



# VS NEWS

A Newsletter for Velocity Swimming

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## VS Athletes Adrian Marquis and Katie Mock off to China!

*By Coach Pringle*

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### UPCOMING EVENTS!

**March 20-23**

Age Group Regionals  
Federal Way

**April 12<sup>th</sup> & 13<sup>th</sup>**

USA Swim Board &  
Coach School, IES  
Exec Board, and IES  
HOD Meetings.  
Moses Lake, WA

**April 13<sup>th</sup>**

Swim A Thon Kick Off  
Desert. Eastmont HS  
7:00 PM

**May 10<sup>th</sup>**

Mayflower  
Pentathlon, @ WHS  
10:00 AM

The Washington Cultural Exchange is an organization that organizes and operates trips for HS students to visit and experience different cultures across our world. Students and Student Athletes experience a 1<sup>st</sup> class experience that allows them to interact with and experience the many differences that are evident across cultures. On March 29<sup>th</sup>, Velocity Swimmers Adrian Marquis and Katie Mock will travel to Hong Kong, the southern province of China (Guangdong province) and the city of Guangzhou (pronounced gwongjoe), and Beijing. Highlights will be the Great Wall, the bird market in Guangzhou, and the beautiful scenery of the hills and the city of Hong Kong complete with a ride on small boats to see the fishing culture. Not to mention the Water Cube! Adrian and Katie will see Buddhist temples, palaces, and also experience the streets of busy Chinese cities. And then there is the competition—which is really almost an afterthought.

The team from Washington will swim against some of China's best young swimmers at the Guangzhou Sports Center. The Sports Center is a place where some of China's best Olympic hopefuls from a myriad of sports train and live. I had the pleasure of coaching this trip in 2002. It was a great experience—one I would love to repeat. My friend Don Helling from Sehome High School directs the trip with a staff of HS teachers and coaches.

Katie and Adrian both are looking forward to the trip and are grateful for the nomination by their Eastmont HS Coach Darcy Bruggman to go. Swimmers must be a District Meet qualifier and exhibit positive leadership skills and citizenship.

Adrian is very excited to go. "My trip to China during spring break will be a once in a life time experience. I am very excited and honored to be representing my school, city, and team on this trip. The experiences I will make on this trip will be like no other; being able to spend them with my friends Katie and Ali who are also going make it so much better. We will be making new friends of all ages both American and Chinese. We will also be able to go to the Great Wall and the Water Cube. Traveling to this amazing Culture will be an experience like no other!"

Katie is equally excited. "Going to China over Spring Break is going to be an experience of a lifetime. From the time I got the invitation letter, I have been excited to go. I have never been out of the United States before, so it is really going to be an eye-opening experience to interact with those who live in China. I can't wait to meet (everyone). The part of the trip I am most excited about is the friendship exchange. It's going to be so amazing to trade gifts with the students, and to learn more about them and how they live. Aside from meeting the students that live in China, I am going to be able to make new friendships with the students that I am traveling with from Washington. I absolutely can't wait to go to China, and I am counting down the days. I love going to new and different places and learning about different cultures and traditions so this trip will be amazing." Good luck to both of them and safe travels! Velocity HAA!

## TEAM RAMBLINGS

### NEWS and NOTES

**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.

Begin planning now for the busy summer! Don't forget we have a team trip planned to Missoula, MT the last weekend of June!

**SPEEDO Senior Sectional:** Congratulations to Kelly Hartman and Hannah Bruggman as the teams' only two swimmers at this prestigious meet that often features Olympic level athletes.

**AGR: 8 LSC's** across seven states converge on Federal Way this weekend for the Age Group Regional Meet. Velocity is sending 20 athletes in total to participate in the meet in some fashion. Jessica Wierzbicki in the 200 fly and the Boy's 10 & Under Medley relay team of Jack Wierzbicki, Simon Madson, Evan Vandersluis, and Benjamin Grigsby are the #1 seeds in those events. Many Velocity swimmers are ranked in the top 8 as well as several of our 9 relays. We are doing so well that we are now responsible for timing a lane during a preliminary session! Contact Noelle Grigsby to assist with timing!

**Congratulations to our Boys HS Swimmers** who swam in the State Meet! Tommy Higley, Kaleb Pringle, Henry Bergstrom, and Riley Beaumont all represented their HS teams in the meet.

**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](mailto:billing@velocity-swimming.com)

**JR CHAMPS:** Many great swims and another team spirit award thanks to the cookie baking skills of Henry Bergstrom and Adrian Marquis—and the positive leadership, energy, and smiles that Adrian brought to our swimmers participating at this meet. Several other Black group, White Group, and Teal Group Swimmers also led to the team leadership and excellent atmosphere. Several swimmers experienced “finals” for the first time and the team did very well. Congratulations to all of our Junior Champs athletes!

**IES SC CHAMPS:** The team did a GREAT job at Short Course Champs in Moscow. Velocity placed 2nd at the meet for the first time. Our 10 & Under and 11 & 12 Age Group won the team age group high points, the 10 & under boys medley relay of Jack Wierzbicki, Simon Madson, Evan Vandersluis, and Benjamin Grigsby set an Inland Empire and Meet record, and Jessica Wierzbicki set Meet Records in the 13 & 14 girls 100 and 200 butterflies. We were 90 points out of first place trophy that went to TCCC for the 3rd straight year.

**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.

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

**QUOTE OF THE MONTH:** “Swimming is hard work, a lot of swimmers don't want to hear this, and that makes it difficult for them.” Coach Pringle's friend Denny Hill of Ann Arbor Michigan's Pioneer HS who is retiring after 46 years in the sport of swimming.

### JAN and FEB SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for **January, 2014** are:

Blue: Silas Fabian  
Teal: Brandon Gildehaus  
White: Amy Graves  
Black: Hannah VanHeyningen

The Swimmers of the month for **February, 2014** are:

Blue: Jaya Anantatmula  
Teal: Haily Payne  
White: Christian Cutter  
Black: Charlie Cutter  
**Congratulations on your dedication and hard work! Keep it up!**