

## ***Piranhas Swim Club January 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**

[LMST Winter Whiteout](#) - This meet is taking place this Sunday at the Linn-Mar Aquatic Center, and will be the first meet of the New Year! PSC will have 16 swimmers attending this meet.

[PSC Winter Holiday Party](#) - We will be hosting our annual holiday party at TBK Sports Complex on January 10th from 6pm - 8pm! All attending swimmers will receive a 1-hour arcade pass, have reserved bowling lanes, and be served pop and pizza for dinner. **Please RSVP on our website by this Saturday, January 3rd; the cost of attending will be \$15 per swimmer.**

[Warren Lee Tunwall Invitational](#) - This meet is taking place at Mercer Park Aquatic Center in Iowa City from January 17 - January 18. This meet is in place of the DMET Winter JAM that was cancelled, and is encouraged for all available swimmers to attend! **The registration deadline is January 1st, but if you would like for me to still enter your swimmer, please email me directly and I will get them entered into the meet!**

[CIA Winter Blues Buster](#) - This meet is taking place at the Waukee Natatorium in Waukee, Iowa, from January 30 - February 1. This meet is open for all 13&O PSC, and will be a great opportunity to race before the IASI State Meet the following month. **The registration deadline for this meet is January 1. If you missed the registration deadline and would like to attend, please email meet directly and I will contact the meet host!**

USA Swimming Registration - Please remember that as 2026 starts, you may need to renew your USA Swimming membership for your swimmer to attend meets! You may renew this on your own USA Swimming homepage when you login to the website. If you need any assistance, please reach out.

## Meet Results

EMSC December Invite: We had 45 swimmers attend this meet and had a strong showing at the last meet in the Quad Cities for 2025! Brooks Pflum also earned his 11-12 boys' state qualifying time in his 500 yard freestyle!

U.S. Open: PSC was represented by Tatiana Salcutan at the 2025 Toyota U.S. Open, where she qualified for the semi-final championship heat, and ended the meet placing 13th in the women's 200 meter backstroke.

BLST Holiday Classic: PSC was represented by 17 swimmers at our final meet of the 2025 calendar year at the NEW Cedar Falls Community Natatorium. Jamison Gray earned two new TEAM RECORDS in the boys' open 50 yard butterfly of 22.87, and a new team record in the boys' open 50 yard backstroke of 23.91; and won all of his events in the meet. Following performances were followed by Camryn Steining being a multiple event winner and earning a new Sectional Cut in the girls' 50 yard freestyle. Isla Pelham, Gabe Abrahamson, and Luke Shields also won multiple of their events, and Brooks Pflum earned a new state cut for 11-12 boys' in the 100 yard freestyle, and Olivia Prior earned two new state qualifying times for 11-12 girls in the 200 yard backstroke and 50 yard butterfly!

## No Practice Dates + Practice Updates

We will be at Augustana College on January 1st and 2nd for all scheduled practices, and return to PVHS for practice on Saturday, January 3rd. At the time of writing this newsletter, our finalized times for the second semester and first two weeks at PVHS after break have not been finalized. We should receive the finalized schedule from the maintenance center before winter break is over, and I will update you all and the practice calendar as soon as it is received.

## Swimmer of the Month



This month's swimmer of the month is Jamison Gray from the Diamond group for earning his second and third team records this season! Jamison has now swam team records in the boys' 200 yard freestyle, 50 yard butterfly, and 50 yard backstroke. Jamison is also committed to swim at the University of Wisconsin-Milwaukee next Fall as part of the class of 2030!

## **Drill of the Month**

### Upside down underwater breaststroke -

This month's drill of the month is upside down underwater breaststroke! This drill is great for a few things:

1. Timing - being on your back underwater will force you to go through all motions of the stroke to stay moving forward without rising to the surface.
2. Pull depth - the goal of this drill is to move forward at all times, which means your pull with your forearms must be directly vertical to make sure you do not press up or down to move your body in another direction.
3. Heel kick + reach timing - as the previous two goals of this drill, the goal of our kick and timing of extending our arms back forward are to do so in a way where there are no "hitches" in our stroke. A pause in this drill will cause you to float up to the surface, as will pressing in the wrong direction. Once your hands are over your chest, bring your heels back and do a "jump kick" as your arms and chest press and extend forward!