

Newsletter

Goodbye to 2014 - Welcome to 2015

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High School Swimming Begins in February. See Coaches Corner for more information.

Hello Piranha swimmers and families! Welcome to 2015!! While we had some good times (pun intended) in 2014 we look forward to many more in 2015.

In 2014, we were fortunate in gaining three new coaches who bring experience and fresh ideas to the coaching staff. Melissa Lewis (Groups 1 and 2) is a Piranha alumni and former swim instructor, who many of you have seen on deck as a USA official when not being a mom. Erin Sullivan (Group 3 and AGE) comes to us from the Santa Rosa Junior College and the Santa Rosa Neptunes, where she was both a swimmer and an age-group coach. Our third new coach is Ryan Waner who has taken on the bulk of

the dryland training program. Ryan was also a Piranha swimmer but found his true passion to be competitive figure skating. We welcome these coaches to the coaching staff.

Piranha Swimming has much to look forward to in the coming months. Our travel trip to Arizona is just around the corner, followed by the first meet in our Piranha Progressive Series in March. These meets are a very important part of our Spring schedule. They have become quite popular (and emulated) though out Pacific Swimming. We really want to put on efficient, smooth-running meets, and that means we need your help. There are

many ways you can contribute. We will need marshals, snack bar and hospitality folks, runners, computer operators, dolphin system operators, clerk of course personnel, and officials. Some of these positions require no training, some need a small amount of training, and some require more training.

Whatever your skills and strengths are we need everyone. Watch your emails for the schedule of the next meet meeting. Find out where you are needed and how you can help. For questions about the meets, please see a coach or contact our meet director Nichole Whetstone at nicholewhetstone@sbcglobal.net.

Piranhas Training for Lost Dutchman Meet

Twenty-three Piranhas and 15 Vallejo Aquatic Club swimmers are making the 12-hour bus ride to Chandler, Arizona in February for the Lost Dutchman Championship Meet. This meet is unique because it is an opportunity for our age-groupers and senior swimmers to participate in a championship format at the same time. This meet has traditionally been a very successful meet for us. This will be our second year taking a bus and traveling with the Vallejo team. If you talk to anyone who went last year, you can find out how much fun they had, and how they made new friends.

Even though this is a very fun trip, our goal is to race well in Arizona. Therefore, it is so important that our swimmers maintain good attendance to practice and continue to focus on all the important race details. Swimmers should

be taking very good care of their health as well. Get plenty of sleep, and drink plenty of water. We want to be at our absolute best!

Last year's 12 and under girls 200 free relay team.



Coaches Corner

Piranha Swimmers set to swim for local high schools. What's your alma mater?

Rancho Cotate

Aric Lang
Brigete Eagar
Vanessa Cabrera
Aimee Spratt
Ian Mc Kenzie
Jordan Bates
Adaly Carreno

Tech High

Curtis Shinn
David Luo
Kenneth Shinn
Jackie Chang
Eric Chang
Elizabeth Jones

Analy High

Calla Richards
Marina Franco
Sean Restivo
Dominic Restivo
Derek Barrera
Shannon Deller

Petaluma High

Julia Duffy

Santa Rosa High

Jessica Irvin.

Coach Annette

Seniors and Pre-seniors just completed Winter Camp and we are gearing up for trip to Arizona. As we begin our training taper, remember to keep up your attendance, eat well, drink well, and bring water to practice. As teenagers, you seem to forget how important nutrition is to your ability to train. Many times swimmers show up to practice unprepared to train well simply because you forgot to bring your snacks, or even eat at all. If you have difficulty getting those snacks into your bag, be sure to talk to your parents about helping to make sure you have a good meal plan for the day, and snacks and water for practice.

High school swimming season is about to get under way and will run through April. We have many Piranha swimmers that will be representing their high school swim teams (see sidebar). This can be a very fun experience and can be re-inspiring when the winter dark and cold can get you down. For Rancho Cotate and Tech high schools, practice will be at H-Pool 7:30-9:00 pm.

With two high schools using H-Pool and hosting home meets, it will affect our practice schedule. We ask all our Piranha families to be understanding and supportive during the high school season. **For Groups 1-4:** our coaches will be planning out-of-water training seasons and group meetings on those days. **For seniors and pre-senior:** when there is a home meet at H-Pool, those swimmers not in the meet will have practice immediately after the conclusion of the high school meet – which will be approximately 5:30 and run to normal end of practice. Good Luck to all our Piranha HS swimmers! Come out and support the home meets! They will always need timers!!

Coach Vicki

Many of our Group 4/Junior swimmers are in training for the Lost Dutchman Meet. We have been focusing on stroke refinement and conditioning, and are looking forward to some great swims and fun times in Arizona. Winter Camp was successfully completed by our two Juniors and five Group 4 swimmers, six with 100 percent attendance. For many of our swimmers, Winter Camp was their first exposure to an intense training situation. It was tough but rewarding, and I know everyone enjoyed the Big Bounce on the final day of camp.

This training group works hard but also has a good time together and supports each other in their goals. One of the highlights of the week is our Tuesday Timed 50s (often swum on Wednesdays) where everyone swims a fast 50 yards of freestyle. The group has dropped 47 seconds collectively since the beginning of the season, and many now have sub-30 second 50s.



Group 4 enjoys a roasted seaweed snack during Winter Camp.



Coach Missy

Both groups 1 and 2 have been working very hard with their technique and listening skills. I am proud of how hard they work daily in the pool. Both groups have set individual goals for themselves and we continually track our timed 50's or 25's weekly. We continue to enjoy our Friday fun day and have discovered everyone loves to play shooters with the hula hoops. To date we now have 3 swimmers in group 2 that can hold their breath and do a streamline dolphin kick all the way across the pool! Those swimmers are Ethan Tran, Ethan Wahamik, and Sydney Archer. I am completely impressed you guys!! During the month of December we had 5 swimmers awarded with a Piranha's on Ice bead for achieving 75% attendance! Those swimmers were Trey Sage and Emily Harris from group 1 and Sydney Archer, Lizzy Phillips, and Gina Ribeiro from Group 2. Way to go guys!! We have had a couple swimmers graduate to Group 2 congratulations Nina Lorenzen and Trey Sage on all your hard work. We also welcome a new swimmer who moved here from out of state Ethan Wahamik who will be swimming with Group 2. Group 1 has welcomed some pre-team swimmers that graduated into Group 1! Those swimmers are Joshua Walker, Carl Ribeiro, and Shyann Rappolt. We also want to welcome back Lyla Giannecchini to group 1. As our first Piranha meet comes closer, our focus for the groups is to continue to perfect our technique on strokes and turns. I am excited to see some of our swimmers compete for their first time in March. Please remember Piranha's on Ice continues in January and February so try to make all your practices.

Coach Erin

Group 3 has been doing great at the past couple of meets. In the last meet, Zone 3 Champs, Emily, Lexi, Sena, and Taylor all took off time in almost all their events and ranked highly in their age groups. Our focus coming up is the Arizona meet in February. We're working on our technique and training hard to reach our goals. We welcomed Emily, Taylor, and Ava into the group recently. Everyone has been doing well and progressing throughout the season. We still have some techniques to work on and perfect, but goals are being achieved.

From the Gear Bag:

You just got your team suit! You love how it feels and how well it fits! And you are so proud to be part of the team! But wait!! Don't wear that new team suit to practice! Unfortunately, our pool is traditionally kept at a slightly higher chlorine content than other pools, and that is a DANGER to suits. If you haven't yet noticed, you can go through suits like crazy when you swim every day. Sometimes a brand new suit will fade in just few days. We recommend that you find inexpensive suits for practice and save that new team suit for meets only. Your team suit should feel snug and look brilliant for several months. All suits have a limited time in which they fit well and look good. Over time, they fade and stretch out. Save that team suit for race day! Always rinse your suits out with fresh cold water, and hang to dry. Do not leave suits wadded up inside towels and in swim bags. They will quickly lose that look and feel that you need to race well.



Spirit Days are Back

Hey swimmers – let’s wear our colors proud and represent Piranha Swimming!

The last Friday of the month is Piranha Team Spirit Day!! Wear your team t-shirts and sweatshirts to school and around town to let everyone know who you are! Practice on those days will be planned with team fun as the focus!

Friday, January 30, is our first Piranha Spirit Day of 2015!!

Be sure you have your team apparel to wear! An email went out to our families with the order form attached to order team spirit wear. Order right away so you can represent your team with PRIDE!

Ask the Fish - Advice for Swimmers

Dear Fish,


My hair has turned green and sticks out from my head like a porcupine. My school friends don't understand how cool this is, and I get teased a lot. How do I explain it to them?

Swim Boy

Dear Swim Boy,

They will likely never understand because they don't know how much dedication it took to achieve that look. You have a couple of options - you could wear a cap when you swim and make sure you get your hair wet before you put the cap on...or you could just wear your wild, green hair with pride knowing you are a swimmer.

The Fish



Jan 4	Derek Barrera	15
Jan 6	Ian McKenzie	16
Jan 7	Emily Harris	10
Jan 11	Lexy Lewis	10
Jan 30	Calla Richards	15
Feb 4	Hunter Kennemer	13
Feb 7	Sydney Archer	10
Feb 18	Marina Franco	17
Feb 19	Eva English	10
Feb 25	Joshua Walker	9

The Deck Rover

The Piranhas were hit hard by colds and flu this year so talk around the deck has been limited. But not to worry, the Deck Rover has ferreted out a few tidbits to share with everyone.

As many of you know, Andrew Wang was home for the holidays and came to swim during Winter Camp. It was nice to see him and hear that he was doing well. Also over the holidays, the Shinn brothers traveled to Grand Rapids, Michigan where they practiced with the YMCA Rays.

Rumor has it that Justin Wong is going to visit the International Swimming Hall of Fame in Fort Lauderdale, Florida over the Spring break. The Hall of Fame will be closing up shop in Florida after October, so this trip is well planned.

Until next time - DR

Recent Meet Results**New Standards & Personal Bests****Pacific 2014 14-un Winter Short Course Championships:**Sena Erickson 10-un

50 fr 28.92 AAA
 100 fr 1:03.14 AAA
 100 br 1:25.08 AA
 100 bk 1:18.53 A
 50 bk 36.70 PB

Lexy Lewis 10-un

200 fr 2:26.76 AA
 100 fr 1:08.54 A
 500 fr 6:31.56 A

Cayla Whetstone 11-12

100 br 1:07.87 Team Record
 1000 fr 11:37.28 AAA
 200 IM 2:21.97 AAA
 100 bk 1:09.17 AA
 100 fr 58.63 PB
 200 fr 2:11.08 PB
 50 br 32.09 PB

Justin Wong 11-12

100 fly 1:05.44 SR1, AA
 50 fr 27.67 SR1
 100 fr 58.92 PB
 50 bk 32.34 PB
 100 bk 1:09.89 PB
 100 br 1:20.29 PB
 50 fly 29.22 PB
 100 IM 1:08.79 PB

Dominic Restivo 13-14

50 fr 24.68 AA

Pacific Sr II T&F:Brigette Eagar

50 fr 27.77 PB

Ian McKenzie

200 fly 2:06.61 Sr Cir
 200 IM 2:18.53 SRII

Aric Lang

100 fr 49.63 PB
 100 br 1:00.87 PB
 100 fly 56.04 PB

Jeff de Vries

50 fr 25.41 SRII
 200 fr 1:28.15 SRII, A
 1650 fr 18:31.41 A
 200 bk 2:19.72 BB
 500 fr 5:10.70 PB
 1000 fr 10:56.05 PB

SRN C/B/A+ :Emily Mathis 8-un

100 IM 1:41.50 A
25 br 26.79 B
50 fr 38.40 PB
25 bk 21.49 PB

Taylor Whetstone 8-un

25 fr 19.35 A
50 fr 43.91 A
50 bk 50.68 A
25 fly 28.09 PB

Lexy Lewis 9-10

50 fr 31.26 A, JO
50 bk 36.65 A, JO
100 bk 1:18.41 A, JO
100 IM 1:21.16 A, JO
200 IM 2:56.52 JO
50 fly 39.08 BB

Cayla Whetstone 11-12

50 br 32.01 tied Team Record
50 bk 32.87 A
50 fly 29.67 PB
100 fly 1:10.58 PB

Miron English 11-12

100 fly 1:13.70 BB
50 fr 29.88 PB
100 fr 1:04.09 PB
100 br 1:29.22 PB

Jaden Wachter 13-14

100 fr 1:11.10 PB
200 fr 2:38.11 PB
100 bk 1:25.38 PB
200 IM 3:0047 PB

Jayson Shinn 13-14

200 bk 2:31.23 B
50 fr 29.84 PB
200 fr 2:16.87 PB

Julia Duffy 15-16

50 fr 42.20 PB
100 fr 1:33.48 PB

Lizzy Phillips 8-un

50 fr 53.14 B
25 bk 25.82 B
25 fr 23.94 PB
50 bk 57.88 PB

Eva English 9-10

50 fr 38.81 B
100 bk 1:49.89 PB

Belle Schifrin 9-10

100 bk 1:44.38 PB
100 br 1:45.77 PB

Olivia Williams 11-12

50 fly 53.72 PB
100 IM 2:00.25 PB

Travis de Vries 11-12

50 fr 31.24 PB
100 fr 1:08.31 PB
50 fly 35.30 PB
100 IM 1:20.01 PB

Michael Duffy 11-12

50 fr 30.40 PB
100 bk 1:21.84 PB

Calla Richards 13-14

50 fr 31.88 PB
100 br 1:26.58 PB
200 br 3:05.53 PB
200 IM 2:50.78 BB

Mikey Lewis 13-14

50 fr 31.74 PB
100 br 1:30.78 PB
200 IM 2:54.41 PB

Jordan Bates 15-16

50 fr 29.52 BB

Jessie Irvin 15-16

50 fr 38.37 PB
100 fr 1:22.46 PB
100 bk 1:36.91 PB

Zone III Short Course Winter Championships:Emily Mathis 8-un

25 fly 17.61 PB
50 fly 44.59 PB

Lexy Lewis 9-10

50 fr 30.32 AA
100 fr 1:06.23 AA
50 bk 35.77 AA
200 IM 2:52.65 A
200 fr 2:26.04 PB

Hailey Woodcox 11-12

50 fr 29.49 SR1
100 fr 1:03.46 SR1
200 fr 2:23.89 PB
100 bk 1:14.64 PB
50 fly 34.79 PB

Dominic Restivo 13-14

200 IM 2:29.73 PB

Aric Lang 17-18

50 br 29.26 PB
50 fly 25.80 PB

Taylor Whetstone 8-un

25 bk 23.05 PB

Sena Erickson 11-12

50 br 39.70 PB
100 br 1:24.68 PB

Cayla Whetstone 11-12

50 fly 29.37 PB
200 IM 2:21.53 PB

Miron English 11-12

50 fr 29.69 PB
200 fr 2:20.88 PB

Justin Wong 11-12

50 fr 27.34 PB
50 bk 32.15 PB
100 bk 1:08.91 PB
100 fly 1:04.13 PB

Upcoming Events

Piranha Spirit Day	January 30
February Frost CBA Meet @ VJO	February 6 - 8
High School Practice Begins	February 9
Norcal Swim Shop @ H-pool	February 10
Lost Dutchman Invitational	February 13 -16
Piranha Spirit Day	February 27
Speedo Central Zone Sectionals	March 12 - 15
Napa Valley CBA Meet @ Vintage HS	March 6 - 7
Spring Short Course JOs @ Concord	March 20 - 22

Check out the Team Calendar!

piranhaswimming.com