



VS NEWS

A Newsletter for Velocity Swimming

September, 2013
Volume 13 Issue 9

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Short Course Season is Here!

By Coach Pringle

The Short Course season is upon us and we will start swim meets very soon. We have three weeks to get ready for the Octoberfest swim meet in Ellensburg on October 19th and 20th at the CWU Aquatic Center. The fall is a busy time with the start of school, bible studies, homework, and preparing for the Harvest and subsequent holidays of Thanksgiving and the Christmas/Holiday season. Not to mention swimming!

It is important that athletes take care of themselves because the many different activities can lead to stress which in turn can lead to illness. Talk with your swimmers about healthy choices, staying hydrated, eating right, and getting proper rest each night. This is the tough part!

I understand that our pool availability is not ideal for anyone. That said, it is what we have and I continue to search for ways to get into earlier time slots. Because many of our groups end at 8:30 or 9 PM at night, some strategies are important to maximize rest time at home. First, consider getting your kids into pajamas at the pool so they can get right to bed when they get home. Second, our older swimmers need to get their homework done between the end of school and the start of swimming; that way they can get home and get to bed relatively soon after practice. Additionally, consider giving your child one night away from practice each week, especially if they are in White or Black groups. Studies have shown that the daily stresses of living, going to school, swimming, and other activities is cumulative and managing the level of that stress can assist with better performance in practices and at meets.

I am constantly evaluating our pool time and where we offer specific group training. I have heard the concerns made over the switch in days for the Teal Group and we will be working on a solution that corresponds with some of the goals in our strategic plan. Unfortunately, we are at the whim of pool space offered by WHS and EYAC during the fall, winter, and spring. And this complicates the solutions that we may have.

For those of you who are new to our team, short course season runs from September to March and is swum indoors in pools that are 25 yards in length. Long Course season is primarily outdoors and swum in the longer Olympic-course pools that are 50 meters in length. A premium is placed on turns and underwater work off of the walls during short course season. Those swimmers with faster turns and better under water work typically fare much better in the shorter pools. Let's have a great year together! Velocity HAA!

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UPCOMING EVENTS!

October 13th

Inland Empire House
of Delegates Meeting

Moses Lake HS 8:30 AM

October 19th & 20th

Octoberfest Open

CWU Pool, Ellensburg

All Day

October 26th

Very Scary Meet

WHS Pool 4-8:30 PM

October 26th

Abby's Pizza Party

Wenatchee Side

8:30 PM

NEWS and NOTES

Don't forget that ALL Velocity swimmers both old and new must register on-line prior to Tuesday, October 1st! Swimmers will not be allowed to be in the water if the registration process is incomplete. Please contact billing@velocity-swimming.com if you have any questions.

High School Swimming

Several of our lady swimmers are swimming for their respective High School teams this fall. Velocity has members on Cashmere, Eastmont, and Wenatchee High School teams. Wenatchee seems to be the dominant team in the Big 9 conference and Eastmont is much improved over last season showing their ability in some early season victories.

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you! We have received kudos from the IES Officials Chair for our team efforts!

There are many ways to help out our team but maybe the most important way is to become an IES/USA Swimming certified official. Contact Matt Bruggman if you are interested in starting this process! Our team is becoming known for its diligent and focused work in providing officials at meets both home and away. In fact, we are required to provide a number of officials commensurate with our number of athletes at any meet.

Very Scary Meet: If you can donate a bag of candy for heat winners at the very scary meet, please let Coach John know soon!

TEAM RAMBLINGS

AVOID CHARGES!!! All team members need to inform billing if you will be taking time off. This needs to be done at least 5 days before the 1st day of the month. Contact billing@velocity-swimming.com

Coach Committee Meeting: The team's coaching committee has met to discuss the hiring process for our new assistant coach. We will be conducting a nation-wide search for this position. *If you have suggestions on qualities to look for in our new assistant, please speak with Coach John.*

What is HOD? The Fall IES HOD meeting is on the calendar this month and I hear many people often ask, "What is HOD?" HOD stands for "House of Delegates" and it is the primary meeting for the business of the Inland Empire Swimming "LSC" or "Local Swimming Committee." USA swimming is broken up into many LSC's that maintain the business of swimming in a local geographic area. At these meetings, decisions are made on meet schedule, Zone and National swimming support for our local athletes, officials business and much more. Our team is well represented at the LSC level. Coach John is the Administrative Vice Chair, John Bergstrom is the treasurer, and Dave Cutter is the Meet Sanctions Chair. In addition, one of our Executive members goes as our team vote in the process.

Tell your friends! The best way to advertise our program, team, and family to the community is through your voice. Please talk to your friends about what swimming has done for your kids and family.

Velocity Gear Fridays: Please wear your Velocity gear to school or work on Fridays! Help us promote our team in the community.

Still the Quote of the Month: "The price of excellence is discipline. The cost of mediocrity is disappointment." --William Arthur Ward (tweeted by Coach Bob Bowman).

SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for August are **ALL** of our Zone Championship athletes! Congratulations! Zones is a high-level competition encompassing 13 states and 17 LSC's

AGE GROUP ZONES

Andreas Broxson
 Braden Dilly
 Isabelle Dressel
 Connor Elwyn
 Jordan Hartley
 Sierra Hartley
 Tage Madson
 Hannah VanHeyningen
 Jessica Wierzbicki

SENIOR ZONES

Hannah Bruggman
 Kelly Hartman
 Rachel Wilt