

Piranhas Swim Club September 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

[Team Registration](#) - Just a reminder that as the new season has officially begun, your swimmer(s) must be registered with the team in order to both practice and attend meets! Team registration is available on our [home page](#) of our website.

[LMST Pumpkin Plunge](#) - This will be the first meet of the season and take place at the Linn-Mar Aquatic Center on October 4th! **The registration deadline for this event is September 3rd.** This is a great first meet of the season for those who want to experience a meet outside of the Quad Cities at a nice facility, and a one-day meet with a single-session for each age group.

[DMET Fall Frolic](#) - This meet takes place the following weekend of October 11th - October 12th, and is a great meet for those who prefer to stay in the Quad Cities, and is a good option for those who will be competing in their first swim meet. **The registration deadline for this event is September 10th.**

Swim Lessons

Swim lessons will resume the first week of September! Registration is still open for this first session of swim lessons until Wednesday, September 3rd. Swimmers - if you or someone you know would like to become a swim lesson instructor, please reach out! You may earn your volunteer hours for school, or be paid.

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!

Swimmers of the Month



Our graduating seniors are our swimmer(s) of the month, congratulations to Mateo, Carson, Charlie, and Dawsyn on finishing your high school careers and going off to college! Mateo is off to Iowa State University to study engineering, Carson is off to McKendree University to swim, Charlie is off to Colby College in Maine to continue his swimming career, and Dawsyn is attending the University of South Dakota to continue her swimming career and major in nursing.

Guest Speakers



This past week we had a unique opportunity for swimmers to listen to three guest speakers! Swimmers and families had the chance to meet and listen to Adoh Doherty (professional triathlete and two-time national champion), Tatiana Salcutan (professional swimmer and two-time Olympian and Olympic Finalist), and Dare Rose - who had just recently returned home from his third World Championships in Singapore. Thank you to all who attended, listened, and asked questions. You never know when or who it will take to inspire the next generation!

Butterfly -[Dressel 100m Fly WR](#)[Walsh 100m Fly WR](#)**Takeaways:**

- Full body extension, pressure/tension in their stroke from their fingertips to their toes. They press the water from the start of their catch to the finish of their kick.
- The mobility in their shoulders allows them to reach as far out in front as possible, while immediately engaging their lats and their core
- Their kick is consistent and they maximize it in their stroke and underwater (Gretchen took 12 kicks off the wall). Not only do they kick “down”, but they fully use their “up” kick when underwater!
- Their breath is quick. Afterwards, their head goes right back down in the water and is in-line with their spine → remember, with fly you don’t want to look forward at the wall ahead of you when you breathe, your head should still be angled down!

Drills to help get this stroke: [flutterfly](#) and [skate](#)

Backstroke -[Cecon 100m Back WR](#)[Smith 100m Back WR](#)**Takeaways:**

- Consistent kick with steady hips, rotation with your upper body to get your elbow deep in your catch and have a higher hand to finish your stroke below your hips
- Angle down off the walls and take advantage of your underwater. Again, it’s important to make sure we move and hold water with our feet when kicking in EACH direction. Always move water backwards so that you can move forward!
- Use the finish of your stroke to propel your body’s turn and reach with your opposite arm. Rotate enough to where your upper body seems partially “twisted” and you’re pressing down with your elbow → fingertips as one large paddle

Drills to help with your finish and rotation: [arm across chest \(last drill in video\)](#) and [fish kick](#)

Breaststroke -[Marchand 200m BR Gold in Paris](#)[Douglass 200m BR Gold in Paris](#)**Takeaways:**

- Breath FORWARD! Like in butterfly, always breathe FORWARD! A lot of people think that in short-axis strokes (fly and breast), we breathe “up,” when in reality we need to breathe “forward”. The only reason we rise while we breathe in breaststroke is because our arms come underneath us to create the “triangle of space” that we push our upper body through on our lunge.
- Kick your hips up! Marchand and Douglass have very different breaststrokes in terms of how high

Freestyle -[Pan 100m FR WR + Paris Gold](#)[Sjoestroem 100m FR Gold in Paris](#)**Takeaways:**

- Your breath leads the way in your rotation and your reach. Your breath should be when you reach with your opposite arm, and be quick and return to looking at the black line immediately. Your head should lead the way of your recovering arm, and be looking back at the black line before your recovering arm is past your shoulder.
- Full reach and extension with your shoulder blades placed “high” on your body, like you’re doing a shrug. This will allow you to rotate your elbow up,

they rise (while still moving forward) on their breath, but they each kick their hips up and ride the surface of the water.

- Have a strong and wide pull (almost like the first part of butterfly) to set up your breathe and pull yourself up and forward, and then lunge through the triangle of space and then KICK yourself forward. The aerial views in these videos are great to show the timing of the pull and the kick together.
- Please take note on the silver medalists in these videos as well. They show how you can have varying techniques, but end near the same result. In the men's race, Stubblety-Cook is a great example of how when you want to speed up, you don't shorten your stroke or change the timing and rhythm of your stroke, but you change the timing of how long you glide and when you initiate that next pull. All while getting the same extension. You start your next pull by pointing your fingertips down and slightly out, while rising up and forward.

Drills for the timing of your pull and kick: puppet drill and three/two kicks one pull - [timing breakdown](#)

point your fingertips down, and hold more water in your pull.

- All of the swimmers are as long as they can be from their fingers to their toes. Remember, the longer your body is in the water (while not over-reaching) at full extension, the faster you will go!
- All swimmers utilized their underwater dolphin kicks to the 15m mark, and maintained a 6-beat kick the whole race.
- In the women's video, Sjoestroem and Walsh were side by side and had very different strokes. Walsh had a longer stroke with more power per stroke, and Sjoestroem had a higher stroke race with a smaller reach. Walsh now goes 44 in the 100-yard freestyle, but this is just a great example of how the fastest swimmers aren't the ones who speed up, they are the ones who don't slow down and carry their speed and momentum off the blocks and off the walls!

Drills for breath timing: [timing and front pocket](#) / 3-3-3 (3 right full extension / 3 left full extension / 3 full fast stroke cycles)