



VS NEWS

A Newsletter for Velocity Swimming

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INLAND EMPIRE LONG COURSE CHAMPS & MORE!

By Coach Pringle

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UPCOMING EVENTS!

October 4

**Very Scary
Developmental**
@ WHS 1:00 PM
Warm Up 1:45 Start
Entries due 9/29

October 5

IES House of
Delegates
Tri-Cities, WA

October 11 & 12
Octoberfest Meet
CWU Ellensburg
Entries due 9/29

I don't think we could have scripted the end of the 2014 Long Course Season much better. Well, maybe a little better—but that's just the coach in my wondering if I could have done anything different to get some even better results!!

Congratulations Velocity!!!! You are the 2014 Inland Empire Long Course Champions! What a great way to send our swimmers off to SR and AG Zones to finish the summer. And what about Zones? It simply doesn't get much better than these two meets were for our team. Velocity swimmers at SR and AG Zones gained 51 out of 59 best times while setting several IES and team records in the process. Connor Elwyn was Velocity's first Zone Champion in the 50 Fly and 100 Backstroke and was in the top 4 in his other 4 events. Jess Wierzbicki Placed 4th and 5th in the 200 and 100 fly respectively and Brooklyn Dressel placed 6th in the 100 free. Hannah VanHeyningen was a "B" finalist in the 800 and 1500 Freestyles, qualifying for Senior Sectionals for the first time. Jordan Hartley also earned Senior Sectional qualifying times. Henry Bergstrom, Rebecca Bay, and Isabelle Dressel each represented the team with best times at the SR Zones meet. At summer's end Velocity had several IES Champions, a Zone Champion (in 2 events), 9 total Zone top 8 finishes, and three other top 16 finishes at the Age Group Zones Meet, not to mention several team records. I'd say that was one outstanding summer.

So, how do we get better? Perhaps the main answer is simply continuing to strive for excellence in all that we do. I don't think we change much to be honest. We have parents dedicated to transporting their kids, to volunteering, and showing team spirit by wearing Velocity gear. We have swimmers who are learning, and want to learn and work hard. We have coaches who are kid centered and remain focused on the things that help our athletes achieve success, and finally we have a supportive community that has given generously to our cause.

The framework has been set, and now we must remain consistent and do what we do, with no apologies to anyone. But be warned, when you come out on top it is dangerous to think you have arrived. We continue to remain behind Tri-Cities in some areas even though we came out on top in the IES in late July.

So, there are a few things we will be focusing on this year. 1.) We will finalize our standing as a level one certified USA Swimming Team; 2.) We will continue to work on solidifying and growing a small, team-centered swim lesson program; 3.) We will implement a mental training program for our team—how that happens and who attends is still to be determined; and 4.) We will continue to try and influence the sport of swimming in Eastern Washington and beyond in a way that is athlete centered and family-oriented.

How can you help? Simply by being involved, asking your board and coaching staff how you can help (many hands make light work), and remaining committed to talking about our team with your friends. The word of mouth is the most powerful advertising we have! Let's make the upcoming year as great as it can possibly be. Together we can! And, why not us? Velocity HAA (High Aiming Achievers)!!!

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 and from several coaches for our team efforts at the IES Champs Meet! 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.

IES Long Course Champs High Point Winners: 10 & Under Brooklyn Dressel, and 11& 12 Connor Elwyn each won the high point award at the IES Long Course Champs! Congratulations!

Starlight High Point Winners: 8 & U Ben Madson; 11 & 12 Connor Elwyn; 13 & 14 Jordan Hartley.

Team Records Updated!! Check out the team website for updated team Long Course Records. Coach C has been hard at work updating these important milestones.

DID YOU KNOW? Wenatchee Valley businesses have contributed over \$10,000 last year to our team? Please make sure to thank and use our sponsors as your "go to" business contacts. Special thanks to Julie Lolos for really getting this off of the ground. If you have business contacts that you think may be interested in supporting our team, please contact Jeff Sutton!

Thank you to our outgoing and incoming board members for your commitment and dedication to Velocity Swimming!

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

We will be using remind.com for emergency communications this year. Link up with Coach John for our most urgent team communications (practice changes, emergency notifications etc.) by joining in at <https://www.remind.com/join/velocityal> It would be great if every family signed up for this!

NEW FAMILIES!

I want to say welcome to our new families! We are pleased that you have chosen to be a part of the Velocity family. Please don't be shy and ask questions! You can ask several people who can help you make what can be a difficult adjustment without information; among them, other parents on deck, board members, your group coach, or me-Coach John. The coaching staff is looking forward to working with you and your athlete to ensure a positive and different sport experience!

UPCOMING SWIM MEETS:

You must sign up for upcoming swim meets that you wish to attend through your personal account on the team website. When a meet is posted, there are typically instructions in the invitation email that is sent to the membership. Follow these and enter the events that your athlete is interested in. Coaches will review entries and ensure that athletes are swimming appropriate events. Coaches have the final say on entries! If you simply would like the coaches to pick the events, this is fine too—simply commit your athlete by clicking "yes" will attend and the coaches will do the rest. Be sure to include day/date limitations (for instance "Saturday only" or "Sunday only" in the notes/comments bar above the event entry area. It is a motto amongst the coaches that we would like to see our swimmers at meets as often as possible but we do subscribe to the, "just give us one (day)" philosophy. Velocity HAA!

AUGUST SWIMMERS OF THE MONTH (SOM)

The Swimmers of the month for **August, 2014** are our 2014 Zone Championship Participants:

Senior Zones: Rebecca Bay, Henry Bergstrom, Isabelle Dressel

Age Group Zones: Braden Dilly, Brooklyn Dressel, Rae Anne Dressel, Connor Elwyn, Jordan Hartley, Hannah VanHeyningen, Jessica Wierzbicki.

Congratulations on your dedication and hard work that led to this awesome accomplishment! Keep it up!

SPECIAL Parent POM Recognition: Genie Lutz, IES AG Zone Team MGR! What a great experience and wonderful meet for kids.