

Piranhas Swim Club October 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 Pumpkin Plunge](#) - This will be the first meet of the season and take place at the Linn-Mar Aquatic Center on October 4th! Entries are closed for this meet and we have around 20 Piranhas swimmers attending our first meet of the season. Good luck this weekend swimmers, let's have a great weekend!

[DMET Fall Frolic](#) - This meet takes place the following weekend of October 11th - October 12th. Entries have been submitted and the meet is now closed for new entries. We will have around 50 swimmers from every practice group attending this meet, which is a great showing for PSC at our first local meet of this season!

[2025 BLST Fall Triangular](#) - This meet is the annual Quad (Triangular this year) Meet between PSC, BLST, LMST, and DASH on **Saturday, October 18th!** DASH is unable to attend this year, which means this meet will be a triangular between PSC, LMST, and BLST 13&O swimmers! There will be a BBQ after the meet for all to attend. If you are 13&O and in S/PE or D/E, it is **STRONGLY** encouraged that you attend this meet! Many of the swimmers attending this meet will not be competing in any meets with us until after the boys' high school season, so this meet is a great opportunity to get some good competition in. The official deadline for entries on our website has passed, but I may still enter you in the meet until **NOON ON OCTOBER 13TH!**

[IFLY A3 Midwest Challenge](#) - Our final meet in the month of October will be the IFLY A3 Midwest Challenge, located at the CRWR in Iowa City, **October 31st through November 2nd.** While our team's entries for all qualified swimmers have already been submitted, **if you qualify for this meet with a time at any of the meets beforehand, you may still enter the meet until OCTOBER 22!**

[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! **Registration is open until October 5th.** If you are unable to register right away and wait, I will be able to get you into the meet and send entries until November 10th, but I cannot guarantee that all entries past the initial deadline will be accepted into the meet.

No Practice Dates + Practice Updates

On the dates of October 7th, 10th, 16th, and 24th, we will not hold practice for ANY group. This is due to home swim meets and home football games, and no availability at Augustana.

An additional practice update - this Saturday, October 4th, there will only be practice for Diamond and Elite at PVHS from 9:30am-11:30am due to the swim meet at Linn-Mar and staffing availability!

Swim Lessons

We are currently in our third session of swim lessons, with two more blocks of lessons on the lessons calendar! Session 4 will start on October 13th, and Session 5 will begin on October 28th. Registration for each session is currently available on our website. We plan on running lessons throughout the winter, but are unable to post the scheduled dates until we receive the winter activities schedule from the high school. Once we receive all of our available dates, we will have lessons posted!

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!

Welcome, Coach Ben!

Ben Munster is a passionate and experienced swim coach with a decade of coaching experience. Ben has prior experience as an assistant coach with swim clubs in the LSCs of Colorado, Southern California, Georgia and Illinois and has helped club members improve their swim technique and performance. He believes in empowering each swimmer to take personal responsibility for maintaining and improving their swim technique with the guidance of a coach to achieve individual and shared team goals. During his time as a coach Ben has quickly assessed swimmers of all ages (8 to 18 years old) and is able to produce technique progressions and ability specific training that allow a swimmer to perform at their best.

During his coaching career Ben has volunteered or worked at swim camps from Texas A&M University, University of Georgia and Arizona State University, in addition to competing at Virginia Tech from 2009 to

2014. Ben is also the assistant swim coach for the St. Ambrose University Men's and Women's Swim/Dive team.

With the support of team members, families, assistant coaches and the Pleasant Valley Piranhas Swim Team's board of directors, Ben is ready to lead swimmers forward toward individual and team success.

Drills of the Month

<p>Butterfly progression -</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 side2. Catch kick recover kick3. Pull kick recover kick4. Ride the line5. Skate drill6. Flutterfly7. Full butterfly swim	<p>Backstroke progression -</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 back2. Single arm backstroke (still rotate!)3. Single arm across chest4. 2 right 2 left5. Bow n Arrow6. Spin7. Full backstroke swim
<p>Breaststroke progression - Breaststroke 1 stroke challenge</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 completely simultaneously. In breaststroke,</p>	<p>Freestyle progression -</p> <p>This video demonstrates the different styles of freestyle swimming, all based on events! 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.3. Body driven - Combines elements of

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.

Drills:

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

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.

Drills:

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