

Piranhas Swim Club May Newsletter

PVHS Rule Reminders

Additional reminders for our use of the Pleasant Valley High School pool and facility! Please remember that we are to:

- Enter and exit the building through door E6 which is in the corner of the main lot off of Belmont.
- Parking must be in the designated parking spots in the main lot (A lot), or in the overflow lot (D lot) behind the school but the tennis courts: please do not park in the driveways or drop off lanes as this could result in ticketing or being towed.
- Seating to spectate practice is in the pool-area, on or near the bleachers. Spectating from the hallway or pool lobby is not permitted.
- Swimmers must dry-off before leaving the pool area to go home. Swimsuits need to be covered up with clothes when walking through the pool lobby and/or halls at PVHS.
- Pool access door: please make sure the spectator door to the bleachers is the only door that is open. The vestibule doors outside the pool are not for entrance and or exit.

Upcoming Events

[David Armbruster Open](#) - May 9th-11th at the University of Iowa CRWC (**Registration Passed**). Our swimmers will be competing in their first 50 meter long course meet of the season at this meet! A few of them will also be taking part in the 50 meter butterfly challenge that is at this meet. Registration has passed, but there will be more long course meets offered before the final stretch of the season, including a new one on the calendar that will be referenced in this newsletter.

[Bettendorf Spring Pentathlon](#) - This meet will be taking place on May 17th, and is a one-day meet. Swimmers will be competing in a 50 of each stroke and a 100 individual medley, or a 100 of each stroke and a 200 individual medley depending on their age group. **Registration is still open until this evening (May 1)**, and then entries will be sent in. If you are wanting to dip your feet into swim meets and your swimmer has expressed an interest in trying one out, this would be a great first-time option! **Swimmers encouraged to attend this meet are: D1/D2, Bronze, Silver, Gold, S/PE, D/E may attend if they are unable to attend Armbruster.**

[ICE Splash Out Hunger](#) - This is the second 50 meter long course meet that we will be participating in, and will take place at Mercer Park in Iowa City on the dates of June 7th-June 8th. **Registration for this meet is due on May 14th.** This meet is a great first long course meet for those who are unable to attend the Armbruster Open, or who have never done a long course meet before! **Swimmers encouraged to attend this meet are: Bronze, Silver, Gold, S/PE, D/E. D1/D2 may register, but please talk to your swimmers lead group coaches before registering.**

[DMET Summer Jam](#) - June 14th. This is another single day meet, and will host a wide range of events for swimmers of all age groups to attend. It is also another local meet for those just starting competitive

swimming! **Registration deadline is May 20th.** Swimmers encouraged to attend this meet are: D1, D2, Bronze, Silver, Gold, S/PE. D/E swimmers may attend if they are unable to attend the ICE Splash Out Hunger meet, or the Waukee Waves Open Summer Invite the following weekend.

[Waukee Waves Open Summer Invite](#) - June 20th-22nd. **Registration deadline is May 5th.** This will be an extremely competitive meet open to all swimmers on the team, and hosted at the Waukee Natatorium where our Championship Meet will be held at the end of this season! Not only is this a new long course meet for Iowa, but it is open to teams out of the state as well. This means that our swimmers will be able to race against those who they will see at State, but also swimmers who they will either not see unless attending a Sectional or larger championship meet! **Swimmers encouraged to attend this meet are: Bronze, Silver, Gold, S/PE, D/E.**

Donut Fundraiser

Thank you to all who participated in our recent Krispy Kreme fundraiser! We were able to sell 90 dozen donuts and raise \$500 for the team. Your donuts will be available for pickup this coming Saturday, May 3rd, after practice at PVHS.

Swimmer of the month



Our second swimmer of the month is Eva from the Platinum Elite group! Eva's favorite thing about swimming is being in a team, meeting new people, and the competition. Her favorite memory from swimming, which took place this past fall/winter season was her first ever time going to state. "While it was very nerve racking, it was also really fun and I had a great time."

Elsmore



We will have another [team cap order](#) that will be due on May 12th if you have not ordered a custom team cap with your name on it! Additionally, we will begin offering custom Piranhas mesh bags on our website! The design is:

← Piranhas Swim Club Mesh Bag

Practice Dates and Times

- On Saturday, May 17th, there will only be practice for Elite and Diamond swimmers, as all other swimmers and coaches will be at the Bettendorf Spring Pentathlon
- There will be no practice for any group on Monday, May 26th, for Memorial Day

Group	Mon	Tue	Wed	Thur	Fri	Sat	Sun
D1/D2		6:15pm-7pm PVHS		6:15pm-7pm PVHS		12:15pm-1pm PVHS	
Bronze	5:45pm-6:45 pm PVHS		6:15pm-7:15 pm PVHS		6:15pm-7:15 pm PVHS	11am-12pm PVHS	
Silver	5:45pm-7pm PVHS		6:15pm-7:30 pm PVHS		6:15pm-7:30 pm PVHS	11am-12pm PVHS	
Gold	5:45pm-7:15 pm PVHS		6:15pm-7:45 pm PVHS		6:15pm-7:45 pm PVHS	11am-12:30pm PVHS	
S/PE	7pm-8:45pm PVHS	7pm-8:45pm PVHS	7pm-8:45pm PVHS	7pm-8:45pm PVHS	7pm-8:45pm PVHS	9:30am-11a m PVHS	
E/D	5:15am-7am + 7pm-9pm PVHS	4:15pm-6:15 pm PVHS Dryland until 7pm	5:15am-7am + 4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS Dryland until 7pm	9am-11am PVHS Dryland until 11:45am	

Little Piranhas Swim Lessons

Our swim lessons classes will be resuming on Monday, May 5th! The classes will be three times a week - Monday, Wednesday, Thursday - for forty minutes. These will be focused on water safety, and introduction to freestyle and backstroke. For younger swimmers wanting to become comfortable in the water, or who are not quite ready to join our Developmental programs, these are a great option!

Meet Results

We had a number of swimmers start off their season at the LMST Spring Splash! This was a 25SCY meet where swimmers had the option to compete in 25s, 50s, and 100s of all four strokes, and a 100 Individual Medley, to see who could get the fastest combined time of all their

swims. Camryn Steining set the fastest marks for girls in the meet in all four of her events, accompanied by early-season best times by Isla Pelham in the 100 yard butterfly, Ivy Gray in the 100 Individual Medley, Brooks Pflum in the 100 and 200 yard freestyles, and Gabriel Romans in several of his events.

Drills of the month

<p>Butterfly - Dressel 100m Fly WR Walsh 100m Fly WR</p> <p>Takeaways:</p> <ul style="list-style-type: none"> • Full body extension, pressure/tension in their stroke from their fingertips to their toes. They press the water from the start of their catch to the finish of their kick. • The mobility in their shoulders allows them to reach as far out in front as possible, while immediately engaging their lats and their core • Their kick is consistent and they maximize it in their stroke and underwater (Gretchen took 12 kicks off the wall). Not only do they kick “down”, but they fully use their “up” kick when underwater! • Their breath is quick. Afterwards, their head goes right back down in the water and is in-line with their spine → remember, with fly you don’t want to look forward at the wall ahead of you when you breathe, your head should still be angled down! <p>Drills to help get this stroke: flutterfly and skate</p>	<p>Backstroke - Ceccon 100m Back WR Smith 100m Back WR</p> <p>Takeaways:</p> <ul style="list-style-type: none"> • Consistent kick with steady hips, rotation with your upper body to get your elbow deep in your catch and have a higher hand to finish your stroke below your hips • Angle down off the walls and take advantage of your underwater. Again, it’s important to make sure we move and hold water with our feet when kicking in EACH direction. Always move water backwards so that you can move forward! • Use the finish of your stroke to propel your body’s turn and reach with your opposite arm. Rotate enough to where your upper body seems partially “twisted” and you’re pressing down with your elbow→ fingertips as one large paddle <p>Drills to help with your finish and rotation: arm across chest (last drill in video) and fish kick</p>
<p>Breaststroke - Marchand 200m BR Gold in Paris Douglass 200m BR Gold in Paris</p> <p>Takeaways:</p> <ul style="list-style-type: none"> • Breath FORWARD! Like in butterfly, always breathe FORWARD! A lot of people think that in short-axis strokes (fly and breast), we breathe “up,” when in reality we need to breathe “forward”. The only reason we rise while we breathe in breaststroke is 	<p>Freestyle - Pan 100m FR WR + Paris Gold Sjoestroem 100m FR Gold in Paris</p> <p>Takeaways:</p> <ul style="list-style-type: none"> • Your breath leads the way in your rotation and your reach. Your breath should be when you reach with your opposite arm, and be quick and return to looking at the black line immediately. Your head should lead the way of your recovering arm, and

because our arms come underneath us to create the “triangle of space” that we push our upper body through on our lunge.

- Kick your hips up! Marchand and Douglass have very different breaststrokes in terms of how high they rise (while still moving forward) on their breath, but they each kick their hips up and ride the surface of the water.
- Have a strong and wide pull (almost like the first part of butterfly) to set up your breathe and pull yourself up and forward, and then lunge through the triangle of space and then KICK yourself forward. The aerial views in these videos are great to show the timing of the pull and the kick together.
- Please take note on the silver medalists in these videos as well. They show how you can have varying techniques, but end near the same result. In the men’s race, Stubblety-Cook is a great example of how when you want to speed up, you don’t shorten your stroke or change the timing and rhythm of your stroke, but you change the timing of how long you glide and when you initiate that next pull. All while getting the same extension. You start your next pull by pointing your fingertips down and slightly out, while rising up and forward.

Drills for the timing of your pull and kick: puppet drill and three/two kicks one pull - [timing breakdown](#)

be looking back at the black line before your recovering arm is past your shoulder.

- Full reach and extension with your shoulder blades placed “high” on your body, like you’re doing a shrug. This will allow you to rotate your elbow up, point your fingertips down, and hold more water in your pull.
- All of the swimmers are as long as they can be from their fingers to their toes. Remember, the longer your body is in the water (while not over-reaching) at full extension, the faster you will go!
- All swimmers utilized their underwater dolphin kicks to the 15m mark, and maintained a 6-beat kick the whole race.
- In the women’s video, Sjoestroem and Walsh were side by side and had very different strokes. Walsh had a longer stroke with more power per stroke, and Sjoestroem had a higher stroke race with a smaller reach. Walsh now goes 44 in the 100-yard freestyle, but this is just a great example of how the fastest swimmers aren’t the ones who speed up, they are the ones who don’t slow down and carry their speed and momentum off the blocks and off the walls!

Drills for breath timing: [timing and front pocket](#) / 3-3-3 (3 right full extension / 3 left full extension / 3 full fast stroke cycles)