



# VS NEWS *speedo*

Newsletter for Velocity Swimming, 2016 IES LC Champs!

MAY 2019 Vol 19 Issue 5

Velocity Swimming, PO Box 2791, Wenatchee, WA 98807  
<http://www.velocity-swimming.com> [info@velocity-swimming.com](mailto:info@velocity-swimming.com)  
 (509) 884-8917

## APPLE CAPITAL! Fun in the sun for 50 years!

### INSIDE THIS ISSUE

- 1 50 Years of Fun/Sun
- 1 Upcoming Events
- 2 Team ramblings
- 2/3 Group Gab n Blab
- 2 Coaching News
- 2 News and Notes

### UPCOMING EVENTS!

**May 31<sup>st</sup> – June 2<sup>nd</sup>**  
**Apple Capital Open, HOME!**  
**Mandatory Volunteer Hours**  
**for all participating Families!**  
**Sign up on team website!**

**June 4<sup>th</sup> Team Pictures! 5:30**  
**PM City Pool-NO PRACTICE!**

**June 5<sup>th</sup>-Velocity Mile, City**  
**Pool-NO PRACTICE!**

**June 15<sup>th</sup>-16<sup>th</sup>**  
**Sweet Onion Open**  
**Walla Walla, WA**  
**Entries due: May 31<sup>st</sup>**

**Friday June 21<sup>st</sup>**  
**Chelan Slidewaters Team**  
**Trip.**

**June 28<sup>th</sup>-30<sup>th</sup>**  
**Starlight Open, HOME MEET!**  
**REQUIRED MEET FOR ALL**  
**MEMBERSHIP. Automatic**  
**sign up will occur. Email**  
**Coach John P. if conflicted.**

As we approach this Friday's beginning of the Apple Capital Swim Meet, it occurs to me that this is likely the 50<sup>th</sup> anniversary of the meet. Yes, it has been around that long! I swam in the meet as a boy early as 1973, and every time I came to the meet, it seemed special. Maybe the Apple Capital medals had something to do with that. There was sun, fun, and yes...swimming. My parents would haul my sister and I over the pass and we would camp out in a trailer—just like the teams do today. Mom cooked us a great breakfast every morning, and then we would go warm up. Time in between events was spent with water balloons, squirt guns and an old-fashioned merry-go-round that you had to power by running to get it going and jumping on for the desired dizzying effect. We also took trips to Ernie's to buy candy and ice cream. It was all really quite a show! And it still is.

With approximately 870 swimmers this year, the meet is a little smaller than last year, but it will still be a spectacle. What strikes me is that our team is responsible for history. Apple Capital is a historical meet that people remember—and want to attend. They enjoy our team's great concessions, and hospitality, our kind clerk of course volunteers, the swimsuit and t-shirt vendors, sno-cones, and more. Our team makes it all possible—YOU make it all possible. Your time is important to this meet and it is appreciated.

Apple Capital is the 3<sup>rd</sup> largest sports draw in Wenatchee. It fills hotels and restaurants, brings people to our area to see the beauty of it and enjoy the sun. Last week, I had the opportunity (Thanks Jeff Sutton) to speak in front of the City Council. I thanked the council for the City Pool, and the City Staff for getting it operational for our big meet. I reminded the council that the City Pool lesson program is a deterrent to drowning in our area, and I invited them to come and see "the show" put on by our team of volunteers. When I was done speaking, the Mayor asked me a question. He asked, "what are we going to do when the pool cannot hold water anymore?" Without missing a beat, I said that examples of successful operations are as close as our eastern neighbor Moses Lake that combine elements of recreation AND competition and that I am sure we could garner community support for such a project.

The thing is, the Mayor is right! What will we do when the current City Pool can no longer hold water? I would encourage us to not wait that long to find out. There was vocal support for my statement from more than one council member. We need to work to protect history, 50 years of promoting Wenatchee through swimming must be worth something. But our voices will be needed to ensure another 50. If you live in Wenatchee, or know council members, reach out—tell our story. It is rich in tradition and community support. Telling our story to the folks that make the decisions will be an important factor in the future of Apple Capital.

**HAA!**

## 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.*

### IMX and IM READY PROGRAM:

USA Swimming has two programs called IMX and IM Ready. These programs are designed to rank swimmers on their team as well as in their LSC, Zone, and across the nation. AT the end of the summer swimmers who are IM Ready, and IMX qualified will get a certificate commemorating their accomplishments! Here are the event requirements:

#### IMR (IM Ready)

9-10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC), 200 IM (LC).

11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC), 200 IM (LC).

13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

#### IMX (IM Extreme)

9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM.

11-12: 400 Free (LC)/500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM.

13-18: 400 Free (LC)/500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM.

## 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 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.

### 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\\_All](https://www.usaswimming.org/resources-home/resource-programs-services_All) parents & swimmers over 11 are encouraged to take Athlete Protection.

## COACHING NEWS

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.

I would like to welcome Mike Hartley as a group assistant coach and Christian Cutter to the staff as Splash Lesson coach. In addition, Benjamin Grigsby and Alice Eifert have volunteered time in Splash lessons. I am grateful to have such quality people joining the staff.

The Executive Board is finalizing the Head Coaching search details and should have an announcement soon!

### Steel Group Gab and Blab:

It is almost SUMMER! And with that Steel will be moving outside soon for daily practices. Make sure to check the google calendar for days and times. We will keep increasing our DPS (distance per stroke) and endurance for the 50-meter pool. I am pleased with the progress that the swimmers made. Stroke techniques have been improving across the board and an increased emphasis on under water kick, turns and walls has also improved. We have started a few new drills, fusing philosophies from my background/training with the guest coach several of our swimmers had the experience to practice with one Saturday morning. We have had fun working on quicker flip turn rotation. It's been a busy spring with many kids competing in a variety of activities. I know it's hard to juggle practices, games, etc. and you parents have done a great job. I want to thank you your efforts to get your swimmers to practice. Hopefully, with summer coming, things will calm down a bit. Also, thank you for providing the necessary equipment which really does aid in helping your child to become a better swimmer. A copy of that list can be found on our website under "For Swimmers" tab. Let's have a great Apple Capital. It is so fun as a coach to see all our swimmers and parents working together to host such a great meet and getting to know each other better as a swimming family!

*Coach Carolyn*

### Group Swimmers of the Month!

**Copper:** Addison Willms for stroke improvement and listening.

**Steel:** Lydia Craig for Hard Work, Determination and Consistency.

**Bronze:** Sydney Cutshall for positive attitude, and focus.

**Senior:** Sydney Lenssen for Hard Work and Attendance.

**VELOCITY GROUP GAB & BLAB Continued...****VELOCITY HAA!****Senior Group Gab and Blab:**

Senior Zones paperwork was sent out and should be sent to me via email (electronic only please—no paper!) as soon as possible. A deposit check must also be mailed along with the application to Todd Stafek, IES Treasurer. PLEASE DO NOT WAIT!

The move outdoors has been really good in the water, but dryland has been a bit rough. I would encourage everyone to put 100% into all of the team activities to gain the maximum benefit for the end of the season. Being there IS half the battle, but the other half is consistent and determined effort.

**MAPP** is a new program that has been mandated by Congress for the member organizations of the USOC. There are many new rules under the Minor Athlete Protection Program. One of which is the requirement that all athletes, age 18 and over, must take the same Athlete Protection Training Course that is required of coaches and officials. If your swimmer is 18, they must complete this by June 23<sup>rd</sup>, or they may not participate with the team.

GEAR! Please ensure your swimmer has all the group required gear listed on the team website. We have a few swimmers missing items.

--Coach John P

**Bronze Group Gab and Blab:**

Welcome to the Bronze Group Haley Mast and Naomi Lambert who moved up from Steel, and to Noah Rybka who comes to us via the Wenatchee Boy's Middle School Swimming Program. We are excited to get you started on the next phase of your swimming journey.

Make sure that you plan on swimming at least the home meets, and then I would encourage everyone to attend our Championship Meet in Tri-Cities at the end of July. New families planning on attending Champs should get a hotel room quickly as this is also the Hydro Weekend in Pasco. You can see the team hotel under "room blocks" on our team website in the parent section.

With the move outdoors it is extremely important that all swimmers listen to instructions, both to the group, and to other individuals. You may learn something!

The IM Ready and IMX (Extreme) programs are described in another section of this newsletter. Take a look at the requirements and set a goal to do one of these programs during the summer season!

I am impressed with the progress that the new swimmers to the group are making! Swimming is like playing a musical instrument in that you want the moves and the rhythm to be consistent. That is what our drills work on and why it is so important to make as many practices as possible.

--Coach John A

**Copper Group Gab and Blab:**

Greetings from the Copper Group!

It is great to see the new families out for our team! Welcome to Heather Krahenbuhl, Nick Hartnell, Oliver Brownlee, Adley Sharp, Brodie Glace, and Mason Duffey. This group of swimmers is amongst the strongest new Copper group swimmer we have seen in some time. I will look forward to watching their development over the summer!

Some Copper swimmers will be making their first appearance in a Long Course swim meet this weekend! This is an exciting time! These swimmers will be challenged, but I am confident that each of them will rise to the challenges presented. The longer pool, the outdoor elements, and the big stage that is the Apple Capital.

Finally, thank you parents for choosing our program. I am happy to have you with us! If you have any questions, please feel free to get in touch with me!

--Coach John