

Piranhas Swim Club November 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

[Bettendorf Turkey Races](#) - Our only meet taking place in the month of November is up on the calendar! We will be attending the Bettendorf Turkey Races on November 15th - November 16th! We have already sent our bulk entries in, but if you were unable to register right away and wait, I will be able to get you into the meet and send entries until November 10th. I cannot guarantee that all entries past the initial deadline will be accepted into the meet.

[EMSC Winter Invite](#) - December 6 - 7. We have added the East Moline Swim Club Winter Invite to our meet calendar! This is a great local meet for our younger swimmers to attend, although swimmers of all levels are welcome to attend this meet. **The registration deadline for this meet is November 7th.** I am able to send in entries until November 26th, but cannot guarantee entry after our initial deadline. Elite and Diamond swimmers, please talk to Coach Ian before registering for this meet.

[BLST Holiday Classic](#) - December 19 - 21 at the NEW Cedar Falls Community Natatorium. **The registration deadline for this meet is November 16th!** This meet has been added to our calendar in place of the LMST December Invite that would otherwise be the same weekend as EMSC. This meet offers great competition in the NEWEST pool in the state, and at the same pool that age group state will be at! All practice groups are encouraged to attend this two and a half day meet.

Special notice and meet results

At the time of writing this newsletter, we have had a NEW team record set in the boys' 15&O 200 freestyle! Congratulations, Jamison Gray, on your new TEAM RECORD in the 200 freestyle of 1:39.32 and third place finish at the A3 Midwest Challenge!

No Practice Dates + Practice Updates

The week of November 10th is the overlap week of boys' and girls' high school seasons, so practice time will be very limited during this week. Updates will be announced as we get closer towards this week, so please be on the lookout!

In addition to the above updates, please keep an eye out for the chance of adjusted practice times due to the change in high school seasons as well.

Swim Lessons

We are currently coming to a close with Session 5 of swim lessons for this Fall. As of right now, this is the last session of lessons on the calendar until we get our new Fall/Winter times and unavailable dates. Please keep an eye out for notice of lessons resuming! All swimmers at the end of Session 5 will be assessed for Developmental 1.

Call for officials!

Our team is in need of officials to help host swim meets in the Quad Cities, including a PSC-Hosted meet within the next year! Officials help ensure that our swim meets operate efficiently and that they can be sanctioned by USA Swimming and count for times for our swimmers! Officials also count as volunteers that we provide for larger meets, such as Regionals and State, meaning that not all of our volunteer spots will need to be allocated to timers. Kirsten Oppel, who helps out with the PVHS Girls' High School Team and with Iowa Swimming, has offered to come speak to our club on the importance of officials, and the steps you need to take to become one! A date and time has not been set yet, but please keep an eye out!

Swimmer of the Month



This month's featured swimmer is Teale from Bronze! Teale's favorite thing about swimming is jumping off the block, and going to meets. Her favorite swim memory is when she won her first race. She also loves her swim friends!

Swimming news + drills!

At the recent World Cup Series that has stopped in Carmel, Indiana; Chicago, Illinois; and Toronto, Canada; there have been World Records set left and right! This month, we will look over a few of these records and some drills that can help your stroke (try to) look like these swimmers'!

Butterfly -

Men's 100 short course meter butterfly [World Record](#) (Josh Liendo) 47.68.

Women's 100 short course meter butterfly [World Cup Record](#) (Gretchen Walsh) 53.69.

DRILLS – 6 step drill progression (with fins):

1. Dolphin kick with your head out of the water and hands at your side
2. Dolphin kick with your head out of the water and hands at your side, head goes down every other kick
3. Skate drill: butterfly pull with first kick → breath and “fall” down → arms recover with hands completely out of the water
4. Flutterfly with snorkel (butterfly arms with dolphin kick)
5. Flutterfly without snorkel and breathing every breath B
6. Butterfly swim

Backstroke -

Men's 100 short course meter backstroke [World Record](#) (Hubert Kos) 48.16.

Women's 100 short course backstroke [World Record](#) (Regan Smith) 54.02.

DRILLS -

Bow n Arrow:

- Use fins, and keep a STRONG flutter kick the whole time you are swimming. Have one arm pointed straight towards the ceiling, and one arm in the water leading the way. 3 sculls up front with the arm in the water, and then STRONG pull through towards your hip and finish below your hip, all while throwing the arm that was above your body forward.

Spin:

- Sit up like you are in a chair, and kick as fast as you can and spin your arms as fast as you can for 3-4 cycles!

Each of these drills emphasize - as you can see in the videos - the need for a high turnover throughout your race, and how much swimmers rely on their legs in their swimming and in their underwaters! Focus on a strong catch and “throwing” water towards your feet, but doing it repeatedly as quickly as you can!

Breaststroke -

Men's 200 meter short course breaststroke World Record ([Caspar Corbeau](#)) 1:59.52 → [first person ever under 2:00!](#)

Women's 100 short course meter breaststroke champion ([Kate Dougless](#)) 1:02.93.

DRILLS -

Puppet: Push off the wall facing down and stay flat on the surface. Keep your arms flat with your palms facing down, and bring your elbows to your ribs, and then slightly bring your knees forward. Raise your arms back forward (above your head), and KICK back fast (like a jump kick) as your arms are raising. This drill works on the timing of your breaststroke and piecing all moving parts together. We want to initiate our pull, and then bring our knees slightly forward and our heels up as we catch, and then lunge forward and slightly down, and THEN kick back and down.

[2 Kicks 1 Pull:](#) This is a great drill to do after puppet and practice the moving parts of our stroke, but in a way that allows us to think and reset between each stroke. Slow down and focus on your catch. Set yourself up to bring your knees forward and heels up, then lunge and kick yourself forward. Press and glide and focus on your lungs being lower than your hips in the water. Then focus on maintaining that glide while setting yourself up for that next cycle.

Breaststroke with dolphin or flutter kick: You can do these drills with or without fins, and with or without paddles. Keep breaststroke arms, but then do flutter or dolphin kick with your legs. Dolphin kick will help you keep your hips up and lunge further forward and down, and flutter kick will help you keep a higher turnover since you will not be relying on dolphin kick to keep your hips up!

Freestyle -

Men's 100 short course meter freestyle champion at [Carmel World Cup](#) (Jack Alexy) 45.32.

Women's 100 short course meter freestyle [World Record](#) (Kate Douglass) 49.93 → First woman under 50:00!

DRILLS -

Front pocket six kick switch with three stroke switch: Push off in streamline and start your stroke how you normally would. Keep one arm at your side and do six kicks, and then take a quick breath that leads the way for your arm to come forward and REACH! Take three stroke (one and a half cycles) to practice this breath and reach, and then repeat.

[Tarzan:](#) Head out of the water with FAST flutter kick, and fast turnover with your arms to catch and pull water as quickly as you can.

These drills emphasize the need for your breath to lead the way in your stroke, and not be dependent on where your recovering arm is. In fact, the quicker your breath, the quicker your

turnover will be! They also emphasize catching water quickly and out front as soon as you can, and keeping your kick going at all times to keep you moving forward!