swim meets are simply the best way to for our swimmers and our team to test practice progress and growth, and to see how we match up against other teams in the area. We would much rather take the pressure off of you to attend the entire meet and have you attend one day than not attend at all. You will notice more progress out of your swimmer the more they compete in meets, and they will gain confidence in the process.

Attending the whole meet over the entire weekend does have benefits that cannot be overlooked, but we would rather see as many Velocity swimmers at each meet as possible. Hopefully this will take some of the pressure off of you as a parent and we can see some more swimmers at our next away meet. Pick your day, and "Give us One!"

UPCOMING EVENTS AND DEADLINES

Octoberfest

Ellensburg, WA October 8th and 9th at CWU Aquatic Center

Very Scary Development Meet (Entire team encouraged to attend)

Wenatchee, WA October 30th at WHS Pool Entries Due October 6th

Harvest Invitational

Yakima, WA at Lyons Pool November 5th - 6th. Entries Due 10/12

Turkey Trot

Spokane, WA November 18th - 20th. Entries Due 10/26

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

Wenatchee, WA at EYAC December 2nd - 4th. Entries Due 11/9