



VS NEWS

A Newsletter for Velocity Swimming

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A Couple of Things from the Coach

By Coach Pringle

Hello: I have a couple of things to talk to everyone about and this is the best way to get those things out. In addition, I have a general comment about the direction of our team.

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- 1.) Coaching is a challenging job. All of us on the coaching staff work very hard for your swimmers and do our best to bring the best out in them. It isn't always easy, but it is extremely rewarding. I speak for all of the coaches when I say thank you for allowing us to spend time with your swimmers. They are talented, improving, and fun! That said; I would like all parents to consider not sitting at the pool ends during practices. If you can sit along the pool on the sides that will help us do a much better job. When we have a group of parents on the end, it can be a distraction to our quality coaching as well as a distraction to your swimmer. Their focus needs to be on their coach during practice and not on you. Thank you!

- 2.) Please review the behavioral expectations that I released just prior to the holidays. They were emailed to all team members. If you need a copy, just email me and I will get you another copy.

Additionally, if you can discuss with your children a couple of things: First, talk to them about basic respect of their team mates. Name calling or disrespectful talk should not be a part of our team. Second, please speak to them about the purpose of their practice. Key talking points would be: listen to your coaches, work on the things that they ask you to work on, and don't get in the way of someone else's practice. In general, we want swimming to be a social event, but we also need to strike a balance of the work necessary to become a better swimmer.

Finally, this team is awesome! I am so thankful to be your head coach and to work with these other great coaches on my staff. I want you to know that your board is in strategic planning to keep our eyes on constantly improving and looking for the next thing that will help our team continue to thrive and grow. Thank you for all of your volunteer efforts to forward our vision!

**FEB 15-17 IES JR
CHAMPS**
Ellensburg, WA
FEB 23 SWIM A THON
WHS 7 AM -1 PM
MAR 1-3 IES Champs,
Moscow, ID
MAR 8-10 Short
Course Farewell,
Moses Lake, WA

TEAM RAMBLINGS & Other News

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

Welcome to all of our new team members! I am excited to see so many new faces. Please let me or one of the other coaches know if you need anything. Don't be afraid to ask questions! We are here to help!

The 2012-2013 competition calendar has been revised and is available on the team unify calendar.

Your Velocity Board is hard at work making sure our team operates smoothly and efficiently. If you have questions, you can speak with any of them—or ask a coach!

Please review the behavioral expectations that were emailed to the entire team before the holidays. All swimmers are expected to know these and follow them.

MASTERS SWIM MEET!!!! Thanks to everyone who worked at the Master's Swim meet. Coach Carolyn is grateful for the almost 100 volunteer hours that Velocity donated to the Master's program during this meet. Way to support swimming of all levels in our Valley.

Several members of our team will be playing in a Jazz Concert Saturday, February 9th at the PAC. Ask Genie for more information as it would be a fun family activity to see some of our Velocity swimmers doing other things besides swimming.

Did you know that Velocity Swimming is involved in a community-wide effort to highlight swimming safety and drowning awareness? This is just one of our community outreach projects. Others include the annual Apple Blossom parade, Master's meet officials and timers, and officials for WHS and EHS Swim Meets! Great job team!

SWIMMERS OF THE MONTH (SOM)

Coach John announced that the following swimmers were selected as Swimmers of the Month for December:

Black Group: Jessica Wierzbicki

White Group: Sierra Hartley

Teal Group: Rachel Marquis

Splash Group: Aiden Grigsby, Haily Payne (moved to Teal!!)

Congratulations to these swimmers for their improvement and hard work! Keep it up!

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.

21 Swimmers attended the Walla Walla Storm meet January 4th-6th at Whitman University. Despite the small turnout, the team ended up with a 3rd place finish.

Swim A Thon is here! Raise those funds if you want to see the coaches swim. Coaches will swim at the Apple Capital meet if the team raises \$30,000.

OFFICIALS! THANK YOU!!!! Our presence is bigger and better all of the time. We appreciate you!

Winter Open was a huge success! 67 swimmers represented Velocity in Ellensburg. No Team scores or High Points were awarded, but the team did awesome!!!

55 Swimmers will represent the team at the IES JR Short Course Championships February 15th-17th in Ellensburg. The team is strong and has an excellent chance of coming away with a team championship. Velocity HAA!!!!

Josiah Lamb, Katie Mock, Isabelle Dressel, and Gabrielle Davy will represent Velocity at the SWAT Senior Open February 9th and 10th. Good luck!

Thank you to Dan Howell who continues to help our team despite his daughter Kasey being retired from competitive swimming. We are blessed to have Dan around for our summer meets. Please join me in wishing him a big thank you. We are looking forward to having him on the pool deck a little this summer.