



Piranhas Swimming Newsletter

March 2021
Volume 1, Issue 2

Meet Piranha of the month



Luna Losada-Tweedell

I have chosen Luna as the Piranha of the month because she is a one amazing 6 year old. When I held her tryout her dad told me like every other parent “my kid is a good swimmer” Of course I was curious by his comment. When they got to the pool he told me she can swim, she swims with me during lap swim. To my amazement at 5 years old she was swimming for 45mins! So it is no surprise she likes the longer events. Luna loves swimming freestyle fast and forever. She has shown me her fast suits. Luna loves racing and collecting reptiles. She has 2 salamanders that come to the pool to watch her swim. At such a young age to be so focused and dedicated is an unbelievable skill, that will take her far. I can’t wait to see what her future in swimming will be. If you haven’t met her, just listen for her dad, he cheers her on every practice!

Favorite Stroke: Freestyle

Favorite Hobby: Herpetology

Favorite Food: Croissants

Favorite Movie: How to Train your Dragon

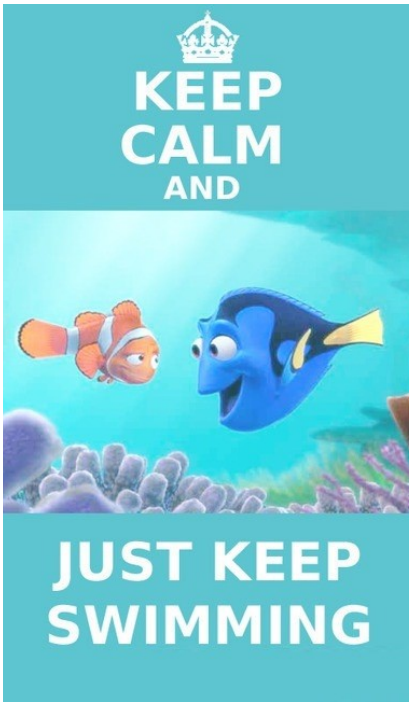


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Special points of interest

- Meet Luna, Piranha of the month.
- Base Training
- Athlete Rep
- Piranhas Elite Team
- Birthdays!



BASE TRAINING . . .

My favorite time of year, is when you finish a season and look to start the next. In swimming we call the first phase, Base. It is during this time we review and reflect on our goals, if you achieved them we make new ones. If you missed them, figure out how you can best achieve it.

Workouts during this time are designed to condition you for the following season. Often lasting 8 to 12 weeks. During this time Coaches will up the yardage each week more quickly than other phases. If it is your first time swimming, you will know this phase as you swim straight, for longer periods of time. With the main sets lasting 45-55 mins for Senior groups and 30 mins for Junior level.

The goal of this phase is conditioning, but also development of mental fortitude.

“No one every rises to low expectations” -Les Brown

High School

High School season starts **March 15th**

Piranhas who will participate:

Rancho Cotate:

Jamie Jovel-Flores
Caleb Williams

Tech High:

TBD

Welcome New Piranhas

Arend/Dominguez Family
Kline/Carli Family
Lawson Family
Mair Family
Manz Family
Steinberg Family
Wickenkamp/Greenley Family



Photo: Casper Howland

Piranhas Elite Team!

Look who made the Team:

Hailey Sotelo (10)

Freestyle

Casper Howland (18)

Butterfly/Freestyle/Breast

Who's next?

How do you qualify? You need 5 “B-times”, or 3 “BB-Times”, or 2 “A-times.” Piranhas Elite swimmers will also need to excel in the classroom. They will need to carry a B or 3.0 average. They need to have 80% or better attendance. And lastly attend more than 10 meets per year.

See Coach Ericka for Time standards (also can find them on the bulletin board) **and pledge form!**

Breaststroke Tip

Breaststrokes are plenty on this team! Many of your kids love this stroke, and why not you get to breathe every stroke. But when you start that breathe is key. Most swimmers, wait until their arms are ready to turn in, and they have to pause here. Problem is this is when you are in the widest position of the stroke cycle. Also your knees are coming up so you are actually sinking.

Timing is key to improving your time in breaststroke.

The proper place to take this breath is just as you start your stroke cycle, and leave streamline. Once you pull your elbows back and turn them in you should be done breathing and setting yourself up for your glide.

Coach Ericka's favorite drill for this **Accordion drill**.

Don't know what that is ask your Coach!

Get your Team Gear

Don't forget to check out our team website for sweatshirts, warm-ups, swim gear and more.

To find the team store go to our team website, www.piranhaswimming.com. Then look in the "Partners" section. You will see the link (swimoutlet.com)

You can find group equipment recommendations on the website as well as on the Bulletin Board at the pool. Coach Ericka recommends you buy your own equipment, especially during these COVID times.

Stick with the name brands, Arena, Speedo and TYR.



Reminder: High School season starts March 15th

New Practice schedule will take effect on March 15th:

Group 1	3:30-4:00pm
Group 2	3:30-4:15pm
Group 3	4:15pm- 5:00pm
Jrs/Pre-Seniors	5:00-6:00pm (*see email for list)
Seniors	5:00-6:30pm

***Not all Juniors will swim during this time.**

How to set up Autopay

The preferred method of payment is Autopay, thru Teamunify. You may have noticed the team updated their team website. It is now mobile and tablet friendly. You will need to login and then select your billing tab, and enter your credit card information.

Just remember to keep track of your expiration date. You will be notified by the team Treasurer currently **Jodie Clay**, when the card has expired, or is about to. Only a superuser can change the card, or delete the current card. You can also set up Autopay thru QuickBooks. When you pay invoice, it should have a little box below to check. Jodie's email, 3dogjodie@gmail.com

Dual Meets?

With the upcoming High School season approaching. This should give us new insight into what we as a team will be allowed to do for our meets. Although USA/Pacific Swimming has approved Dual meets for us, the City of Rohnert Park still prohibits us from participating in any. The number of people on deck is still too low.

Until things loosen up we will not host any. However we will have Time trials. This will be set up by the Coaches and timed by either Coaches or swimmers in the Pre/Senior groups.

As a reminder parents are not allowed on deck during these events.

The goal is to prepare the team for swim meets, and give them an idea of how they are progressing. Times will count, but any A-Times, JO, Sectionals, Futures and Far Western times must be done at *Sanctioned Meets*. For this we will need more certified Stroke & Turn Officials. So far we have 3! We need 3 more, please reach out to Coach Ericka if interested.



Athlete Representative

Meet Jamie Jovel-Flores, she is our teams Athlete rep. What does an Athlete Representative do? Jamie attends meetings on Sundays and discussing our Regional needs, concerns and ideas for growing swimming in all communities.

They learn about issues facing swimmers in today's climate. Jamie just did a Mental health presentation to the Pre- and Senior groups. In which swimmers learn to speak to someone to get help. Several Olympians spoke out about their issues post Olympics. This is a growing topic of discussion in USA Swimming. They are trying to bring awareness about it. For more information, go to USA swimming website or Pacific swimming website.

Being an athlete rep is a great way to add to your resume and learn what other teams are doing in our Region(LSC).



Happy Birthday Piranhas!

March



March 1st	Abigail	Marshall	Group 2
March 3rd	Caley	Quinones	Group 1
March 3rd	Finn	Goodwin	Group 2
March 3rd	Patrick	Goodwin	Group 2
March 7th	Ethan	Tran	Seniors
March 14th	Savannah	Kane-Patterson	Group 1
March 20th	Lani	Wickenkamp	Group 1
March 22nd	Taylor	Banks	Group 2
March 24th	Cody	Quinones	Group 1
March 25th	Lionardo	Wills	Pre-Senior
March 26th	Olivia	Patterson	Group 2
March 31st	Miron	English	Senior