

## ***Piranhas Swim Club December 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.

### **Call for officials!**

Thank you to all of you who stepped out during practice to speak with Kirstin on the needs and requirements of becoming an official! If you are interested in fulfilling the courses and training required to become one for our team, please let me know and we can get started on the next steps.

### **Upcoming Events**

[EMSC Winter Invite](#) - December 6 - 7. This meet will be taking place this coming weekend at East Moline Municipal Swimming Pool, connected to the United Township High School! PSC Will have 45 swimmers attending this meet to have a strong showing at the last Quad Cities meet in this calendar year! Meet information will be sent out this week when received from the meet host.

[U.S. Open](#) - December 3-6. Tia will be representing PSC in the U.S. Open this coming week in Austin, Texas! She will be competing in the 200 LCM Backstroke on Saturday, December 6th; and be one of thirty-one women in the country entered in this event.

[BLST Holiday Classic](#) - December 19 - 21 at the NEW Cedar Falls Community Natatorium. While our registration deadline has passed, I may still submit entries to the meet host until **DECEMBER 15TH** if you would like to enter the meet (I cannot guarantee these later entries will be accepted)!

PSC Holiday Party at TBK! Please keep a lookout for the PSC Holiday Party that will be taking place at TBK for the second year in a row! The party will likely take place in early January.

## Meet Results

This past month PSC took part in two meets, the A3 Midwest Challenge, and the Bettendorf Turkey Races! At the A3 Midwest Challenge, congratulations to Jamison Gray on his new TEAM RECORD in the men's 200 freestyle with a time of 1:39.32, and new FUTURES cut in the men's 50 freestyle of 21.24. Congratulations as well to Kaiden Bonner on achieving a new Spring Sectional time standard in the men's 200 freestyle with a time of 1:47.10!

At the Bettendorf Turkey Races, we have several swimmers qualify for their State Meet! Congratulations to Olivia Prior on qualifying in the girls' 11-12 100 individual medley and 100 backstroke. Congratulations to Sam Teeravechyan on qualifying for state in the girls' 9-10 100 yard backstroke, and Uvwxya Solasu on qualifying in the girls 9-10 50 yard butterfly in her FIRST EVER MEET! Another special shoutout to Bella Salazar on achieving another state qualifying time in the girls' 9-10 200 yard freestyle, and earning her first ever "A-time" in the girls 9-10 100 yard backstroke!

## No Practice Dates + Practice Updates

This coming week we are back to our normal practice schedule at PVHS, with the exception of **no practice on Saturday, December 6th, for any group except Diamond/Elite** due to the EMSC December Invite and coaches at both meets this coming weekend. Additionally, we will not have practice on December 11th due to the home swim meet between Pleasant Valley vs. North Scott vs. Davenport West. December 18th, we will hold practice at Augustana College from 6pm - 8pm due to the home swim meet between Pleasant Valley vs. Muscatine.

With winter break beginning this month and extending from December 22 - January 2, please keep an eye out for updated practice schedules and locations! We will try to keep the practice times the same as they currently are, for your convenience, but locations will likely change to most practices being held at Augustana College. We are working to get a few practices scheduled at PVHS during these two weeks, but final updates will be sent out and posted on our calendar/website for you all when we get closer!

## Swimmer of the Month



This month's featured swimmer is Olivia from

Gold! Olivia's favorite memory is going to State when she was 10 years old, and her favorite thing about swimming is competing at a high level and wanting to be the best in backstroke. Her favorite pool is the Waukee Natatorium!

## Drills of the Month

<p><b>Freestyle - <a href="#">Front Pocket Six Kick Switch</a></b>  Queues: Your breath is independent of your body and LEADS the way for your next stroke! You cannot get into your pull - effectively - while your neck is still turned to the side. The shorter and quicker your breath is, the faster your stroke rate will be! For those of you who cross-over a bit... This will also help you pull along the "rails" of your body in freestyle!</p> <p><a href="#">Caeleb Dressel 100 Freestyle</a>  This video demonstrates how important to have a quick breath in freestyle is! Notice how his breath leads the way back down into his next stroke, on every stroke, along with a steady kick!</p>	<p><b>Backstroke - <a href="#">Bow 'n' Arrow</a></b>  Queues: While standing - or in the water - hold one arm extended like you are reaching "up", but don't reach across your body! When your bottom arm is pointing out from your chest and your top arm is in catch position (deep elbow, shallow hand), THROW your hand down below your hips and raise your opposite arm above your head! In backstroke, you rotate once you FINISH your stroke and your hand finishes below your hips.</p> <p><a href="#">Ryan Murphy 100 backstroke</a>  Great underwater footage of one of the greatest backstrokers of all time. A couple things to notice - other than how they all get completely out of the water on their starts - is how every swimmer uses their "finish" of their stroke to propel them forward and into their next stroke! They also reach with their body to get as high of a catch as possible, but they do not reach past their center line and cross over.</p>
<p><b>Breaststroke - <a href="#">Puppet</a></b>  Queues: (It is called "Moose Drill" in this video... but same thing!) Arms/elbows come down and are bent, knees come "forward" and kick is ready but not tucked, and then extend your arms out into streamline while you kick! Make sure you ride your kick and glide!</p> <p><a href="#">Leon Marchand's 200 Breaststroke Gold in Paris</a>  A couple things to watch here: just like in the drill video above, every swimmer - especially Marchand - kicks their streamline FORWARD. Just like how we emphasize breathing forward in butterfly and breaststroke, you kick your streamline forward as well! The swimmers not only do that, but:</p> <ol style="list-style-type: none"> <li>1. Press their chest below their hip-level</li> <li>2. Kick their hips "up" in order to press their chest and glide more effectively and ride their kick</li> <li>3. When they want to speed up at the end of the race, they up their stroke RATE, not necessarily the effort per stroke (although I'm sure that's what it feels like). Your stroke rate in breaststroke is determined</li> </ol>	<p><b>Butterfly - <a href="#">Catch Kick Recover Kick</a></b>  Queues: Hands come to make elbow bend at 90 degrees (fingertips pointing down), one big dolphin kick, arms point back out with slight bend in the elbow, one dolphin kick.</p> <p>I couldn't find a video specifically for this drill, but I did find a great underwater video of Leon Marchand racing the 200 meter butterfly at the 2023 World Championships! For those of you who don't know who he is, he is the reigning Olympic Champion in the 200 IM, 400 IM, 200 butterfly, and the 200 breaststroke.</p>

by how soon you get into that next catch-phase after your streamline, which is started by turning your fingertips DOWN to start that pull!	
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