

Piranhas Swim Club March Newsletter

Upcoming Events:

- 2025 USA SWIMMING SPEEDO CHAMPIONSHIP SERIES - March 13th-16th in Rochester, Minnesota
- [End of Season Banquet - Friday, March 28th at PVHS](#) - The main dish will be provided, and families are requested to bring a dish assigned by the first letter of their last name: A-G salad, H-Q side, R-Z dessert.

Practice Dates and Times:

- The practice calendar is accurate and up to date until the week of Spring Break. All practice groups will have normal-scheduled practice until March 15th, and then we will begin our two week season break!
- Beginning March 3rd, we will have normal morning and evening practices at PVHS with our earlier start times and be there Monday through Saturday.

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, or in the overflow lots behind the school: please do not park in the driveways or drop off lines.
- Seating to spectate practice is to be in the pool-area, on or near the bleachers. Do not spectate from the hallway.
- Swimmers, please dry-off before leaving the pool. Do as best as you can to dry-off and dress well before walking through the school so that you do not track any water.
- Pool access doors: please make sure that the only door that is open, is the door to the pool that is closest to the bleachers. Since we don't enter or leave through the vestibule outside the pool, please make sure these doors remain closed.

Regionals:

We had a great showing at the IASI Regional Championships and 8&Under Championships, with 14 new State Qualifying times being earned by Eva Alicea, Isla Pelham, Brooks Pflum, Augie Prior, Audrey Staab, and Fisher Spillum! Other notable swims were Myles Brown being a multi-heat winner in several of his events in his FIRST Regional Meet! In the 8&Under Championships, Bella Salazar won the Girls' 8&U 50 back, 25 fly, 50 fly, and took second in the Girls' 8&U 50 free and 25 free, and tied for first place for Girls' 8&U Highpoint for the meet! Congrats on a great meet, swimmers!

Age Group State:

We had 9 swimmers attend the Age Group State Meet - a few of them attending their first ever state meet! Congrats to Luke Shields on earning his Senior State Qualifying times in his 50 freestyle, 200 freestyle, 100 breaststroke, 200 breaststroke, and 500 freestyle. Another congrats to Isla Pelham for earning her first two Senior State Qualifying times in her 200 yard butterfly and 200 yard breaststroke, which she just earned her Age Group qualifying times for these events the previous week at Regionals, for a grand total of an 8 second drop in two weeks for her 200 breaststroke and a 10 second drop in two weeks for her 200 butterfly! Other notable drops at the Age Group State Meet were Bella Salazar dropping over 7 seconds in her first event, the Girls' 10&U 100 yard freestyle!

Short Course Championships:

We had 11 swimmers attend the Short Course Championship meet, among them, they earned three new relay Speedo Sectional Qualifying times in the Girls' 400 Medley Relay (Ivy Gray, Camryn Steining, Dawsyn Green, Reagan Fossey), Boys' 400 Medley Relay (Kaiden Bonner, Victor Ganea, Mateo Surma, Carter Goebel), and the Boys' 400 Freestyle Relay (Kaiden Bonner, Mateo Surma, Victor Ganea, Charlie Jacobs). Other notable results include Camryn Steining earning her first two Summer Speedo Sectional qualifying times in her 100 and 200 yard breaststroke, and new Spring Speedo Sectional qualifying times in her 200 yard freestyle and 500 yard freestyle. Kaiden Bonner earned two new Spring Speedo Sectional qualifying times in his 200 yard freestyle and 100 yard backstroke; and Reagan Fossey earned her FIRST Spring Speedo Sectional qualifying times in her 200 yard freestyle! Victor Ganea also went on to earn his second Speedo Sectional cut in his 200 yard breaststroke. Other notable swims over the weekend were Dawsyn Green placing third in the Girls' 400 yard Individual Medley, and repeating as STATE CHAMPION in the Girls' 200 yard butterfly with a best time!

Drills of the Month

Freestyle - [Front Pocket Six Kick Switch](#)

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!

[Caeleb Dressel 100 Freestyle](#)

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!

Backstroke - [Bow 'n' Arrow](#)

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.

[Ryan Murphy 100 backstroke](#)

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>Breaststroke - Puppet 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>Leon Marchand’s 200 Breaststroke Gold in Paris 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"> 1. Press their chest below their hip-level 2. Kick their hips “up” in order to press their chest and glide more effectively and ride their kick 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 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! 	<p>Butterfly - Catch Kick Recover Kick 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>

Spring/Summer 2025 Registration

The registration for our 2025 Spring and Summer Long Course season is officially open! You may register your swimmer for their group on our website.