



VS NEWS

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

September, 2015

Volume 15

Issue 7

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What is IMX and Why Does it Matter?

By Coach John & Coach C

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UPCOMING EVENTS!

Inland Empire House of Delegates Meeting

Sunday, October 11th
Tri-Cities Court Club
Kennewick, WA

Very Scary Open

October 24th – 25th
WHS Pool, Wenatchee
Entries due Sunday, Oct. 11th

Thankswimming Open

November 20th – 22nd
Moses Lake HS Pool
Moses Lake, WA
Entries due Sunday, Nov. 8th

The term IMX is floating around the team and the pool, and I wanted to take a bit of space in this newsletter to explain it. I need to preface this with a few statements of my own philosophy. First, Velocity under my direction, is an IM (Individual Medley) based competitive swimming program. All of our groups swim all four strokes regularly in practice throughout the week. We do this because even at the higher end of our team, we just still don't know fully what progress can be made with a stroke and where that may take a swimmer. In addition, swimming all four strokes develops a complete athlete as each stroke works and focuses on different muscle groups whereas training only one stroke creates a situation of potential over use and increases a swimmer's chance of being injured. Finally, more and more colleges are seeking well rounded and versatile swimmers in order to have line up flexibility against opponents.

Coach C explained the IMX concept very well in an welcome email to his Bronze Group swimmers:

The IMX ranking includes a series of five or six events. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club. The events required for an IMX score are listed below:

9 & Under; 10-year olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11-year olds; 12-year olds: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM
13-18 year olds: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

We believe that the IMX is an important measurement tool as to the actual strength of our team. Along with the USA Swimming VCC (Virtual Club Championship) program, we can evaluate our team's strengths and weaknesses and set overall coaching strategies to focus on specific weaknesses identified by data. We can show a swimmer or parent where the swimmer ranks across a variety of selected geographical areas. Both are powerful tools to help us to guide the team toward a path of excellence. Furthermore, we believe that being an IM based team helps our swimmers to be stronger, more resilient, and growth minded individuals.

You can help the coaches by doing a few things: 1.) Encourage your swimmer to swim everything, even if they feel they aren't good at it. We want all of our swimmers to stay focused on growth and improvement in all aspects of their swimming. 2.) If you know your swimmer has a weakness, ask them if they worked on it in practice. Just a bit of encouragement on our weak areas will help all of our team to improve. 3.) If your swimmer gets DQ's in an off stroke, treat it as an opportunity to learn.

We are off to a great start, and I appreciate the enthusiasm I am seeing in the pool. Keep up the good work! Velocity HAA!!!!!!

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.

EQUIPMENT ORDERS DUE SEPT 30th: The orders for training equipment are due by Wednesday, September 30th. The forms are available online you can just drop them off into the gray box at EYAC. Your account will be billed for the appropriate amount. Ask your group coach which equipment is needed for your child's swim practice. Keep in mind that swimmers without appropriate gear can actually detract from the quality of a practice. In addition, swimmers without gear will lose out on some of the valuable training opportunities that can be made available by being properly outfitted.

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.

VERY SCARY OPEN:

Entry into Very Scary Open is due by Sunday, October 11th at 11:59 PM. If you are having trouble figuring out how to enter, please see your group coach. While this is technically a "home" meet, we will not be doing positive entry into this meet as it was initially to be an away meet on our calendar. Sunday is probably the best event day to enter our newer swimmers. Saturday is heavy on longer 200 swims. Make sure you speak with your group coach about what to enter or ask them to go ahead and enter your swimmer. We are happy to do it!

MISSOULA!

The June meet in Missoula will be a team travel meet where our 11 & Over swimmers may have the option of traveling as a part of a team group. Swimmers will be housed together and coaches along with chaperones will be in charge of the group. Please keep an eye out for more information on this meet. All of our younger swimmers can attend the meet as well—they just need their parents along and must stay with them. There are special awards for 10 & Under swimmers!! This meet is fast and competitive. The host team is coached by former Olympic Gold Medalist backstroker, Dave Berkhoff. The combination of great competition, a great town and the sweet waterpark at the pool combine to make this a great family adventure. Team Care and the coaching staff are working out the bugs and will have more information as it is available.

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!

Velocity Group Gab

BRONZE GROUP GAB: From Coach C

This year I have been focused on helping to create more visible goals for your swimmer. The jump from getting "Champs" cuts to "Regional" cuts is huge. There must be some tangible stepping stones along the way to keep our efforts meaningful. Here is an excerpt of a story about a swimmer who broke a school record and got first place at the swim meet, but didn't get his best time ever:

"...comparing the swim season to a road trip (from east coast) to California. When you're focused on the palm trees and ocean, he said, you miss the natural wonders in Arizona, New Mexico, Kentucky, and all of the other states on the way. Concentrating on the end results limits your ability to "enjoy the ride." I read this response and just kind of sat there, thinking. This was exactly what I had been doing for the past year. I was blinded by the goal of 24.10—the sight of California—and couldn't see what the other parts of the country had to offer. In that moment I realized how silly I was for feeling the way I did. What I accomplished was so awesome. I broke a record and won first-place at conferences as a freshman in college. How many people could say they did that? Not many. Who cares if I was seven hundredths of a second faster in high school? Not me—finally." Full story at: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1&Itemid=10140&mid=14491>

Velocity Group Gab Cont.

VELOCITY HAA!

Silver and Gold Group Gab:

**Both groups have been working hard and have been exposed to the new Ikkos Stroke Training system. While Gold has Ikkos as a part of their normal training, Coach John is trying to get Silver swimmers exposed to it when possible. The system combines visual movement learning with a neuroscience sound combination. A regular dose of Ikkos should help our swimmers strokes improve quicker.

**Don't forget that Silver and Gold swimmers need Long fins, Monofin, Swimmers Snorkel, and Speedo IM Tech hand paddles! This will help our training and make practice more fun too!

**It has been fun to see the HS girls at practice when they are able to make it. In case you missed it, Brooke Tucker, and Gabrielle Davy earned dual meet victories for Eastmont HS against Moses Lake. Wenatchee HS travels to Everett Sept. 23 to swim against State Co-Champion Jackson and 3rd Place Newport. 5 points separated the teams at last year's State Swim Meet. Velocity HAA!

Copper Group Gab:

**The Copper group is off to a great start, and we are excited to see the progress the swimmers have made at the upcoming meet.

**The information about the Very Scary Open can be found at our website, and is scheduled for October 24th and 25th at WHS. We have had several questions about the meet, especially about which events to enter. We suggest you "commit" to the meet at the website, and we will make a decision about the events your swimmer should swim closer to the deadline. Please be sure to let us know if you are not able to attend. Also, if you are only able to swim one day, please list that in the comment section when confirming the event.

**Our group has been working hard on improving our freestyle, backstroke and breaststroke, and will add butterfly to our practices soon!

**Parents, thank you for bringing the swimmers to practice, and swimmers, thank you for coming! We are seeing several of them come to almost every practice!

**As Dory says in movie Finding Nemo, "Just keep swimming, just keep swimming!"

**Sophie Black (Bronze Group) is to be commended for her work with our swimmers this past Saturday! Thank you!!!!

Steel Group Gab:

**It is so exciting to see such a strong steel group in the water at the beginning of our short course season. We have several new swimmers who have joined our already strong group. We are glad to welcome Rami Escure, Atalee Gregg, Haley Loewen, Alyssa Merrill (she actually started last spring but was gone most of the summer), and Emma Reeves.

**We are beginning this season with a lot of work on stroke technique with all of the strokes and gradually building up endurance. I encourage everyone to try to make at least 3 or our 4 practices each week. Several swimmers are making all 4 practices. I know each of you will see tremendous improvement because of this. It is also impressive that some of you are swimming as well as doing another fall sport. I'm so glad that you are fitting swimming into your busy schedules.

**I know several of you have ordered snorkels. I really appreciate that and hope that you can get them soon. I am eager to incorporate snorkel work into our practices but do not want to do so until most of the group have them. If you have any questions about ordering do not hesitate to talk to me.

**Thanks for all the support you give your swimmers and I know we will have a great short course season. Remember to register for the Oct. meet at Wenatchee High School.