

Piranhas Swim Club June 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

[ICE Splash Out Hunger](#) - June 7th-8th at Mercer Park Aquatic Center in Iowa City, Iowa. **Registration deadline passed.** PSC will be sending 20 athletes to this two-day long course meet! This is our second long course meet of the season for swimmers to get a change to begin racing in a 50 meter pool. This meet also serves as a food-drive for the Iowa City Community, and teams are awarded placement based on how much food they donate! Little fun fact... this meet last year was Coach Ian's first meet with PSC!

[DMET Summer Jam](#) - June 14th at Davenport Central High School. **Entries are submitted, but I may still be able to enter you into the meet if you missed our team's registration deadline!** PSC will be sending 33 athletes to this single-day, 25 SCY meet. Swimmers and families - as stated above - if you missed our team's registration deadline but would like to swim in the meet, I may still be able to enter you into this meet! It is a great one-day meet with plenty of event-options to choose from. **Swimmers encouraged to attend: D1/D2, Bronze, Silver, Gold, S/PE. D/E - talk to Coach Ian.**

[Waukee Waves Open Summer Invite](#) - June 20-22 at Waukee Natatorium. **Entries are submitted, but I may still be able to enter you into the meet if you missed our team's registration deadline!** I have been told by the meet host that entries will all be accepted until June 10th. PSC is currently sending 18 athletes to this three-day long course meet! This meet offers prelim/final experience on Saturday, as well as timed-final event schedules on Friday and Saturday. It is open to out of IASI LSC swim teams, meaning our swimmers will get the chance to not only preview the pool where State will be held this year, but they will get a chance to race swimmers from out of state that they might normally not be able to! **Swimmers encouraged to attend: Bronze, Silver, Gold, S/PE, D/E.**

[GRAC Stars of Tomorrow](#) - June 28-29 at Riverview Pool, Clinton, Iowa. **Registration deadline is June 3.** PSC currently has 10 athletes registered for this 50 meter outdoor meet! The registration deadline is soon. If you would like to take part in this unique, laid-back outdoor racing meet, please sign-up! This meet is open to swimmers of all practice groups. **Swimmers encouraged to attend: Bronze, Silver, Gold, S/PE. D1/D2: please speak with your lead-group coaches and/or Coach Ian. D/E: please speak with Coach Ian.**

Upcoming Registration Deadline

[BLST Summer Sizzler](#) - July 10-13 at The Falls Aquatic Center, Cedar Falls Iowa. **Registration deadline is June 1.** This is the second of two outdoor long-course meets that we will be attending this summer! PSC Currently has 8 athletes signed up for this meet. This meet is always a fun, last celebration of the season before the Championship meets get here. There are even coaches races offered at this meet!

State Gear Store

Swimmers and families, we will be working to create a state gear store for you all! Please keep an eye out for this in the coming weeks.

Swimmer of the month



Our next swimmer of the month is Myles from Developmental 2! When asked what his favorite part about being on PSC is, his answer was, "It gives me a good workout and I like seeing my friends." Myles also said that his favorite swimming memory is, "I really liked going to regionals and getting to cheer for Bella and swimming my events. It was really fun to get it to go!" Way to go, Myles!

Summer Practice Schedule

For the first full week of June, practices will remain the same as they have been:

JUNE 2-JUNE 8 PRACTICE SCHEDULE

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	9:30am-11a m PVHS	
E/D	5:15am-7am + 7pm-9pm PVHS	4:15pm-6:15 pm PVHS Dryland until 7pm	5:15am-7am + 4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS	4:15pm-6:15 pm PVHS Dryland until 7pm	9am-11am PVHS Dryland until 11:45am	
ALL GROUP						ICE Splash Out Hunger	ICE Splash Out Hunger

SUMMER PRACTICE SCHEDULE STARTING JUNE 9TH

Group	Mon	Tue	Wed	Thur	Fri	Sat	Sun
D1/D2		6pm-7:45pm @ PVHS		6pm-7:45pm @ PVHS		12:15pm -1pm @ PVHS	
Bronze	6pm - 7pm @ PVHS		6pm - 7pm @ PVHS		6pm - 7pm @ PVHS	11am-12pm @ PVHS	
Silver	6pm-7:15pm @ PVHS		6pm-7:15pm @ PVHS		6pm-7:15pm @ PVHS	11am -12:15pm @ PVHS	
Gold	6pm-7:30pm @ PVHS	6:30am-8am @ Scott County	6pm-7:30pm @ PVHS		6pm-7:30pm @ PVHS	11am-12:30pm @ PVHS	
S/PE	6:45pm-8:30 pm @ PVHS	6:30-8:30am @ Scott County + 6:45pm-8:30 pm @ PVHS	6:45pm-8:30 pm @ PVHS	6:45pm-8:30 pm @ PVHS	6:45pm-8:30 pm @ PVHS	9:30am -11am PVHS	
E/D	6:30am-8:30 am @ Scott County + 4pm-6pm @ PVHS	6:30am-8:30 am @ PVHS + Dryland @ PVHS 4:15pm-5pm	6:30am-8:30 am @ PVHS + 4pm-6pm PVHS	6:30am-8:30 am @ Scott County	6:30am-8:30 am @ Scott County + 4pm-6pm @ PVHS + dryland until 6:45pm	9am-11am PVHS Dryland until 11:45am	

Little Piranhas Swim Lessons

Our swim lessons classes will be continuing during the summer! The classes will be three times a week - Monday, Wednesday, Thursday - for forty minutes, all from 6:15pm-6:55pm. 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 took part in the Armbruster Invite and the Bettendorf Spring Pentathlon! Notable swims from each meet were Isla Pelham earning her Senior State Cuts in her 100 meter butterfly and her 200 meter individual medley - congrats on the great swims, Isla! Bella Salazar also earned a new long course Q-Time in her 50 meter backstroke. MiaoXian Zhou also dropped 9 seconds in his 50 meter breaststroke to earn a state qualifying time as well.

At Bettendorf we had a great showing by all of our younger swimmers who attended, and a few older swimmers who were unable to attend Armbruster! Congrats to Eva on already dropping in three of her events she had just qualified for and swam at State this past winter! A HUGE shoutout and congratulations to Yixian Zhou for dropping in every single one of his events he swam at the Bettendorf Spring Pentathlon, and Niam Tilala and Cort Hagemann on competing in their first ever swim meet!

Drills of the Month

<p><u>Butterfly progression</u> -</p> <p>Watch as this swimmer and coach explain and demonstrate piecing together a FORWARD moving butterfly! As said in a few of our previous newsletters, we breathe and move forward, not up and down. From The Race Club, butterfly is a short-axis stroke (meaning we bend at the hip and don't go on our sides), but really is almost "raced" like a long-axis stroke where we need to make sure our movement is slightly up and down with our hips and chest, but we are always aiming forward! A few drills other than these to do in practice and progress from:</p> <ol style="list-style-type: none"> 1. P11 dolphin kick or fish kick on your side 2. Catch kick recover kick 3. Pull kick recover kick 4. Ride the line 5. Skate drill 6. Flutterfly 7. Full butterfly swim 	<p><u>Backstroke progression</u> -</p> <p>Backstrokers, please don't pay attention to the first 30 seconds of audio in this video. We all appreciate you, and swimming upside down is hard!</p> <p>Watch how they piece together your kick, catch, and pull in this video, and then go on to demonstrate how Ryan Murphy (Olympic Gold Medalist and WR holder) swims backstroke. A few drills to try to progress from in practice:</p> <ol style="list-style-type: none"> 1. P11 or streamline flutter on back 2. Single arm backstroke (still rotate!) 3. Single arm across chest 4. 2 right 2 left 5. Bow n Arrow 6. Spin 7. Full backstroke swim
<p><u>Breaststroke progression</u> - <u>Breaststroke 1 stroke challenge</u></p> <p>Instead of piecing together their stroke brick by brick in this video, Coach Hall focuses on keeping a narrow kick, and kicking your hyper streamline forward at the end of each stroke!</p> <p>The second video is from ASU, where Leon Marchand does a 50 yard breaststroke off the blocks with 1 stroke the entire 50, and goes 26.76. Each video does a great job showing how timing and efficiency are everything in breaststroke! Don't slow the timing of your stroke down, but be aware that there are different moving pieces happening after another - or overlap only slightly - rather than</p>	<p><u>Freestyle progression</u> -</p> <p>This video demonstrates the different styles of freestyle swimming, all based on event! There are three different types of freestyle swimming:</p> <ol style="list-style-type: none"> 1. Hip driven - best for long distance and smooth swimming. Maximizes propulsion from each arm stroke by rotating the hips aggressively and holding the hands out front during the pull. 2. Shoulder driven - best for sprint events such as the 50 freestyle and up to the 100 freestyle. Employs shoulder rotation and a faster stroke rate to generate speed.

<p>completely simultaneously. In breaststroke, you turn your fingertips down to start your catch, then pull deep and wide (almost like the wide part of your butterfly pull), then squeeze in and press forward. Right after the press has started is where we snap our kick to push our streamline forward! When we are up and breathing, our knees simply start to come forward, but we do not start our press and start our kick at the same time.</p> <p>Drills:</p> <ol style="list-style-type: none"> 1. P11 BR kick, try to feel your body tilt forward and down with each kick. Low lungs, high hips! 2. Puppet drill → P11 float into elbows come down, knees come forward and ankles come up, reach back forward into streamline, JUMP KICK your kick straight back (slightly down to kick your hips up) 3. 3 kicks 1 pull 4. 2 kicks 1 pull 5. BR with dolphin kick 6. BR with flutterkick 7. Full breaststroke swim 	<ol style="list-style-type: none"> 3. Body driven - Combines elements of both hip and shoulder-driven freestyle, utilizing a more balanced rotation and stroke rate. Best for 100 to 200 freestyle races, and may be used in the later stages of the 400/500 freestyle. <p>Drills:</p> <ol style="list-style-type: none"> 1. P11 flutter reaching with shoulder blades 2. Short dog 3. Underwater recovery 4. Front pocket six kick switch 5. Bear / Hip-Shift 6. Tarzan 7. Throw drill (best using parachute in hand, or drag sox on hand) 8. Full freestyle swim
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BONUS! UWDK Technique

[Maggie MacNeil](#), Olympic Gold Medalist in the women's 100m butterfly in the Tokyo Olympics.

Coach Hall does a great job pointing out all of the ways to measure your dolphin kick efficiency, and what to do and what not to do. Most notably, the RATE of Maggie's dolphin kick on her up and down kick is extremely consistent, and strong in each direction. She's actively moving water backwards and herself forward with every motion - a motion that is her WHOLE body. The rate between each down-kick is .38 seconds, meaning she would be doing over 150 whole kicks per minute. The next thing I would like to highlight is her knee angle. She does not kick from her knee, in fact she uses her whole body. Her knees bend only so that her lower-leg can "whip" up and down to be pressed and lifted. This not only ensures that her whole body stays in a tight streamline position, but that she gets the most out of the quick movements she is creating with her kick!

We never want our kick to be so large that it slows us down, and we don't want to just focus on the rate of it with our body so much that we are just sitting still in the water and not moving any water backwards. We all have to find a balance that works for us and our stroke, which is what we work for in practice!