



N E W S L E T T E R

| | | | |
|--|--|---|---|
| <p>Note From Coach</p> <p>Note To Readers</p> <p>Page 1</p> | <p>The Many New Personal Records</p> <p>Page 2-4</p> | <p>Pre Eating Habit before Swim Meets</p> <p>Piranha Swimmer to represent at Western Zones All Star Meet</p> <p>Page 5</p> | <p>Team Pictures</p> <p>Summer Schedule and Changes</p> <p>Sponsors</p> <p>Page 6-7</p> |
|--|--|---|---|

Note from Head Coach

Happy Summer Everyone!

Welcome to the first edition of our newsletter. It's been many years since we had a newsletter, and I want to extend my thanks to Curtis Shinn for offering to take on this project.

I cannot believe it's already June, almost July, and almost the end of the 2011-2012 year. This has been a really fun year for Piranhas. There has been some wonderful improvements made by our team as a whole. Thanks to the diligence of my coaching staff, and the hard work by our swimmers, our technique looks strong and we are swimming fast!

Before we can wind up our year, there are a few things left for us to do. First of all, our largest fundraiser of the year is upon us - Fireworks sales. Piranhas will once again be selling fireworks at the Walmart parking lot on Redwood Drive. Sales begin Saturday, June 30 and run through July 4. We need everyone who is 18 years old or older to come volunteer your time at the booth. If you have not completed your hours, here is your opportunity to help your team!

We also need swimmers to make posters and other decorations to put on the booth. Also, we need swimmers to stand out on the corner of the parking lot with signs to buy fireworks at our booth. It is important for this to be a successful year, as our income from this fundraiser helps us make our pool payments for the winter. Tell all your friends, family, and neighbors to come to Walmart to buy their fireworks!

RESL (Redwood Empire Swim League) Championships: this is a team championships in which everyone can compete and score points for the team. We want everyone to plan on going to this meet. RESL is July 27-29 in El Cerrito. The coaches want everyone to enter. The more swimmers that have entered, the easier it is for the coaches to put together relays. Relays are fun and score twice as many points as individual swims.

We will have Spirit week leading up to RESL. Spirit Week builds camaraderie with everyone on the team, and it's a lot of fun!

Teams Suits: It's great to see so many of our swimmers in their team-suits at the meets. Remember to save your team-suits just for meets. Wearing your team suit in practice takes away from its specialness and allows the suit to breakdown, stretch and fade much quicker. Take care of your team suit. It is your uniform for game day - your suits along with our red team cap. We look great up on the blocks when we all have our team suits and caps, and it makes it easier for your coach to identify you.

-Annette Waner, Head Coach

The New Newsletter

Note to readers,

As you can tell, this is the first issue of the newsletter that will be coming out every month. This newsletter will have news of different happenings such as new personal records and people who have made the cut for certain meets. The Newsletter will be written by me, Curtis Shinn, a swimmer in Silver.

In addition, because this is the first volume, it is very rough around the edges. The chances are, I referred to many people by the wrong name. In addition there aren't any recent pictures. That's why I'm relying on you, the readers, to contact your coach or me personally whenever you notice any problems or if you have any suggestions for improvements. Please email me any news and pictures at

curtis.shinn@yahoo.com

Many Thanks,
Curtis Shinn

PIRANHA PROGRESSIVE MEET (MAY 13)

| Event | Best Time | Std |
|----------------------|-----------|-----|
| 8 UNDER GIRLS | | |

BOLZ, LANA M 8.9

| | | |
|----------|---------|---------|
| 25 Free | 17.71 | A |
| 50 Free | 39.94 | A |
| 100 Free | 01:25.7 | A New A |
| 25 Back | 21.57 | A |

GUERRA, GIOVANNA C 7.8

| | | |
|-----------|-------|---------|
| 25 Free | 24.56 | -- |
| 50 Free | 51.06 | B New B |
| 25 Back | 29.75 | -- |
| 25 Breast | 32.21 | -- |

KOLDIS, CASSIOPEIA M 8.9

| | | |
|-----------|---------|----|
| 25 Back | 28.84 | -- |
| 50 Breast | 01:02.9 | B |

LEWIS, ALEXIS M 7.3

| | | |
|-----------|-------|---|
| 50 Free | 46.17 | B |
| 25 Breast | 29.35 | B |

OBBAGY, SOPHIA C 8.9

| | | |
|------------|---------|----|
| 100 Back | 01:43.0 | -- |
| 100 Breast | 02:01.2 | -- |

WOODCOX, HAILEY M 8.8

| | | |
|------------|---------|----|
| 25 Breast | 23.47 | A |
| 100 Breast | 01:52.0 | -- |

| 8 UNDER BOYS | | |
|------------------------------|---------|---------|
| CORNETT, JOSEPH J 7.9 | | |
| 25 Free | 19.47 | A New A |
| 50 Back | 01:00.5 | B |

| 9-10 GIRLS | | |
|-----------------------------|---------|----|
| CORNETT, SARAH A 9.2 | | |
| 100 Free | 01:33.1 | -- |
| 25 Breast | 30.61 | -- |

| Event | Best Time | Std |
|-----------------------------|-----------|-----|
| NELSON, KYLIE R 10.0 | | |

| | | |
|------------|---------|---------|
| 100 Free | 01:21.9 | B |
| 50 Back | 46.13 | B New B |
| 100 Back | 01:38.8 | B New B |
| 100 Breast | 01:49.3 | B New B |

WHETSTONE, CAYLA N 9.9

| | | |
|-----------|---------|-------------|
| 100 Free | 01:10.8 | JO New JO |
| 50 Breast | 38.22 | PRT New PRT |

| 9-10 BOYS | | |
|----------------------------|---------|---------|
| BOLZ, MARTIN A 10.4 | | |
| 50 Free | 35.57 | A New A |
| 100 Free | 01:15.2 | A |

DUFFY, MICHAEL S 9.8

| | | |
|---------|-------|----|
| 50 Free | 42.83 | -- |
|---------|-------|----|

MCKENZIE, PATRICK L 10.5

| | | |
|---------|-------|----|
| 50 Free | 46.26 | -- |
|---------|-------|----|

SHINN, JAYSON 10.4

| | | |
|----------|---------|---|
| 50 Free | 33.01 | A |
| 100 Free | 01:12.0 | A |

| 11-12 GIRLS | | |
|-------------------------------|-------|----|
| ALANIS, LEILANI C 12.3 | | |
| 50 Back | 46.71 | -- |

BURRELL, MARY J 11.3

| | | |
|---------|-------|----|
| 50 Free | 41.16 | -- |
| 50 Back | 54.27 | -- |



PIRANHA PROGRESSIVE MEET (JUNE 2)

| Event | Best Time | Std |
|-------------------------------|-----------|-----|
| 8 UNDER GIRLS | | |
| GUERRA, GIOVANNA C 7.9 | | |

25Free 21.02 B New B

HONEY, KATIE L 8.3

100Free 01:23.0 A
 100 Back 01:55.7 --
 100 Breast 01:46.8 --
 50Fly 49.31 A New A

LEWIS, ALEXIS M 7.3

50Free 41.39 A New A
 25Fly 24.68 B New B
 100 IM 02:00.3 B

OBBAGY, SOPHIA C 8.9

100 Breast 01:57.5 --
 100 Fly 01:38.0 New Team Record

SCHIFRIN, BELLE A 7.6

25 Free 28.7 --
 25 Back 27.5 B New B

WOODCOX, HAILEY M 8.8

100 Free 01:21.3 A
 100 Breast 01:43.0 --
 25 Fly 19.76 A New A
 50 Fly 47.8 A

8 UNDER BOYS

CORNETT, JOSEPH J 7.9

25 Breast 30.59 B
 25 Fly 23.87 B

| Event | Best Time | Std |
|-----------------------------|-----------|-----|
| 9-10 GIRLS | | |
| CORNETT, SARAH A 9.3 | | |

50 Breast 01:00.4 --
 50 Fly 57.04 --

KOLDIS, CASSIOPEIA M 9.0

50 Free 42.8 --
 25 Breast 25.78 --
 50 Breast 55.25 --

NELSON, KYLIE R 10.1

100 Free 01:20.2 B
 100 Breast 01:46.6 B

WHETSTONE, CAYLA N 10.0

50 Free 31.83 JO New JO
 50 Breast 37.87 PRT
 100 IM 01:19.0 JO

9-10 BOYS

SCHIFRIN, KAZIMIR A 9.6

50 Free 48.95 --
 50 Back 01:11.8 --

SHINN, JAYSON 10.5

50 Free 32.07 JO New JO
 100 Back 01:21.2 JO

11-12 GIRLS

ADAMS, MELISSA R 11.4

100 Free 01:07.9 A
 100 Breast 01:35.2 B
 50 Fly 37.62 B New B

ALANIS, LEILANI C 12.3

25 Back 22.12 --
 50 Fly 44.21 --



NAPA VALLEY MEET (JUNE 16)

| Event | Best Time | Std | |
|------------------------------|------------|-----|---------|
| 8 UNDER GIRLS | | | |
| HONEY, KATIE L | 8.3 | | |
| 50 Free | 45.15 | A | |
| 200 Free | 03:42.6 | | |
| LEWIS, ALEXIS M | 7.4 | | |
| 50 Back | 01:01.5 | B | |
| 50 Breast | 01:15.4 | B | |
| OBBAGY, SOPHIA C 8.9 | | | |
| 50 Free | 45.15 | A | |
| 50 Back | 01:00.9 | B | |
| 50 Breast | 01:03.8 | A | |
| 100 Breast | 02:06.8 | | |
| 50 Fly | 49.27 | PRT | New PRT |
| 200 IM | 03:55.7 | -- | |
| WOODCOX, HAILEY M 8.8 | | | |
| 50 Free | 42.59 | A | |
| 100 Free | 01:32.1 | PRT | New PRT |
| 50 Back | 50.36 | A | |
| 50 Breast | 56.83 | A | |

| 9-10 GIRLS | | | |
|------------------------|-------------|----|--|
| NELSON, KYLIE R | 10.1 | | |
| 200 Free | 03:29.2 | B | |
| 50 Breast | 59.02 | B | |
| 50 Fly | 54.24 | -- | |

| 9-10 BOYS | | | |
|-----------------------|-------------|-----|-------|
| HONEY, DEREK J | 10.5 | | |
| 50 Free | 42.97 | B | |
| 50 Breast | 57.5 | B | |
| SHINN, JAYSON | 10.5 | | |
| 50 Back | 44.32 | A | |
| 100 Breast | 01:36.0 | PRT | |
| 50 Fly | 42.74 | A | New A |
| 200 Breast | 03:30.4 | -- | |

| Event | Best Time | Std | |
|--------------------------------|-------------|-----|--------|
| 11-12 GIRLS | | | |
| ADAMS, MELISSA R | 11.5 | | |
| 200 Free | 02:48.0 | A | |
| 50 Back | 44.63 | B | |
| 50 Breast | 52.24 | | New B |
| CARVALLO, OLIVIA A 11.3 | | | |
| 50 Free | 34.67 | A | |
| 100 Free | 01:17.6 | A | |
| 50 Back | 45.2 | B | |
| 100 Fly | 01:33.8 | B | |
| 11-12 BOYS | | | |
| DANG, DUSTIN J | 12.2 | | |
| 50 Free | 33.41 | | New A |
| 100 Free | 01:13.3 | A | New A |
| 200 Free | 02:40.2 | A | |
| 50 Back | 41.15 | | New A |
| 100 Back | 01:30.3 | A | New A |
| 100 Breast | 01:29.1 | JO | New JO |

| | | | |
|-------------------------|-------------|----|--|
| LEWIS, MICHAEL C | 11.1 | | |
| 50 Free | 47.7 | -- | |
| 50 Back | 57.31 | -- | |
| 50 Breast | 59.43 | -- | |

| 13-14 GIRLS | | | |
|----------------------------|-------------|----|--|
| EAGAR, BRIGETTE V | 13.7 | | |
| 50 Free | 34.2 | B | |
| 100 Breast | 01:37.0 | A | |
| HIGDON, KATHERINE R | 13.3 | | |
| 50 Free | 36.85 | B | |
| 100 Free | 01:22.3 | -- | |
| 100 Back | 01:39.4 | -- | |

| 13-14 BOYS | | | |
|------------------------|-------------|---|-------|
| DANG, DOUGLAS M | 13.7 | | |
| 100 Back | 01:17.5 | A | New A |
| 200 Back | 02:52.5 | A | |
| 100 Breast | 01:26.6 | A | |



Smart Eating for Swimmers on Race Day

(Taken from www.usaswimming.org)

By Jill Castle, MS, RD, LDN

What do you pack to eat on race day? What's your nutrition prescription?

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
- Pack in the protein. Protein will be an ally in keeping your blood sugar stable, thus keeping hunger, energy and mood in check. Nibble on cheese sticks or slices, nuts, peanut or nut butters, deli meat slices, yogurt or yogurt drinks, boxes of low fat milk, hummus, hard-boiled eggs or edamame.
- Don't forget the Carbohydrate. Your muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh or dried fruit, or veggie sticks. Don't forget the more complex carbohydrate foods too, such as crackers, unsweetened dry cereal, pita or other breads, pretzels and graham crackers. Stay away from refined sugars such as soda, candy and desserts on race day.
- Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events that are closely scheduled.

At a minimum, you should be nibbling to stay energized and keep your muscles fueled on race day.

- Think your drink. Water, 100% fruit juice and sports drinks are appropriate at a swim meet. Plain and flavored milk are great recovery drink choices after the meet; they provide protein for muscle repair and carbohydrate to re-fuel muscles.
- Know your eating style on race day. If it is counterproductive to racing, follow these guidelines as a strategy for optimal eating. Don't tempt yourself by packing foods or making concession purchases that you (really) don't want to be eating.
- Fiber Facts. Fiber can be a problem on race day, or not. Fiber is a food component to which each swimmer has an individual tolerance. Don't experiment with high fiber foods on race day; sort this out during training season and avoid tummy trouble when it matters most.



Piranha Swimmer Represents Pacific Swimming at Western Zone All Star Meet

By Kenneth Shinn

Our senior swimmer Curtis Shinn has been chosen for the Pacific Swimming Team of Western Zone All Star Meet this year at Grand Junction, Colorado. Pacific Swimming received more applications than they had expected, and the selections were very competitive. We are very proud of Curtis's hard work and accomplishments. From my past experience, it is a fun five day meet with many other fast swimmers from different teams. Congratulations to Curtis!



TEAM PICTURES

TEN AND UNDER CHAMPIONSHIPS



Ten-Under Girls Relay Team Is Going To Junior Olympic Meet

At Phenix Arizona in February
by Andrew Wang



Carson City Meet
By Andrew Wang

RESL 2009 First place 9-10 Boys relay team
By Coach Vicki

I'm relying on you, the readers to get more pictures to put in the newsletter.

