



VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

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Swim Year, Practice Development, and Skills

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UPCOMING EVENTS!

Sunday, October 14th
Inland Empire
LSC House of Delegates
@ Moses Lake HS

November 3rd & 4th
Very Scary Open
*****HOME MEET*****
@ WHS POOL
****REQUIRED TEAM MEET****
Coaches will enter your swimmer unless you email Coach John by required deadline of October 3rd.

November 17th-18th
MRA Thankswimming
@Moses Lake HS Pool
Entry deadline Noon Fri 11/2

By Coach John

The swim year is broken into two full seasons; short course in the Fall, Winter, and early spring, and long course in the late spring and summer. Short course practices are at our two indoor pools and long course season begins at indoor pools and moves outdoors for some in mid-May, and for the rest when school is out. The best time for families to take vacations depends a bit on Age Group and ability, but a good rule of thumb is Winter break, Spring Break, and the month of August after your swimmer's last Championship swim meet. Vacations out of these time frames make it difficult for swimmers get full benefit of training, and some age groups are affected more by a break from these traditional breaks than others. Last month we provided a swim meet improvement pathway for Age Group and Senior level swimmers. This month we will look at what each group is focused on. It is important to note that Velocity is an Individual Medley based program. This means we work on all four strokes throughout the year and the swimmer's total swim club experience.

Copper Group: Copper is almost always working on strokes. Endurance comes from fast kick sets where we ask them to, "breathe heavy." Asking them to swim much more than a 25 allows swimming technique to wain and fall apart. This is not good for a developing swimmer. As the season progresses we may have them swim longer sets, but these are typically preformed slow, so strokes don't fall apart. Copper group works on starts at WHS on selected Tuesdays and Thursdays and turn work is done on a weekly basis.

Steel Group: Steel is a 50/50 mix of stroke development and aerobic swimming with some fast swimming thrown in. Steel group works on starts on Friday nights while at WHS. Steel swimmers need to be careful about keeping their strokes together but need more fast swimming efforts to develop aerobic capacity. Keeping strokes together is maintained by kicking in between the periods of faster swimming to give arms a rest. Steel is always working on perfecting all four strokes, the associated turns, and learning how to work hard. There is no need to "rest" for meets because swimmers typically in this group are especially suited to swim long and recover quickly.

Bronze Group: Bronze group is a transition group learning how to interval train, while continuing stroke development. Bronze Group works on starts on Fridays when at WHS. Bronze Group is beginning to train harder, learning interval training and how to vary practice speeds to obtain desired results. Stroke development is still an emphasis as this group has bodies that change rapidly.

Senior Group: The Senior group is now at a point where training can be specialized, and choices may be made about event preferences. We still need to be cautious about not restricting these swimmers because you never know what might happen at college (example, Coach John went to college as a distance swimmer and ended up with a National "B" cut in the 200 Breast). Having an overall feel for all strokes remains important. The Senior Group Season is broken into three different seasons instead of two. Swimmers prepare for peak performances in December (Winter Juniors or WA Senior State (*continued on page 3*)

NEWS and NOTES

VELOCITY HAA!

You've heard it shouted at swim meets and practices, but just what is HAA anyway?

HAA is an attitude that we want all our swimmers to carry with them from their experience with us. It is the notion that we are High Aiming Achievers in all that we do.

Marketing!

Getting the word out about our team and the awesome things that happen with our kids is important! Please when you see a post on Facebook, please comment on it, then share the post to your own page. This helps keep the team out there in the social networking world. Also, consider wearing Velocity gear to school or work on Fridays to show our spirit. Coach John has car window stickers for \$6 to let everyone know your car is a swim Limo! Finally, talk to your friends and tell them about our awesome team.

LEAD GROUP COACHES:

Copper: John Pringle
Steel: Carolyn Petersen
Bronze: Trent Grigsby (interim)
Senior Group: John Pringle
Your Lead Group Coach should be your PRIMARY contact for matters related to your child's swimming! Please contact them first with questions, issues or concerns.

GROUP ASSISTANT COACHES:

Copper: Sarah Barnes, Celine Vargas
Steel: Celine Vargas, Sarah Barnes
Bronze: Rachel Blyth, Trent Grigsby.
Senior Group: Carolyn Petersen, Rachel Blyth.
**Check Out Coach Bios on the team website!

TEAM RAMBLINGS

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.

USA SWIMMING LINKS:

Age Group Time Standards: <https://www.usaswimming.org/Home/times/time-standards>

Safe Sport: <https://www.usaswimming.org/resources-home/resource-programs-services>

COACHING CHANGES

The coaching staff is committed to providing a safe and educational environment for your swimmer! If you have a concern, please talk with your Lead Group Coach first. If a solution can't be reached, then please contact Coach John. Thank you! It is important that the Lead Group Coach has an opportunity to solve your issues with you first. This is a professional consideration based on a mutual respect that we hope to always foster on our team.

The Bronze Group is now being coached by committee, with Coach Trent, Coach Rachel, and me taking on most of the coaching in Bronze. This may be different time to time, but beginning next week, Coach John will begin to write almost all practices for Bronze to ensure some consistency until we can locate a new coach. This may take some time! A national search has begun, and we will attempt to find an excellent Head Age Group Coach for our team.

We are currently looking for one or two part-time assistant coaches to help ensure adequate coverage for our groups. If you know of anyone that would like to be a part of our team, please refer them to Coach John.

Steel Group Gab and Blab:

Way to go Steel group! I have been pushing the group with developing strokes and strengthen foundational swimming, so we can build upon those skills throughout the season! And they have continuously met the challenge of kick sets and streamline work! We could already see the improvements at the recent meet in Moses Lake! Well done swimmers who attended. We have a local meet coming up in early November, Very Scary! A perfect opportunity to try new events! Cannot wait to see across the board improvements.

I am so proud of this group for welcoming me with open arms last month during the transition phase. I am so excited to work with this group-such hard workers and fun spirits! Please reach out to me with any questions throughout the year concerning your swimmer. Finally, Welcome Haley Mast to the team and group!

--Coach Carolyn

Group Swimmers of the Month!

Copper: Lydia Craig, listening and applying new skills!

Steel: Stone Musson, respectful to team and coaches, and hard work!

Bronze: Elora Neer, perseverance and clutch performance!

Senior: Ian Walsh, hard work and dedication-transforming himself as a swimmer!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Main Story Continued from page 1:

The spring is a little more difficult because we have some swimmers who prepare only for Champs, while others have a larger goal of Senior Sectionals. The meets are about two weekends apart which means different practices for two different sets of swimmers. The summer is straightforward with only the end of the season where there may be three different sets of practices needed to accommodate Champs, Senior Zones, and either Futures or Summer Junior Championships. The bottom line for this group is preparing to swim fast at the bigger meets. Dryland activity is a regular part of this group.

Senior Group Gab and Blab:

The Senior Group swimmers performed well, and it was great to see a couple of the High School Girls show up and swim with us. Christian Cutter won the Shootout for the 15-19 boys. Ian Walsh had an excellent meet! Christian is off this week in Jacksonville, Florida at the USA Swimming Convention as a voting member to the H.O.D. Christian represents all IES Athletes at this important USA Swimming event. Congrats to all of our EHS and WHS girls for outstanding performances so far this High School season!

--Coach John

Bronze Group Gab and Blab:

It was great to see so many of the Bronze Swimmers at the MRA Sprint Shootout! Congratulations to Lindsay Sutton on winning the Shootout! She dropped below the 30 second mark in the 50 free for the first time. Great job! There were some great performances and fast times made at the meet by many.

I know that change is difficult, and this group has seemingly had its share over the past two years. I think that this group is learning how to be resilient. I am impressed by their enthusiasm for the sport and how they have been approaching practice. Please keep encouraging your swimmer by empowering them with their effort. They have it in their power to do great things no matter who is coaching them, it really is about the hard work that they are willing to do. Breathe heavy at the pool every day!

--Coach John

Copper Group Gab and Blab:

Greetings from the Copper Group!

Welcome to our new Copper Swimmers Avery Hughes, Parker Brizendine, and Joss Branthwaite! We are excited to see you and your already obvious improvement in the pool. Keep up the good work!

Copper group has been working on their strokes and turns and have also been spending some time on the starting blocks at WHS. It is great to see many of them going off the block!

Congratulations to Lydia Craig for finishing all her races at the Sprint Shootout without a DQ! Lots of time improvement too. Awesome job!

Very Scary is coming up at home November 3rd and 4th! This is a required meet for our swimmers! The coaches will sign you up unless we hear from you via an email to Coach John by October 3rd. This is a great first meet for our new swimmers!

"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."
Jane D. Hull

--Coach John