



VS NEWS

A Newsletter for Velocity Swimming

July, 2012
Volume 12 Issue 7

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

We Fight!

By Coach Pringle

INSIDE THIS ISSUE

- 1 We Fight!
- 2 Team ramblings and other news.
- 2 May and June Swimmer of the Month
- 2 News and Notes

Watch for information coming soon on a day trip to the Chelan Water Slides. Saturday, June 30th looks like the day so save the date! This will be a great way for our team to bond.

“Every start!” I yelled, and the team responded, “We fight!”... “Every streamline!” I was louder, and the team responded, “We fight!” and so it went last Sunday morning at the IES Long Course Championships, and fight they did. Staving off dehydration, fatigue, and exhaustion—our team responded by fighting.

They fought for a second place finish which would be denied to them, but in the end of the day everyone knew that Velocity Swimming would fight. Earning a 3rd place finish was not a disappointment—but more of a coming out party. Fighting for every point, the swimmers responded and swam incredibly despite the conditions. What looked like a 3rd place finish and 230 points behind second turned into a 141.50 point deficit to 2nd place CAST. It was our second 3rd place finish at an IES Championship this year, on the heels of our 3rd place finish at short-course champs.

Remarkable swims by many contributed to the effort, from Kayli Elwyn’s 10 second drop in the 200 back consolations, to Torri Peterson’s completion of the 1500 free—completely without a cap, long hair and tears flowing throughout the race; they fought. Jessica Wierzbicki earned 11 & 12 high point honors at the meet and Connor Elwyn scored a meet record in the boy’s 10 & under 100 fly; they fought. Maybe most remarkable and noteworthy were our 15& over girls who scored four top eight relay finishes including two gold medals. It was a total team effort—a collective fight to put swimming from the Wenatchee Valley back in the IES conversation. 6th place last year has quickly faded into the back ground.

As great as all that was, we are not finished yet. There is work to do and the new 2012-2013 season in merely 5 weeks from starting. Our High School girls need to stay in the water, preparing for a season that looks promising on many levels. Our Zone swimmers—Connor Elwyn, Jordan Hartley, and Jessica Wierzbicki leave for Zones in less than a week. And our coaches and board need to prepare for the growth that is sure to accompany some of the excitement that our improvement has generated and that the Olympic Games will surely bring our sport to the forefront of everyone’s awareness.

There is indeed much to celebrate and much to do, but we can rest in the confidence that the attitude of, “We Fight!” will continue to carry our team in the positive direction that it has headed. Velocity Haa!

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,

Results of the LC Champs Meet are available on the IES website, www.ieswim.org There are also time standards, and other information is available as well.

Coach John and Coach Anne will be attending the 2012 World Swimming Clinic in Las Vegas. Many of the world's top coaches will be speaking. A highlight for both coaches will be, "Teaching Character and Life Skills through Swimming." They hope to bring back a variety of new ideas for our team development.

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!

The team won two swim meets in July winning the team high point award at our own Starlight Invitational and the Moses Lake Sizzling Summer meet a week later. Congrats to our team and all of the swimmers and parents that contributed to our efforts!

A team party is planned at the Cutter's home in East Wenatchee on August 24th. Please stay tuned to the team website for information on this event.

The black group held a team party at the Peterson's house to celebrate the end of the Long Course season. A great time was had by all with pizza, popcorn, drinks, and cupcakes abound. "Despicable Me," was the entertainment back drop of the evening.

The 2012-2013 competition calendar has been formulated and is available on the team website. A copy will also be emailed to each family shortly. As usual, our first competition will be in Ellensburg toward the end of October.

Board Members Needed! We need people to serve on our Board. The commitment is rewarding and helps to support the overall operation of the team. Please contact Mark Peterson if you are interested in serving.

Thank you to Camilla Rose for providing our team window stickers! They are classy and cool and every team taxi should have one on display. Cost is \$10 and it all goes to the team. Ask Coach John to get you one today!

Swim A Thon awards were distributed in July. If you missed it, check with Jennifer Marquis to see if you have an award coming. Top earners included Madson's, Marquis, Kazulina, Brangwin, Wierzbicki, and Bay. The team raised almost \$30,000 for our team operation. Thank you to all who participated!

Watch for information on our annual meeting and barbecue. It will be held at Coach Carolyn's house sometime in September. Thank you Coach Carolyn and husband Pat for allowing us to use your home!

SWIMMERS OF THE MONTH (SOM)

Coach John announced that Justin Pringle was selected as the May Swimmer of the Month representing White Group. Alex Baker was selected as the June swimmer of the month representing the Black group. Congrats to both of these hard working young men!

Group SOM's were:

May: Leif Broxson, Splash; Lily Bollinger, Teal; Rebecca Bay, Black.

June: Violet Madson, Splash; Ian Eifert, Teal; Eythen Wood, White.