

Making Waves



Welcome to the first edition of the PST Booster Club Newsletter *Making Waves Together*

We're excited to launch this monthly update as a way to keep our families informed, connected, and part of everything that makes our team special. Whether you're new to PST or a long-time Piranha parent, this space is for you to celebrate our swimmers, stay in the loop, and make your experience with the team even more rewarding.

A huge thank you to all our volunteers, sponsors, and families who show up for the team day after day. Your time, energy, and generosity keep our meets running, our athletes supported, and our community thriving.

This season has already brought some exciting developments. Our new dry land program is in full swing with dedicated sessions twice a week for both Age Group 1 and the Senior Team. These workouts help our swimmers build strength, endurance, and confidence that carry from the gym straight into the pool.

As we head into Winter Champs, we look forward to seeing our Piranhas shine in and out of the water.

Together, let's make this meet and this season one to remember!

Your Booster Club

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Making Waves: Team News

We're proud to celebrate seven of our own who were recognized at the Florida Gulf Coast Symposium Awards, an annual event that honors the top five swimmers in each age group across South Florida.

This year, Zack Rowe and Michael Albertini represented our Age Group 1 team with incredible performances, while seniors Jillian Henriquez, Georgina Henriquez, Rocco Herran, Alex Ivanoff, and Eric Udor earned top honors for their achievements at the highest level.

Each of these athletes continues to make the Plantation Swim Team proud with their hard work, leadership, and dedication in and out of the pool.



Booster Club Spotlight

Our Booster Club is the heart of the PST community. Meetings are held right here on deck where all the action happens. We welcome all parents to join us, share ideas, and get involved in supporting our swimmers.

Our next Booster Club meeting will be held on Thursday, November 20 at 5:00 p.m.

We'd love to see new faces and fresh ideas as we continue building an amazing season together.



27th Annual Turkey Swim

Get ready for our Annual PST Turkey Swim on **Tuesday, November 18th** during practice!

Swimmers will race for prizes while helping our community by bringing canned goods to donate to a local women's shelter.

After the swim, all Piranhas are invited to enjoy pizza and drinks together.

Let's swim hard, give back, and make waves that matter.

Behind the Whistle: Meet the Coaches



Coach Terrell

Coach Terrell brings years of experience and a passion for athlete development to the Plantation Swim Team. Under his leadership, PST has produced FGC champions, state finalists, and national-level qualifiers while breaking dozens of team records.

A former Junior National Qualifier and collegiate All-Conference water polo player at Florida State, he understands what it takes to compete at the highest level.

Coach Terrell is known for building confident, disciplined swimmers who love the process of getting faster.

Coach Dolores

Coach Dolores brings decades of experience and dedication to the Plantation Swim Team, where she coaches the Age Group 2 and Junior Piranhas.

A Level 3 ASCA-certified coach and former state finalist, she's guided countless young swimmers in building skill, confidence, and a love for the sport.

Known for her steady leadership and supportive coaching style, Coach Dolores makes every practice purposeful, challenging, and fun.

Coach Erica

Coach Erica brings enthusiasm and experience to her role as Head Age Group Coach for PST. Her swimmers have achieved championship times, advanced to higher levels of competition, and strengthened their technique and teamwork.

A former NCSA Junior National Qualifier and collegiate swimmer at Campbell University, she knows the dedication it takes to excel in the sport.

Coach Erica is known for her patience, positivity, and the way she inspires swimmers to believe in themselves.

Coach Nick

Coach Nick brings enthusiasm and dedication to the Plantation Swim Team, coaching with the same passion he showed during his 15-year swimming career.

A former PST swimmer under Coaches Terrell and Dolores, he specialized in distance and individual medley events and helped lead his high school team to its first state championship.

Coach Nick is known for his energy, positivity, and the way he inspires swimmers to work hard and enjoy the sport.

On Deck with Coach Terrell

Team,

Consistency is what separates good swimmers from great ones.

Every practice builds endurance, strength, and focus. When you show up day after day, your technique gets cleaner, your body gets stronger, and your confidence grows.

Discipline is what keeps you going when it's tough or you don't feel like it. That steady effort adds up.

Over time, it's what makes you faster, tougher, and ready to perform when it matters most.

See you on deck,

Coach Terrell

**THERE ARE
NO SECRETS.
WORK HARD,
SLEEP RIGHT,
EAT RIGHT.
AND BE
CONSISTENT.**

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Meet Spotlight: Winter Champs



What Are Winter Champs and Why It Matters to Our Team

Every December, the Plantation Swim Team proudly hosts the Winter Championships, one of the biggest and most competitive meets in Florida. Over four days, more than 70 teams, 180 coaches, and nearly 2,000 swimmers come together at the Plantation Aquatic Complex for a weekend of great racing and excitement.

Winter Champs isn't just another meet. It's a qualifying event where swimmers must meet specific time standards throughout the season to participate. It marks an important step in each athlete's progression. For younger swimmers, it's often their first experience at a large championship meet. For older swimmers, it's a test of the hard work and discipline they've put in all season as they aim for future meets like Florida Age Group Champs, Senior Champs, Sectionals, or Futures.

For our team, Winter Champs is also our biggest fundraiser of the year. The money we raise supports training, equipment, team travel, and the resources that make our program accessible to every swimmer.

Hosting a meet of this size takes a true team effort. Each session needs around 40 timers, along with runners, hospitality, concessions, and setup help. Over the next month and a half, the Booster Club will be sending out messages on the WhatsApp chat asking for donations and volunteer sign-ups. Every single shift and every donation counts.

Even if your swimmer isn't competing this year, volunteering helps make this event possible and shows what it means to be part of the Piranha family. It's how we come together as a team, support our athletes, and make sure Winter Champs continues to be one of the best meets in Florida.

Winter Champs is the heartbeat of our season. Let's make it unforgettable!

Thank you for reading!

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