



# VS NEWS



Newsletter for Velocity Swimming, 2016 IES LC Champs!

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## What We Learned at the Spokane Coach Clinic

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By Coach John

Back on September 8<sup>th</sup>-10<sup>th</sup>, several of our coaches traveled to Spokane for the USA Swimming Regional Coaches Clinic. Swimmers (and parents), had a weekend off from swimming, but the coaches were fully engrossed in what I consider one of the best clinics I have ever been to (And I have been to many!). It was a good way for several of our coaches to be in the same room, hearing and learning the same things, and be able to discuss what we were hearing.

While we did learn about dryland, nutrition, sleep, stroke mechanics, start and turn best practices, and more, one of the underlying themes was that swimmers, and all athletes really, need to have a growth mindset. The growth mindset is a continuous desire to improve one's self, and performance of the tasks that are needed to do so on a consistent and regular basis. Setting goals: daily, weekly, monthly, short course season, long course season etc. is part of that process. An example of a daily goal would be, "I'm going to work hard on doing every push off correctly." While an example of a season goal might be, I am going to improve my times by a total of 10%. The growth mind set takes these goals one step further—however—"HOW am I going to do that?" needs to be a constant question in the athlete's mind. A growth mind set says, I can't do that, YET! And a growth mind set doesn't get hung up on what others around are up to. If you see your swimmer focused on others—help us to guide them to focus on only themselves.

Another thing that became clearly evident as we were all sitting there together was—"hey, we are doing that!" The funny thing is that it wasn't spoken—but eye contact and a nod were shared regularly as we heard the positive reinforcement of our program from the Coaches at USA Swimming's national office. What a great testament to our wonderful staff!

One of the sessions that I think we felt collectively we can improve on as a team is the effect that rest and proper nutrition and hydration have on performance. The USA Swimming staff identified this area as one that will drastically impact swimming performance—both positively and negatively. The message was, "Eat correctly, stay hydrated (look at your pee color!), and get at least 8 hours of sleep each night (preferably a little more even) and swimmers will reap the benefits of those positive practices. I personally like Coach Atiba's saying, "Food effects mood!" I have been personally inspired by this and have been watching what I eat way more than usual. Hopefully our swimmers will do this too! I will be sharing some links later in this newsletter that can help parents help their swimmers in this part of training that can, and often does, get overlooked.

The coaching staff is appreciative of the investment that the team put into us over this weekend. I can tell you that it was worthwhile for all of us, and I know that we will see the effects on our coaching as we move further into our season.

Thank you Velocity for sending your coaches away for a weekend!

### UPCOMING EVENTS!

#### **Inland Empire HOD**

Moses Lake, WA  
October 7<sup>th</sup> Team Devlpnt.  
October 8<sup>th</sup> HOD Meetings

#### **VERY SCARY OPEN**

Wenatchee, WA WHS  
October 21 & 22

*\*Team Members will be automatically entered in this meet by coaching staff. If your swimmer cannot attend, please email Coach John.*

#### **CAST FALL SPLASH**

Coeur D'Alene, ID  
November 17-19  
*Entries due Monday, Oct. 30<sup>th</sup>*

#### **CHRISTMAS OPEN**

East Wenatchee, WA EYAC  
December 2<sup>nd</sup> and 3<sup>rd</sup>

*\*Team Members will be automatically entered in this meet by coaching staff. If your swimmer cannot attend, please email Coach John.*

## TEAM RAMBLINGS

### NEWS and NOTES

**TEAM CAPTAINS AND JR CAPTAINS:** *This year's team captains are: Charlie Cutter, Christian Cutter, and Hannah VanHeyningen. Junior Captains are: Benjamin Grigsby, Jamie Hobson, Abby Mott, and Kyle Sutton.*

**No Practices:** There will be no practice on Saturday, October 21<sup>st</sup> due to our home swim meet!

**FALL HOD:** Velocity is a member of Inland Empire Swimming, called an LSC in USA Swimming language—or "Local Swimming Committee." The bi-annual meeting of the team's and Board of IES will meet next weekend 10/7 and 10/8 at Moses Lake High School. Velocity takes pride in and foster leadership in our LSC with two voting members on the Board, Coach John and Christian Cutter. Dave Cutter also serves as Sanctions Chair—a non-voting position—but very important!

**Become an Official!** Part of the fun of our sport is the ability for parents to become volunteer officials! Please speak with Genie Lutz, Larry Dressel, or Jeff Sutton if you are interested in becoming more involved with the swim meet operation.

**VERY SCARY?** Our next swim meet is at home at WHS on October 21 & 22. This meet is required for all team members. Excused absences can be obtained by emailing Coach John with a reason for missing the meet. Swimmers will be automatically entered by the coaching staff without an email to Coach John. This is a great way for our new swimmers to learn Swim Meet 101 in a familiar setting.

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.

### PRESIDENT MADSON VISITS COLORADO SPRINGS!

Team President Brant Madson was recently afforded an opportunity to visit the Olympic Training Center in Colorado Springs for a "Team President's Consortium" put on by USA Swimming. The consortium was by invitation only based on team factors such as Club VCC scores (Virtual Club Championship), swimmers attending USA Swimming Championships, and our team's Level 3 Team Excellence Medal.

President Madson was very pleased with his visit and came away with some great ideas to help our team to continue its tradition of excellence in every aspect of our operation.

It should be noted that the invitation by USA Swimming is an extreme honor and that the team's progress over the past 6 years has created opportunities like this for us. In the past 6 years, Velocity has become a model "small-town" program, that others are looking to for leadership and guidance. It is a testament to our past and present board members, coaches, athletes and parents that we were honored with this invitation. Thank you everyone for your continued commitment to keeping our team great—now, how can we get better still?

### VELOCITY GROUP GAB & BLAB

#### COPPER GROUP GAB & BLAB:

We want to welcome the following Copper swimmers as they try out the team: **Jackson, Bennett, Edekiell, Olivia, Lucille, Isabel, Brooke, Aurelia, Joseph, Natalie and Lyra!**

A big thank you to returning Velocity families and swimmers who have helped welcome these new swimmers to the team. We know as new families (and even returning) you might have lots of questions. We are available after practice to help you better understand swimming and Velocity.

Our first meet of the season is approaching soon. This meet is the Very Scary meet on 10/21 and 10/22 here in Wenatchee, and entries are due 10/12. As the deadline nears, we will try to catch up with each new parent and swimmer to answer questions about meet participation and entries. We realize fall is a busy time. If you are not able to commit for the full weekend, we would love to have your swimmer swim for one of the days. Even though the meet is called the *Very Scary* meet, we think you will find it to be a *Very Fun* meet.

There are many great swimming websites we can direct you to to learn more about the sport. One you might find interesting is SwimSwam.com. They recently posted an informative article titled "First Swim Meet 101-A Parent's Version", with a link to A Swimmer's Version. <https://swimswam.com/first-swim-meet-101-the-swimmers-version/>

#### 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!*

Lindsay Sutton— Bringin "It" on Race Day.

Rami Escure—"Calm, cool and collected."

Tage Madson, Jack Wierzbicki, Riley Big-Bull Lewis, Zane Hernke, Aidan Ringle plus one more that Coach Kathy can't remember—"Helping Copper feel Awesome during relays!"

## VELOCITY GROUP GAB &amp; BLAB Continued...

## VELOCITY HAA!

**Silver and Gold Group Gab and Blab:**

Christian Cutter was able to go to the USA Swimming convention in Dallas, TX two weeks ago. He was “amazed” by how much there is to USA Swimming. It is wonderful to see our athletes becoming leaders for their team, but also for our LSC and for USA Swimming. I hope that we can get more opportunities like this!

Riley Big Bull Lewis had a harrowing experience in July when his canoe tipped over with one of his adult leaders, on a trip to Stehekin on Lake Chelan. An article in the Wenatchee World mentioned that Riley swims for Velocity and he was able to help kick the capsized boat to shore.

Congratulations to the Girls’ HS swimmers on our team who have qualified for the State meet so far, and to Eastmont HS for their big victory over Moses Lake!

Dryland for Gold and Silver is taking place on Tuesdays and Thursdays at WHS at 7 PM before we get in the water. Swimmers should bring PE clothes, a water bottle and their own mat if they don’t want to use the public ones at the pool.

I am impressed at the work ethic I am seeing and am happy to see the HS girls swimmers visit me from time-to-time. Welcome back Evan Vandersluis!

--Coach John

**Steel Group Gab and Blab:**

I am so excited for so many new faces in steel. What a great start to short course season with the sprint meet. Maddie and Lindsay Sutton for taking 1st and 2nd in their age groups. Let's make it a goal this month that we are staying hydrated.

Swimmer of the Month Lindsay for giving 100% on race day

--Coach Steph

Steel is now our largest group of swimmers on the team, I want you to know that you all are the building block of the future of swimming in the Wenatchee Valley! It is great to see representation from Leavenworth, Quincy, Cashmere, East Wenatchee, and Wenatchee! We are truly the Valley’s team—and beyond! Thank you to the parents who get the kiddos to practice regularly! Please remember that the number one factor in swimmer’s performance is REST! Make sure your Steel swimmer is getting a good amount of sleep! Weekend naps should be a rule and not an exception.

--Coach John

**Bronze Group Gab and Blab:**

Velocity brought out the **big guns** for the Moses Lake **Shootout**, lol! We had some best times and with the kick board and t-shirt relays, everyone had a good time too! Keep up the hard work as we continue to pump up the volume!

Rami Escure is my character of the month. He had some great swims and kept his cool during a lot fast swimming during the 50 free shootout. Congrats, Rami, keep it up!

--Coach Atiba

### Recipe – Chocolate Spread-No, this Chocolate Spread is not Nutella, but it’s just as good and far healthier!

**Ingredients:** 125g hazelnuts, 3 tbsp raw cacao, 6-8 tbsp maple syrup, ½ tsp vanilla powder, 2 tbsp coconut oil, 1 tbsp cacao butter, 6 tbsp coconut milk, 1 tbsp nut butter.

**Method:**

1. Roast the nuts on a dry pan.
2. Grind the nuts in a food processor or coffee grinder until flour.
3. Mix all the ingredients in a blender or food processor until smooth.
4. Add more maple syrup to taste if necessary.
5. Put in the fridge.

