

Piranhas Swim Club August 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.

Event Nights - We have received a list of event nights from the high school referencing home swim meets for the high school teams, and home football nights - all of which are dates where we will be practicing at Augustana College! Once the reserved dates and times are confirmed by Augustana, they will be emailed out and updated on our group practice calendar. Please remember, we MUST follow the above pool rules and facility use expectations on all nights, not only the nights where there are events going on in the high school. The above rules apply the same to coaches, parents, swimmers, and swim lesson participants.

Upcoming Events

[Team Registration](#) - Team registration will be open on the [home page](#) of our website for all returning and new swim team members on August 1st!

[Fall/Winter season practices](#) - Practice will resume for Elite and Diamond swimmers on August 11th, and for all other groups on August 18th. The practice calendar is up to date on our website with the correct practice schedule and times. The practice schedule will be as follows at PVHS:

***Morning practices for all of D/E will not begin until August 25th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
D1 / D2		6:15pm - 7pm		6:15pm - 7pm		12:15pm - 1pm	
Bronze	6:15pm - 7:15pm		6:15pm - 7:15pm		6:15pm - 7:15pm	11am - 12pm	
Silver	6:15pm - 7:30pm		6:15pm - 7:30pm		6:15pm - 7:30pm	11am - 12:15pm	

Gold	6:15pm - 7:45pm	6:15pm - 7:15pm	6:15pm - 7:45pm	6:15pm - 7:15pm	6:15pm - 7:45pm	11am - 12:30pm	
S/PE	7:15pm - 9pm	7pm - 8:45pm	7:15pm - 9pm	7pm - 8:45pm	7:15pm - 9pm	9:30am - 11am	
D/E	5:15am - 7am + 7pm-9pm	7pm - 9pm	5:15am - 7am + 7pm-9pm	7pm - 9pm	7pm - 9pm	9:30am - 11:30am	

Swim Lessons

Swim lessons will resume the first week of September! Keep an eye out for open registration on the website, and an email being sent out about swim lessons registration being posted. Swimmers - if you or someone you know would like to become a swim lesson instructor, please reach out! You may earn your volunteer hours for school, or be paid.

Meet Schedule

Our meet schedule for the [Fall/Winter 2025 - 2026 Short Course Season](#) is up on our website! One meet that will be added is our now annual Quad Meet with LMST/DASH/BLST. This year it will be hosted at Cedar Falls in their NEW facility, and we are waiting on the official date.

Swimmer of the Month



This month's swimmer of the Month is Lily Furrow! Lily went on to break two team records this past month in the women's 15&O 50 meter freestyle and 50 meter butterfly. She earned her FIRST futures cut in her 50 meter freestyle as well.

Meet Results

The Piranhas had a handful of swimmers attend the Speedo Sectional Championship meet in Minneapolis, and were highlighted by Carson Olson breaking a 21 year old team record in the men's 15&O 100 meter butterfly, and earning his first Winter Junior National Cut in a time of 56.43! Lily Furrow also first broke the team record in the women's 15&O 50 meter freestyle at this meet.

The 2025 IASI Summer Regional and 8&U Championship was the week after, and we had our very own Bella Salazar earn highpoint for 8&U girls for the second year in a row! New State Qualifying Times were earned by Gracie Shields, Audrey Staab, and Elly Howell for a full lineup at the State Meet in Waukee! Congratulations to Ivy Pelzer and Myles Brown for earning their first medals at the 8&U Championships as well!

The 2025 IASI Championship Meet in Waukee was a success and great experience for all Piranhas Swimmers attending the meet. Highlighted by Tatiana Salcutan winning the women's 200 meter backstroke, and Lily Furrow breaking two team records and earning a futures cut in her 50 meter freestyle, and podiuming in multiple of her events. Other notable swims over the meet were Luke Shields dropping more time than anybody else in his 800 meter freestyle, Camryn Steining dropping 5 seconds to win her heat in finals of her 200 meter freestyle, Cameron Cunningham dropping in every distance event and even splitting best times throughout her events, and Brayden McGuire and Victor Ganea both making finals in their 100 meter breaststrokes and 200 meter individual medleys to drop further time! Another great job to Isla Pelham on dropping 13 seconds in her 400 meter individual medley to earn her Senior State Cut, and drop 5 seconds in her 200 meter butterfly in finals in her last event of the meet!