



VS NEWS

Newsletter for Velocity Swimming, 2016 IES LC Champs!

November 2018 Volume 18 Issue 11

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

A lot to be grateful for, and miscellaneous stuff

INSIDE THIS ISSUE

- 1 Very Scary?
- 1 Upcoming Events
- 2 Team ramblings
- 2/3 Group Gab n Blab
- 2 Coaching News
- 2 News and Notes

UPCOMING EVENTS!

Dec. 5th -8th
West Winter Junior Champs
@ University of Texas
Austin, Texas

December 8th and 9th
Christmas Open
Hosted by Velocity, @Moses
Lake High School
****REQUIRED TEAM MEET****

December 13th – 16th
WA Senior State Champs
@ KCAC Federal Way, WA
Entry deadline Dec. 2nd

January 4th-6th
January Storm
@Whitman College,
Walla Walla, WA
Entries due December 21st

January 17th-20th
WA OPEN @KCAC
entries due Dec. 21st!

Welcome to the and winter grind! We do have a lot to be thankful for on our team and this promises to be a busy as well as exciting December. Afterall, we have two swimmers attending Winter Junior Nationals, we are hosting a home swim meet albeit in Moses Lake. Also, we will send a pretty large contingent to Federal Way for the Senior State Championships. Finally, we will welcome our new Head Age Group Coach John Apgar on December 17th. All these things add up to a busy and exciting month ahead!

Winter Junior Nationals are in Austin, Texas and Velocity is sending swimmers to this meet for the 5th straight year! This is perhaps the 2nd most prestigious meet in the country for swimmers 19 years and younger. The time standards are fast and the best swimmers in the country attend. The University of Texas facility is amazing, providing a first-class venue for the event. Connor Elwyn and Haily Payne, both High School juniors, will represent Velocity and our greater community on this very big stage. Congratulations!

On December 8th and 9th we will be hosting the Christmas Open meet in a new venue in Moses Lake at Moses Lake High School. The meet is required for our team except for those who are at or are moving on to higher level competition in December. The meet should be better this year as Tri-Cities Channel Cats will be attending. Volunteer hours will apply, and the job sign up should be out soon on the team's website. Coach Carolyn Petersen and Coach Trent will be attending to the team.

The Senior State Championship in Federal Way, WA will be held December 13th – 16th. We will be sending 14 to 15 athletes to this swim meet which featured the very best swimmers from the State of Washington.

Then we will welcome Coach John Apgar to the team on December 17th! Yet another Coach John comes to us from Nampa Idaho and has a history of helping swimmers reach their goals. He has head coaching experience and will be a great addition to our team. Please help him feel welcome! I hear he isn't opposed to coming for dinner!

We will continue to train through the winter vacation time, with practices being at the normal sites and times. The exceptions will be that there will be no practice on Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

As all these exciting meets and events approach, please keep in mind that once we hit January, that the short course season becomes—well, short! Junior Champs is February 8th-10th in Coeur d'Alene Idaho at the fabulous Kroc Center (I hear there is a Mod Pizza within blocks of the pool! Awesome stuff). And the IES Championship is the first weekend in March. If you plan on attending any of these meets, you should make hotel arrangements NOW! The Best Western in Moscow for Champs has a block of rooms for IES Swimming. You have to call because there is no other availability at that time. All the other hotels book quickly too! Pullman is also an option, but I wouldn't wait.

I hope you have a safe and Happy Holiday and Christmas season! 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.

Marketing!

Getting the word out about our team and the awesome things that happen with our kids is important! Please when you see a post on Facebook, please comment on it, then share the post to your own page. This helps keep the team out there in the social networking world. Also, consider wearing Velocity gear to school or work on Fridays to show our spirit. Finally, talk to your friends and tell them about our awesome team.

LEAD GROUP COACHES:

Copper: John Pringle

Steel: Carolyn Petersen

Bronze: John Apgar (Dec 17!)

Senior Group: John Pringle

Your Lead Group Coach should be your PRIMARY contact for matters related to your child's swimming!

Please contact them first with questions, issues or concerns.

GROUP ASSISTANT COACHES:

Copper: Sarah Barnes, Trent

Grigsby, Kathy Elwyn

Steel: Sarah Barnes, Trent Grigsby

Bronze: Rachel Blyth, Trent

Grigsby.

Senior Group: John Lindquist,

Rachel Blyth, Trent Grigsby

**Check Out Coach Bios on the

team website!

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 20th of the month before you are taking time off! Contact 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>

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.

We are still looking for part-time assistant coaches. These are VERY part time positions that are between 3 to 4.5 hours per week in the evenings and on Saturday.

Coach John Apgar will join the team on December 17th! We are excited to have a coach with his background and experience coming to our team.

Steel Group Gab and Blab:

I am so proud of all the steel swimmers who participated in Very Scary and Thankswimming at Moses Lake. Every swimmer had several best times and many swimmers tried events for the first time, like Hannah in the 100 fly! I'm looking forward to all the swimmers doing more new races at the upcoming Christmas meet, including 3 first timers in the 500 freestyle! I want to thank the parents and the swimmers for their dedication to practices and meets, even with other commitments from drama to other sports. Just a reminder that closer meets like the Christmas Open and Thankswimming, we encourage families to take advantage of a one-day trip if you cannot make the whole weekend. Meets are where swimmers can see their improvement and celebrate their dedication to the sport!

While kick boards and pull buoys can be borrowed at each pool, it is nice to have them and I would like ALL Steel Group swimmers to have their own fins, and a swimming snorkel.

--Coach Carolyn

Group Swimmers of the Month!

Copper: Lydia Craig for determination and reaching for goals!

Steel: Ruby Warner for listening skills and leadership!

Bronze: Austin Elwyn, Hard Work and Effort in Practice!

Senior: Zane Hernke for swim meet attendance and team spirit!

VELOCITY GROUP GAB & BLAB Continued...

VELOCITY HAA!

Senior Group Gab and Blab:

The senior group has had a transition of sorts as we have sent our boys to be primarily with their High School Teams and we have welcomed back most of the girls from an excellent High School season for all. The key factor is getting the cobwebs shaken out from the peak preparation, energy, and enthusiasm that went into the success. This means faster swimming, power sets, and kicking!

Congrats to the Wenatchee High School Girls for their Academic State Championship and placing 4th in the pool! Congrats to our Eastmont girls who had arguably their best showing at a State Meet in recent years. Great job ladies!

Upcoming Senior-Level Competition:

- Winter Juniors at University of Texas Dec. 5th -8th.
- WA Senior State Championships December 13th - 16th at KCAC Federal Way.
- Washington Open January 17th-20th at KCAC Federal Way.

--Coach John

Bronze Group Gab and Blab:

This group has seemingly had the rough go of things over the past four years, but I am excited about the direction and work ethic of the group! I have been particularly impressed with Benjamin Payen and Nate Carmack as they have worked hard and dropped significant amounts of time. Payton Kelly and Norah Baumann have also done the same on the girls' side of the group! Well done!

Welcome back to Nolan Wilms and Haidyn Stroud after both had taken a bit of time off from the team. We are glad they are back!

We will be welcoming four new members to Bronze Group December 1st! Welcome to Stone Musson, Jenna Daly, Reece Kautzman, and William Ribellia! Congrats to you!

Please remember that every group has equipment requirements! Check the team website to verify what your swimmer should have!

--Coach John

Copper Group Gab and Blab:

Greetings from the Copper Group!

The group has been busy working on breaststroke kick, amongst other things. It is fun to see the improvement out of them. Many have already swum in one or two swim meets and a few more will be hitting the Christmas Open to begin a swimming career with Velocity. Remember to tell your swimmer to have fun! Mistakes will likely be made, so we don't want to place too much importance on the swimming itself. Instead focus on teammates, the environment, and have them watch the big kids! There is a lot to be learned. One or two DQ slips should not put a damper on the meet.

We are both happy and sad to announce that three swimmers are graduating to Steel Group! Congrats to Lydia Craig, Olivia Faulkner and Izel Russell.

Finally, thank you to all of the new parents for your questions, and enthusiasm. We are lucky to have you. "At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents."
Jane D. Hull

--Coach John