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## **Note from Head Coach**

Welcome to the 2012-2013 season. We are well underway to another great year Piranha Swimming.

First of all, congratulations to all those who swam in our championship meets in July! It was a crazy month. The Tiger Senior Championship in Stockton followed immediately by Junior Olympics in Concord. The Jo meet was one of our most successful meets of the year. We had many personal bests and some new sectional qualifying times. Plus our 10-under girls relay and 13-14 boys relays had so much fun and raced well.

The weekend of July 27-29 were two very exciting meets: Sectionals in Santa Clarita with Trystan Brown and Curtis Shinn, while the rest of the team had great success at RESL Championships in El Cerrito. We finished off the season in San Jose at Far Westerns with more great performances.

Next I would like to say a big welcome to all our new swimmers and families. We have 30 new swimmers in September already. I am so pleased to see all the new faces, and I am looking forward to getting to know each one. I hope you enjoy all the new challenges and push through the winter. You will be amazed how far you will go by the time you reach our first Piranha Progressive Series meet in March.

By the time you read this we have already attended our first meet in St. Helena and held our annual lap-a-thon fundraiser. The Santa Rosa meet is right up after that.

Awards night is September 29! This is going to be a more formal awards ceremony this year. I want all swimmers to dress nicely. Everyone will be receiving recognition, even our most recent members. Please come and join our celebration of a great year and welcome our newest athletes. Remember we will also be having our famous slideshow. If you have any pictures from the 2011-2012 season, please get them to Michelle Spratt ASAP.

Our season is just beginning, but we must already be thinking about our weather changing. We had very nice summer, but now our daylight is getting shorter, the fog is rolling in, and it is very important for all swimmers to keep warm and stay healthy. (continued on page 5)

# PERSONAL BEST TIMES

## Ukiah Dolphins 2012 June 22, 2012

Event	Best Time	Std	New STD
<b>8 UNDER GIRLS</b>			
<b>Katie Honey</b>	8.3		
25 Free	18.12A		
50 Free	38.95A		
200 Free	3:14.65--		
25 Breast	23.57A		
<b>Hailey Woodcox</b>	8.9		
50 Free	37.99A		
200 Free	3:05.12--		
50 Back	44.99A		
100 IM	1:41.16A		

Event	Best Time	Std	New STD
<b>9-10 GIRLS</b>			
<b>Sarah Cornett</b>	9.4		
50 Breast	57.50--		
<b>Kylie Nelson</b>	10.2		
100 Best	1:44.30 A		New
100 IM	1:35.95 B		
<b>Sophia Obbagy</b>	9		
50 Free	38.36B		
200 Free	3:06.97B		
50 Fly	45.52--		
<b>Cayla Whetstone</b>	10		
200 IM	2:47.67 FARW		New

Event	Best Time	Std	New STD
<b>9-10 Boys</b>			
<b>Jayson Shinn</b>	10.6		
100 Back	1:20.72JO		

Event	Best Time	Std	New STD
<b>11-12 GIRLS</b>			
<b>Leilani Alanis</b>	12.4		
50 Free	35.31--		
100 Free	1:20.94 --		
200 Free	3:01.58 --		
50 Fly	43.34--		

Event	Best Time	Std	New STD
<b>13-14 GIRLS</b>			
<b>Brigitte Eagar</b>	13.7		
100 Free	1:06.98 B		New

Event	Best Time	Std	New STD
<b>15-16 Boys</b>			
<b>Andrew Wang</b>	15.9		
100 Free	56.13A		
100 Fly	1:06.39 A		

## Westside Aquaducks LC Meet July 6, 2012

Event	Best Time	Std	New STD
<b>8 UNDER GIRLS</b>			
<b>Katie Honey</b>	8.4		
50 Free	42.09A		

Event	Best Time	Std	New STD
<b>9-10 GIRLS</b>			
<b>Sophia Obbagy</b>	9		
50 Free	42.76B		
50 Breast	1:00.85 --		

Event	Best Time	Std	New STD
<b>9-10 BOYS</b>			
<b>Derek Honey</b>	10.5		
50 Free	42.93B		

## Tiger Aquatics LC Senior II July 13, 2012

Event	Best Time	Std	New STD
<b>Emily Conway</b>	18		
100 Fly	1:19.60 A		
200 Fly	3:03.53 A		

Event	Best Time	Std	New STD
<b>Anna Higdon</b>	18.9		
50 Free	34.68B		
<b>Michelle Spratt</b>	18.9		

Event	Best Time	Std	New STD
100 Free	1:06.06 A		
100 Back	1:20.24 A		
<b>Trystan Brown</b>	15.6		
100 Back	1:05.71 FARW		

Event	Best Time	Std	New STD
100 Breast	1:20.29 A		
200 Beck	2:50.30 A		
100 Breast	1:26.32 A		

Event	Best Time	Std	New STD
<b>Aric Lang</b>	15.2		
50 Free	27.41JO		
100 Free	59.26JO		
200 Free	2:06.79 JO		

Event	Best Time	Std	New STD
400 Free	04:27.3FARW		New
800 Free	9:16.05 PRT		New
1500 Free	18:16.2--		

# PERSONAL BEST TIMES

Event	Best Time	Std	New STD
<b>Curtis Shinn</b>	14.6		
100 Back	1:08.86	FARW	
100 Breast	1:13.22	PRT	
100 Fly	1:05.78	FARW	
<b>2012 PC LCM JO Meet</b>			
<b>July 20, 2012</b>			

<b>Cayla Westone</b>	10.1		
50 Breast	41.62	PRT	

<b>Hailey Woodcox</b>	8		
50 Back	48.38	PRT	New

<b>Jayson Shinn</b>	10.6		
100 Fly	1:37.86	JO	

<b>Dustin Dang</b>	12.3		
50 Free	32.23	A	

<b>Douglas Dang</b>	13.8		
100 Fly	1:13.33	A	
200 Fly	2:49.72	A	

<b>David Luo</b>	14.6		
50 Free	27.91	JO	New
100 Breast	1:15.31	PRT	New
200 Breast	2:46.02	PRT	

<b>Curtis Shinn</b>	14.6		
50 Free	26.12	PRT	Team Record
100 Free	1:00.23	JO	
200 IM	2:25.10	PRT	

Event	Best Time	Std	New STD
<b>Kenneth Shinn</b>	13.1		
400 Free	5:04.57	A	
100 Back	1:14.70	A	
200 Back	2:26.91	JO	
200 Breast	2:43.06	PRT	
200 IM	2:31.61	JO	
400 IM	5:24.64	JO	

<b>Trystan Brown</b>	15.6		
50 Free	26.06	FARW	
100 Free	56.64	FARW	Team Record
200 Free	2:07.47	JO	
400 Free	4:36.10	JO	New
100 Back	1:03.81	FARW	Team Record
200 Back	2:23.28	JO	

<b>Aric Lang</b>	15.3		
200 Free	2:06.61	JO	
1500 Free	17:59.71	--	
200 Back	2:27.00	JO	
200 Fly	2:36.20	A	

**RESL**  
**July 27, 2012**

**8 UNDER GIRLS**

<b>Emily bates</b>	7.7		
50 Free	53.61		
25 Back	29.80		
25 Fly	30.64		

<b>Katie Honey</b>	8.4		
50 Free	37.20	A	
25 Back	22.72	A	New
25 Fly	21.06	A	

Event	Best Time	Std	New STD
<b>Alexis Lewis</b>	7.5		
25 Breast	24.71	B	

**8 UNDER BOYS**

<b>Joseph J Cornett</b>	8.1		
25 Free	17.74	A	
50 Free	38.58	A	
25 Breast	29.11	B	
50 Fly	22.68	B	

<b>Ethan Obbagy</b>	6.5		
25 Free	35.01		

**9-10 GIRLS**

<b>Lana Bolz</b>	9.1		
50 Free	36.28	B	

<b>Sarah Cornett</b>	9.5		
50 Free	40.17		
100 Free	1:32.83		

<b>Kylie Nelson</b>	10.3		
50 Breast	47.63	A	New

<b>Sophia Obbagy</b>	9.1		
50 Back	48.02		
50 Fly	45.19		

<b>Cayla Whestone</b>	10.1		
50 Free	31.77	JO	

<b>Hailey Woodcox</b>	9		
50 Back	44.39	B	
50 Breast	47.55	A	
100 IM	1:39.34	B	

## PERSONAL BEST TIMES

Event	Best Time	Std	New STD	Event	Best Time	Std	New STD	Event	Best Time	Std	New STD
<b>9-10 BOYS</b>				<b>Mary J Burrell</b>	11.5			<b>Julia Duffy</b>	13.2		
<b>Martin Bolz</b>	10.6			100 Free	1:41.67			100 Free	2:32.71		
50 Free	33.71A			50 Breast	56.14			100 Breast	2:22.88		
50 Breast	53.47			<b>Olivia Carvallo</b>	11.4			<b>Brigette Eagar</b>	13.8		
<b>Derek Honey</b>	10.6			100 Free	1:11.45 B			200 Breast	2:57.46 A		
50 Free	37.20			50 Breast	44.21B		New	<b>Katie Higdon</b>	13.4		
50 Fly	56.35			<b>Dara Williams</b>	11.2			50 Free	31.52B		
<b>Jayson Shinn</b>	10.6			50 Free	58.11			100 Free	1:10.68 B		
200 Free	2:37.49 JO			59 Back	1:13.17			200 Free	2:36.98		
50 Back	38.83A			<b>11-12 BOYS</b>				100 Back	1:26.21		
50 Fly	37.51A			<b>Dustin Dang</b>	12.3			200 IM	3:03.58		
100 Fly	1:22.94 JO			50 Free	28.55A			<b>13-14 BOYS</b>			
100 IM	1:17.54 FARW		New	100 Free	1:03.76 A			<b>Jackie Chang</b>	14.6		
200 IM	2:42.88 FARW			200 Free	2:18.88 A			50 Free	29.43B		New
<b>Austin Soden</b>	10.4			50 Back	36.32A			200 Free	2:48.54		
50 Free	47.58			50 Breast	36.06JO		New	100 Back	1:17.67 B		
<b>Connor Woodward</b>	10.5			100 Breast	1:17.88 FARW		New	<b>Douglas Dang</b>	13.8		
50 Free	44.42			100 IM	1:12.58 A			50 Free	26.50A		
50 Back	1:07.24			<b>Michael Lewis</b>	11.3			100 Free	58.22A		
50 Fly	1:08.39			50 Free	42.34			500 Free	5:41.26 A		
<b>11-12 GIRLS</b>				100 Free	1:33.28			100 Fly	1:03.43 A		
<b>Melissa Adams</b>	11.6			50 Fly	50.58			<b>David Luo</b>	14.6		
100 Back	1:15.80 A		New	100 IM	1:45.86			50 Free	24.64JO		
50 Breast	44.72B			<b>13-14 GIRLS</b>				100 Free	54.98JO		New
50 Fly	36.36B			<b>Jordan Bates</b>	13.3			200 Free	1:58.04 JO		New
<b>Leilani Alanis</b>	12.5			50 Free	31.13B			100 Breast	1:05.55 PRT		New
50 Free	34.83B		New	200 Free	2:32.51 B		New	100 Fly	1:00.73 JO		New
				500 Free	7:06.58			200 IM	2:11.34 JO		
				100 Back	1:22.11						

# PERSONAL BEST TIMES

Event	Best Time	Std	New STD
<b>Kenneth Shinn</b>	13.1		
200 Back	2:13.27	JO	
100 Breast	1:07.29	FARW	
100 Fly	1:02.85	A	
200 IM	2:09.66	FARW	
400 IM	4:34.25	FARW	

15 OVER GIRLS			
<b>Emily Conway</b>	18.1		
50 Free	29.64	A	
100 Free	1:03.53	A	
500 Free	6:14.96	A	
200 Fly	2:38.63	A	
200 IM	2:41.99	B	

<b>Heather Halaweh</b>	18.4		
200 Breast	2:59.53	B	

<b>Anna Higdon</b>	18.9		
100 Free	01:06.9B		

<b>Michelle Spratt</b>	18.9		
100 Fly	1:08.03	A	
400 IM	5:01.28	JO	

15 OVER BOYS			
<b>Aric Lang</b>	15.3		
200 Free	1:52.46	JO	
500 Free	4:58.69	FARW	
100 Back	59.64	FARW	New
100 Breast	1:07.95	JO	
100 Fly	59.98	A	
200 IM	2:08.82	JO	
400 IM	4:30.58	FARW	

Event	Best Time	Std	New STD
<b>Far Western Meet</b>			
<b>August 1, 2012</b>			

<b>WHETSTONE, CAYLA N 10.2</b>			
50 Breast	44.61	PRT	
100 Free	01:09.5	JO	
100 IM	01:17.8	FARW	New
200 Breast	2:39.33	PRT	
<b>Aric Lang</b>	15.3		
400 Free	4:22.41	FARW	Sectional
800 Free	9:07.33	PRT	Sectional
1500 Free	--		
200 Breast	2:45.06	FARW	New
400 IM	5:09.68	JO	

SAINT HELENA SUMMER CLASSIC			
September 7, 2012			

8 UNDER GIRLS			
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<b>HONEY, KATIE L 8.5</b>			
500 Free	08:31.7	--	
25 Fly	20.62	A	

9-10 GIRLS			
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<b>OBBAGY, SOPHIA C 9.2</b>			
50 Free	37.83	B	
200 Free	03:06.6	B	
50 Breast	52.81	B	

Event	Best Time	Std	New STD
<b>WHETSTONE, CAYLA N 10.2</b>			
100 Free	01:09.5	JO	
100 IM	01:17.8	FARW	New

<b>WOODCOX, HAILEY M 9.1</b>			
50 Back	43.3	B	
100 IM	01:35.5	B	

9-10 BOYS			
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<b>HONEY, DEREK J 10.7</b>			
500 Free	08:35.2	B	New

11-12 GIRLS			
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<b>ADAMS, MELISSA R 11.7</b>			
100 Breast	01:33.7	B	



## Swim Camps and All-star Meets

By Curtis Shinn

### Swim Camps and All-star Meets

The sport of swimming is not only about being as fast as you can be. Though that is important, it's also really important to have fun. Some might ask, "What can be fun about swimming back and forth in a pool?" Well, once again, swimming isn't only about training and swimming laps. First of all, during practice you can socialize with friends. Even more than that, swim meets can open a door to meeting even more interesting people who wouldn't have met if it hadn't been for swimming. Also, though many swimmers on our team are a little young, there other great events where you can meet other fast swimmers held by Pacific Swimming, including swim camps and all-star meets. I'll talk about the camps first.

There are four different swim camps held by Pacific Swimming. The two camps for older swimmers are the Olympic Center Distance Camp and Leadership Camp. I haven't actually been to those two, so I can't say anything about them. I've been to the other two, though. They are the Swim Camps for 9-10 year-olds and 11-12-year olds. At these camps, there are swimmers (approximately 48) from all over Pacific Swimming that you can meet. You might not know a single person there, but by the time the camp is over, you'll have met people and made friends from all over the Bay Area, through games and activities. In addition, you also get to train under coaches from other teams, getting tips on your technique from them. With the good, there is also the bad (well at least what I consider the bad). To begin with, you have to be really fast to get into these camps. There is no 100 percent guarantee that you will get in. First, of you have to meet the standard to even apply. When I went 2-4 years ago, I had to have the old AA times (which are more or less Far Western Cuts). I think they changed this rule so that now when you are 9-10, you have to compete at Far Westerns, which implies you have to have a Far Westerns cut. If you are 11-12, you have to competes at Junior Olympics, which implies you have to have a JO cut. They then choose 48 swimmers from the people who applied. Second of all, the camp is really, really, really hard. This is to be expected because you and the other 47 swimmers are some of the fastest people in Pacific Swimming. For both camps, there are two practices a day (I don't remember how long they were, I just remember they were really long and hard). For 9-10 year-olds, it's a one-day camp while for 11-12 year olds, it is a two-day camp (at least it was when I went). Finally, the camp costs a good amount of money. Though it's difficult, if you can pull through it, it is a really good experience.

Now the other events are the All-star meets. All-star meets are very similar to normal championship meets like RESL except your team, depending on the level, consists of really fast swimmers representing either swimmers from your zone (ours is Zone 3, which is consists of North Bay) or the entire Pacific Swimming that

like the Camps There are four. The lowest level is Zone all-star, above that are Western Zones and Pacific Coast, and above that is the most prestigious, NACC, or North America Challenge Cup. I've been to all of them except Pacific Coast, but luckily my brother Kenneth has, so I know a bit about all of them. All of them are extremely hard to get into, significantly harder than the Swim Camp, especially the three upper ones because if you get into these, you're basically more or less one of the top 16 fastest swimmers in Pacific Swimming. Zone all-stars is an all-star meet where you represent your zone, and compete with the other Zones: Zone 1 North, Zone 1 South (they're the South Bay Zones), Zone 2 (East Bay) and Zone 4 (Nevada/California border area cities like Reno) This All-star meet is not as hard to get into as the others; our team always sends multiple swimmers to this All-star. You meet fast swimmers from other teams in Zone 3 like Napa, Marin, and Santa Rosa. In the other three, you are representing all of Pacific Swimming.

On the next tier are Pacific Coast and Western Zones. Pacific Coast is the shortest of the three; Zone All-stars is only two days long (that's basically all I know about it). In Western Zones, you compete with all-star teams representing other states. It is a week long, and of all the All-star meets, is the most fun. Everything about it is fun. First of all, unlike Pacific Coast, you have a week to meet and bond with your team members. Second of all, the atmosphere is much more relaxed than NACC. Remember RESL? It's not just the best times, but the great team atmosphere. Now imagine it for two weeks and with much more people in your team. Sounds pretty fun, huh?

The highest tier is NACC. If you make this meet when you are 11-14, you are representing the fastest team that Pacific Swimming could possibly put together. You have to be the fastest in your event to make this meet. In this meet, you are competing against All-star teams representing Washington state, Southern California, and the teams representing the fastest people in Canada and Mexico. This is probably the least fun mainly because of a mixture of several things. First of all, there is the giant stress of having to do well. Second, you have to live in tiny dorm rooms. Lastly, you have to wake up at 5:00 am every day. Despite this, you get to meet some of the fastest swimmers in country; the honor of being part of this team is amazing.

Like the Camps, they have similar disadvantages. As mentioned before, they are really hard to get into. Along with this, like the Camps, they cost a significant amount of money (apparently, Pacific Swimming pays 2/3 of the actual cost). All-star meets have similar disadvantages, too. A in the camps, you meet lots of great people, but unlike the camps, many of these people are actually your teammates (well at least for the time being) making you even closer to them. So, if you can afford and make the team, it is well worth your time and money.



## Note From Coach (continued)

Please come to practice with warm clothes, shoes, jackets, hats etc. to put on after you swim. You may feel warm because you just trained and your body is still releasing heat (you sweat in the water when you are working hard). You must not allow yourself to cool down too quickly. Keep warm while you wait for your ride and during your ride home.

Drink H<sub>2</sub>O (water)! Stay hydrated-all day long. The day may be cool, but you are going to sweat when you train. You should also bring water to practice every day. Drinking water also helps your body flush out toxins, germs, and waste. This will also help you stay healthy during the winter cold and flu season

Eat right, and think of your body as a fine-tuned world-class race car. You would never think of putting cheap poor quality fuel in your race car, so don't put poor quality food in your body. GO t the USA Swimming website and look up nutrition. There are some great ideas on how to eat for training and how to eat on meet days.

Wash your hands when you are out and about this cold and flu season. Viruses and bacteria are just waiting on doors and desks. Everywhere where you can pick them up and then touch your face, nose, eyes, and mouth means a greater risk of infection. Keep your hands away from your face, and wash your hands frequently.

Sleep: It is very important to get enough sleep. Keep up on your homework so you can get to bed on time.

When you do get sick-sometimes, it's just best to stay home and rest. The first day or two of a cold is not fun, but sometimes swimming is good to get over a cold because you can get all that mucous stuff moving and out. Never swim with a fever. If you have an elevated temperature or you have nausea, it is best to stay home and rest.

Practice: If you are going to miss practice, please let your coach know. Find out the best way to contact your coach. We really notice when you are gone. Knowing about schedule changes can help the coaches better plan for training and condition of each swimmer.

Enter meets: please be sure to talk to your coach about upcoming meets you should enter and which events are appropriate for you. Attending meets and competing gives meaning to daily training. It also allows you to set short, intermediate and long term goals, and track progress toward those goals.

Set Goals: if you have not set any goals yet, and you are not sure what they should be, try to set up a goal meeting with your coach. Coaches get excited when we know swimmers are focused and eager to achieve. It makes for a great training environment.

Teamwork: swimming in many ways is individual, but it is unique in that it requires teamwork as well. No athlete can train a high level by themselves. Even though a swimmer will race the clock to achieve personal bests and reach time standards, a swimmer needs others around to motivate, to push, and to encourage them. If you get faster, your teammate gets faster and then you get faster again. Come to the pool each day, ready to push each other to be the best we can all be as a team and you will achieve success. Plus, its really fun to swim fast!

Best of luck to all of you this year I hope it the best ever!!

See you on deck,

Annette





**10 & Under JO team**



**13-14 JO Team**





## MEETS SCHEDULE FOR THE REST OF THE YEAR

DATE	MEET/Event	HOST/Location	Groups Attending
29-Sep	Awards Night		ALL
October 6-7	SR II	Marin at IVC	Silver, Gold, College, Blue qualifiers
October 13-14	C/B/A+ Last Chance	Napa	AGD, Novice, Wht, Red, Bronze, Blue
October 19-21	Zone III Championships	Vallejo	All Qualifiers
October 27-28	C/B/A+ SSS	Sebastopol	AGD, Novice, Wht, Red,, Bronze
November 10-11	QUIK Distance Meet	H-Pool	ALL
Nov 30 - Dec 2	14-un JOs	QSS at Morgan Hill	All Qualifiers
Nov 17-18, 2012	Mendocino Coast Sea Dragons		AGD, Novice, Wht, Red, Brz
December 7-9	C/B/A+	Santa Rosa	AGD, Novice, Wht, Red, Bronze. Blue
December 7-9	Pacific SR SC Champs	WCAB at DVC	Silver, Gold, College, Blue qualifiers
December 15	Swim Meet - Piranha Red vs. Blue Meet	H-Pool	ALL
Dec 21 - Jan 4	Winter Camp	H-Pool	Blue, Bronze, Silver, Gold, College
January 26-27	SR II	Santa Clara	Silver, Gold, College, Blue qualifiers





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