

# ***Piranhas Swim Club April 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, or in the overflow lots behind the school: please do not park in the driveways or drop off lines.
- Seating to spectate practice is to be in the pool-area, on or near the bleachers. Do not spectate from the hallway.
- Swimmers, please dry-off before leaving the pool. Do as best as you can to dry-off and dress well before walking through the school so that you do not track any water.
- Pool access doors: please make sure that the only door that is open, is the door to the pool that is closest to the bleachers. Since we don't enter or leave through the vestibule outside the pool, please make sure these doors remain closed.

## **Upcoming Events**

- [LMST Spring Slash](#) - April 26th at the Linn-Mar Aquatic Center. This is our first meet of the season, and is a single-day meet with 12&U age group swimmers swimming in the morning, and 13-14 and 15&O age group swimmers swimming in the afternoon. This is in a 25 yard pool, and is a great first meet of the season with the events offered! **The registration deadline for this meet is April 12th.**
- [David Armbruster Open](#) - May 9th-11th at the University of Iowa CRWC. This is the first long course meet of the season, and is encouraged for all Senior, Platinum Elite, Elite, and Diamond swimmers to attend! While this meet is in May, the registration is open and the **registration deadline is set for April 21st.**
- Krispy Kreme Fundraiser - We will be holding another fundraiser soon, so keep your eye out for this!

## **Website Updates**

- In addition to our newsletters, you can now find the rules and expectations for practice at PVHS on our website underneath our "Team Info" tab, and is on the bottom of the dropdown menu as "Facility Rules and Expectations". The updated and finalized list of rules will be published there, as well as sent out to you all, once it is received from the PVHS Administration.
- When you login to your TeamUnify account, you should see a new tab labeled "AAP" for "Athlete Action Plan" on the far right side of the screen. Under this tab, you can email me and/or the club directly and set up a meeting with any one of our coaches, including myself, to discuss your swimmers current needs and goals. The form attached to the page may be filled out before, during, or after the meeting. Before or during would be best, as it is to serve as a guide for discussion on setting forth or maintaining a plan.

### Swimmer of the week



Our first swimmer of the week, who gets a special shoutout in the newsletter in addition to our club social media, is Fisher from the Silver Group! Fisher's favorite thing about the swim team is going to practice to continue to improve on his skills. He loves to make new goals for himself. His favorite memory so far is achieving a state qualifying time in the 50 Breaststroke.

### Practice Dates and Times

- **No practice on Saturday, April 12th** → There is a school event happening at PVHS this day, and a water-polo tournament all weekend at Augustana, so we will be unable to hold practice.
- The practice calendar on our website is up to date with times and locations for the month:

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	7pm-8:45pm PVHS	9:30am-11a m PVHS
E/D	7pm-9pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	9am-11am PVHS

- Diamond and Elite swimmers - Monday and Wednesday morning practices will resume on Monday, April 7th; and Wednesday, April 9th. Dryland will also begin in addition to practice time spent in the water in the third week of practice - times and days TBD.

## Sectionals

We had a handful of swimmers finish out their season just two weeks ago at the Speedo Sectionals in Rochester, Minnesota, just before spring break! Camryn Steining, Victor Ganea, Kaiden Bonner, and Carter Hatz were the four who competed and finished out the season with a long-string of championship meets. Congratulations to Camryn on finishing her season with earning two finals swims at the meet with lifetime best times in her 500 yard freestyle and 200 yard individual medley!

## Drills of the Month

Instead of drills listed here for this month, I want you all to take a look at these swims from this year's Division I NCAA Championships, and the details these swimmers have that we have emphasized in past months' drills! Listed below will be the fastest swims in each 100 of each stroke from the men's and women's championships.

<p><b>Butterfly</b> <a href="#">Gretchen Walsh 100 yard butterfly</a> - 46.97 <a href="#">Josh Liendo 100 yard butterfly</a> - 43.06</p> <p>Some things both of these swimmers do that sets them apart:</p> <ul style="list-style-type: none"><li>• They utilize their underwater (Walsh especially, she only takes 4-5 strokes each 25)</li><li>• They don't look completely "up" when breathing in order to keep their head and chest down and in-line with their spine</li><li>• They make sure their "down" kick is strong and able to get them up and over their breath, and kick themselves back "forward" with their breath</li></ul> <p>Each of them play to these strengths, but Walsh shows that the race can be won underwater, but still gets the most out of each stroke (even though she only took 19 the whole 100).</p>	<p><b>Backstroke</b> <a href="#">Claire Curzan 100 yard backstroke</a> - 49.11 <a href="#">Hubert Kos 100 yard backstroke</a> - 43.20</p> <p>In each of these races, both of these champions weren't necessarily in the lead of the race until the last 10 yards - especially Curzan who did not lead until the finish. Curzan won the race by .01, and Kos won the race by .02.</p> <p>Each stuck to a relatively similar stroke count for the first 50, and increased by 1 stroke each 25 after that. They each negative split their last 50, and timed their finish better to win the race. This means that their increase in stroke rate was efficient with their effort, and they were not "spinning".</p> <p>One last thing to point out: there was a rule change in backstroke in the last year where you can now "submerge" at the flags before the finish, but none of these athletes did so. The fastest way to still finish your race is to time your strokes with a final surge into the wall.</p>
<p><b>Breaststroke</b> <a href="#">Alex Walsh 100 yard breaststroke</a> - 56.49 <a href="#">Julian Smith 100 yard breaststroke</a> - 49.55</p> <p>Like in the 100 butterflies, each of these swimmers stuck to a similar stroke count for each 25. Oddly enough, both Walsh and Smith had similar stroke counts, pointing out that Alex Walsh gets her power from distance per stroke and efficiency, and Julian Smith gets his power from a higher turnover (relatively) and less glide! Both swimmers, however, breathe "forward" and don't have any wasted movement when it comes to their breath and timing of their stroke. They</p>	<p><b>Freestyle</b> <a href="#">Gretchen Walsh 100 yard freestyle</a> - 44.71 <a href="#">Jordan Crooks 100 yard freestyle</a> - 39.83</p> <p>Walsh and Crooks swim each of these races very similarly, in that while they each use their underwaters to the best of their ability, the timing of their breath and position of their hands when they enter the water make it so they never lose momentum. Each of them time their breath in a manner that it "leads" their recovering arm down; this allows them to get into their catch and pull with the opposite arm faster and have no wasted movement or dead-spots in their stroke. They also</p>

breathe “forward” and press forward as well, never up or down.

recover and enter the water with their fingertips already facing downward, and their elbow's high in catch-position so that they are just about set in their catch as soon as they enter the water. The only thing they do once their recovering arm enters the water, is that they reach and extend with their shoulder blades. They do this so that they have more room to engage and pull with their lats, as well as have a longer reach and center-line to rotate and extend from with their opposite arm!