

## ***Piranhas Swim Club July 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.

### **Weekend Schedule for Fourth of July**

We will be holding practice as normal on Thursday, July 3rd. Elite and Diamond swimmers will have practice on the morning of the Fourth at Scott County Park, and no evening practice. Elite and Diamond swimmers will also have morning practice at Augustana College on Saturday the 5th. All other practice groups will have the weekend off. Enjoy the Holiday!

### **Upcoming Events**

[Speedo Sectionals](#) - July 10 - July 13, Minneapolis, MS, hosted at the University of Minnesota Rec Center. Qualified swimmers, please let me know by July 3rd if you would like to attend. I will take care of your registration, you just need to let me know which events you would like to be entered in.

[BLST Summer Sizzler](#) - July 10 - July 13, Cedar Falls, IA, located at The Falls Aquatic Center.

[IASI Regional and 8&Under Championships](#) - July 19 - July 20 hosted by DASH at Hempstead High School in Dubuque, IA. **Registration deadline is July 10.** This is a "Q-minus" meet, meaning that if your swimmer has a State Qualifying Time in an event, they are unable to swim it. This serves as a great last meet of the year for younger swimmers who are looking to try a larger meet for the first time, and a great last chance to get some State times! All practice groups are welcome to register.

[2025 IASI Long Course State Championships](#) - July 24 - July 27 at the Waukee Natatorium in Waukee, IA. **Registration deadline is July 18.** The entry deadline for this meet is the day before the Regional and 8&U Championships start, but **entries for swimmers who earn qualifying marks will STILL BE ACCEPTED** after the weekend of the Regional Championships! All qualified swimmers are encouraged to attend this meet!

State Team Dinner - please keep an eye out for a state team dinner announcement in the coming weeks! This will be open for all qualified swimmers to get together before heading to Waukee for the Championship Meet.

### **Adcraft Fundraiser**

For this week, we have an Adcraft store open for purchase of Piranhas Swim Club and State Team apparel! The store will close on July 6th and orders will be shipped shortly after.

### **Swimmer of the month**



This month's swimmer of the month is Bella from the Gold group! Bella's favorite part about being on Piranhas is practicing with her friends, competing, and winning ducks, ribbons, medals, and trophies. Her favorite swim memory was going to State for the first time. Bella also just swam the 200 Individual Medley for the first time this weekend and earned another State Qualifying Time in the event!

### **Little Piranhas Swim Lessons**

We have one more session of swim lessons left in the summer after our current class is done. The current class will conclude on July 10th, and the final session will start the following week. Class schedules for the final session may be different to accommodate swim instructors attending the State Meet. 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

This past month PSC attended the ICE Splash Out Hunger, DMET Summer Jam, Waukee Waves Open Summer Invite, and the GRAC Stars of Tomorrow! With meets nearly every weekend, it made for some exciting swims to keep up with! Some highlights from this past month were swimmers participating in their first long course meet of the season at ICE Splash Out Hunger, and more Q-Times from our younger swimmers at both the DMET Summer Jam, - along with a new Speedo Sectional Cut in the 1000 Freestyle from Camryn Steining - and GRAC Stars of Tomorrow. The Waukee Waves Open Summer Invite was highlighted by Carson Olson winning the boys' 100 meter backstroke, after saying "I'll treat it like a 50." The boys' 200 meter freestyle relay also took second place overall in the meet, accompanied with life-time and in-season best times by the swimmers attending the meet!

## Drills of the Month

### Starts

- [Block start - Dressel](#)
- [Block start - Rebecca Soni](#)
- [Backstroke start - Ryan Murphy](#)

### Takeaways:

For the block starts, both Dressel and Soni have a relaxed stance on the block. Each swimmer stares down at their hands on the block, and is engaging their arms and legs to pull and propel them off of the block and into the water. In doing so, they also do a version of the "Tandy" Start! They force their arms backwards after their initial pull on the block, and use that momentum to swing their arms forward. Each swimmer enters the water through the same "hole" that their hands enter in streamline as well! Another thing to take note of: their hip-angle when entering the water. Their hips are slightly hinged backwards. This allows for a natural dolphin kick motion upon their entry.

For backstroke, Ryan Murphy pulls his whole body out of the water and squares his shoulders with the edges of the blocks, and uses the vertical bars instead of the cross-bar. This allows him to get into a higher position out of the water and make sure that his "force" is applied directly onto the wedge. If you watch the video from 9:00 to 11:00, you can see the changes he makes from "take your marks," to time of entry. Once leaving the block, think of arching your back like a back-bridge and "looking" for your hands in streamline.

### Underwaters

- [Breaststroke pullout](#)
- [Underwater dolphin kick](#)

### Takeaways:

For breaststroke pullouts, and interesting takeaway in this video is the emphasis on wanting to be underwater for 4.5-5 seconds and then up and swimming. The purpose for this emphasis is to encourage no loss of momentum. You can see that the swimmers in the video initiate each separate part of their pullout right before they would begin to lose momentum from the previous movement.

For underwater dolphin kick, this is the same video that we watched last month, but we will also be watching a video of one of the newest members of the team: [Tia!](#)

In last month's video, it was emphasized that Maggie kicked at a rate of 150 kicks per minute, and used her whole body. Not everyone is capable of this, but it points out the importance of being smooth and efficient in the water with our movements. In this last video, notice how Tia pushes off at a downward angle to give herself room for her kicks, and then uses her kicks to level out before her breakout. Remember, smooth is fast and fast is smooth! Use your underwaters to set yourself up for your race, but don't stay under for too long!

## Welcome, Adoh and Tia!



Adoh and Tia recently joined the team, moving here from Berkley, California. Adoh is a professional triathlete currently training for the 2028 LA Olympic Games, and has competed in World and Continental Cups around the globe in recent seasons.



Tia is a two-time Olympian, competing in Tokyo (2020) and Paris (2024). She is the Youth Olympic Games Champion (2016). Multiple medalist at the Youth European Championships, World Cup, and World Championship finalist. She is also a participant in the ACC, SEC, and NCAA Championships.