



VS NEWS

A Newsletter for Velocity Swimming

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Swimming at Altitude, AG Zones 2012

By Coach Pringle

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The 2012 Age Group Western Zone Championships was held at Grand Junction Colorado's Mesa State University Aquatic Center at an approximate altitude of 4,800 feet. Never mind breathing if you are just a normal person, but swimming there was tantamount to breathing through a straw!

Velocity sent three swimmers with the Inland Empire staff to this year's meet which was eventually won by Colorado swimming (No home pool advantage there at all right?). Connor Elwyn, Jordan Hartley, and Jessica Wierzbicki wore the red, white, and blue IES colors proudly and represented us well on the trip with their efforts as well as their character.

The coaching staff of me, Amy Hinze of YAC, and Jerry Johnston of MRA were pleased with the overall performance of our IES group. Several finals swims and some gutsy relay performances helped our small team to at least a presence at this high profile meet featuring the top age group swimmers from 17 states. It is extremely tough to qualify at this meet, let alone place in the top 16. Our results are below: !!! indicates finals # indicates best time.

ANNUAL TEAM

MEETING: THIS SUNDAY September 23rd at Eastmont Junior High School 4 PM. Check your emails for your pot luck responsibility! Thanks Coach Darcy for getting the building!

Connor Elwyn:	100 Back 1:24.41 10 th Place 100 Fly 1:26.44 13 th Place 200 Free 2:53.07 23 rd Place # 50 Back :38.67 8 th Place!!! #
Jordan Hartley:	100 Breast 1:21.38 5 th Place!!! 400 Free 5:07.42 17 th Place 50 Fly :35.06 34 th Place 200 IM 2:48.21 29 th Place 50 Breast :38.74 13 th Place 200 Free 2:29.86 26 th Place
Jessica Wierzbicki	100 Back 1:17.95 25 th Place # 100 Breast 1:25.36 13 th Place # 50 Fly :31.86 12 th Place # 100 Fly 1:14.77 20 th Place 50 Breast :38.72 12 th Place # 50 Back :35.38 24 th Place #

TEAM RAMBLINGS & Other News

NEWS and NOTES

USA Swimming "Deck Pass" is a new application that is fun and motivational for swimmers. Several of our swimmers are deck pass users and those who are on deck were issued their first award from Coach Pringle this weekend.

Team captains were selected by Coach Pringle for the 2012-2013 season. They are: Jared Vargas, Henry Bergstrom, Adrian Marquis, and Torri Peterson. Team captains provide team care and support as well as make a monthly report to our Board,

Upcoming Meets:

10/20-21 Octoberfest, CWU Pool

10/28 Very Scary WHS Pool

Coach John and Coach Anne attended the ASCA World Clinic in Las Vegas, NV September 3-9. Many of the World's top swim coaches were there and both of us came away with some great new ideas for our team. Ask your Black group swimmer about V-Sit Sculling, or ask to see your White group swimmer's notebook. These are just two of the things that were brought back with us!

WE NEED OFFICIALS! Many of our officials are working way too much to fulfill our commitment at away meets. We are responsible to provide officials at a ratio commensurate with our participation numbers in a meet. It is easy to start the process to officiate at swim meets. Matt Bruggman and Dan Howell will be more than happy to train you. Contact Coach John if you are interested in learning more!

Group Changes: Criteria for all groups and moving up has changed. Most groups are now associated with particular age groups with a time standard and swim set component for advancement to the next group. Some athletes have been "grandfathered" in to their current group. It will take a bit for all of the groups to look exactly like they should.

Octoberfest: Meet entries are due October 3rd for the Octoberfest Meet in Ellensburg at the CWU Aquatic Center. The meet is October 20th and 21st.

New Families: Please be proactive in seeking out and introducing yourself to new team members and their families. We pride ourselves on being a welcoming and inclusive group. We are stronger because each of us cares about growing our team and fostering the positive atmosphere that we all enjoy.

Swim Caps: Coach John has team swim caps for sale. \$12 each. If you ordered a personalized cap, those are also available.

Car Window Stickers: Car window stickers are available through Coach John and are \$10. A great way to advertise your team membership and pride! Thank you Camilla Rose for your donation to the team!

Membership Drive: We will be hosting a membership drive the next two Fridays (September 21st, and 28th). We can use a few knowledgeable parents to help us with greeting people and pointing them in the right direction. Contact Coach John if you can assist!

Scholarships: We received a \$2100 grant for the purpose of scholarships. We currently have awarded one of potentially four scholarships for 2012-2013. If you know of someone who isn't swimming because they can't afford it, please put them in touch with Coach John for a scholarship application packet.

Very Scary Developmental: All of our team should participate in the Very Scary meet at WHS, Sunday, October 28th at Noon. Warm up will be at 11 AM. This is a low key fun way to get to know everyone. Sign Ups will be on team website soon! Talk to your group coach if you have questions!

SWIMMERS OF THE MONTH (SOM)

Coach John has announced that Jessica Wierzbicki was selected as the August Swimmer of the Month representing Black Group. Jessica swam 5 best times out of six at the Western Zone Championships meet at altitude! Outstanding!

Group SOM's were:

Splash: Emma and Olivia Knott

Teal: Grace Neace

White: Connor Elwyn

Black: Jessica Wierzbicki