



Meet Piranha of the month



Tristan Turnbull

I have chosen Tristan as the Piranha of the month because he has a positive attitude. Always gives practice a 110%. He listens to my instructions and does all he can to be a good lane mate. He never passes the people in front of him. I have asked him to go first from now on! He is a good example of what hard work and determination can do. He joined the November and by December he had been invited to move up to Group 3. Now he is moving up the ranks in group 3, mastering skills like flip turns, Coach Ericka's streamlines, and all 4 strokes. I enjoy watching him race up and down the lanes! Can't wait to see what kind of times he will post!

Favorite Stroke: Freestyle Favorite Hobby: Drawing

Favorite Olympian: Mohammed Saleh (Soccer player)

Favorite Food: Chili

Favorite Movie: Predator (first one)

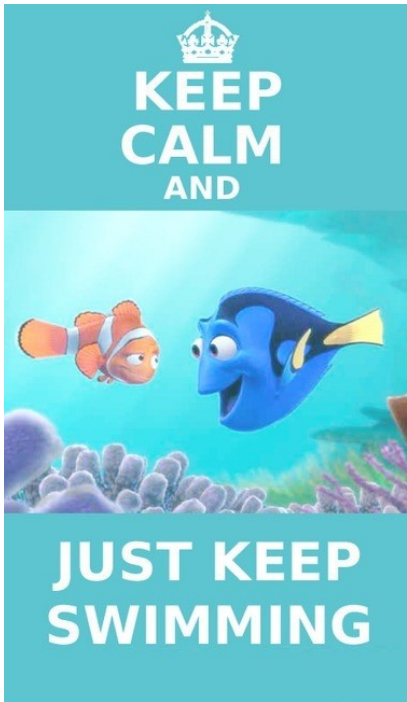


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Special points of interest

- Meet Tristan, Piranha of the month.
- Plateaus feeling stuck
- Nutrition watch what you eat
- Piranhas Elite Team
- Birthdays!



Plateaus, Plateaus, Plateaus

Feeling Stuck? Is your swimmer struggling to stay focused in these endless days of practice and no swim meet on the horizon. Have them talk to you about what they learned each day. That way they pay attention to the details of practice so they can share them with you. Make sure you listen.

Have them break up their skills into a game. Coach Ericka loves to work on breakouts, that is tight streamlines, push off past the flags, 6-8 underwater dolphin kicks and 2 strokes with out a breath. If this is too much to do all at once. Have them break it up. First do all your streamlines past the flags. When they have mastered that move onto the next skill. Continue adding the next skill until you can do all of it!

“Fall down 7 times stand up 8” - Dwayne Wade

High School

High School season
starts March 15th

Piranhas who will participate:

Rancho Cotate:

Jamie Jovel-Flores
Caleb Williams

Tech High:

No team due to COVID

Are you Piranhas Elite Material?

Coach Ericka has rolled out a new incentive program!

The goal of this program is to reward and push our more competitive swimmers. Also to boost morale and effort for time trials.

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. They will also be leaders on the team.

To see the time standards check the bulletin board at the pool or go to www.pacificswimming.com and click on the tab for Times, then drop down for TIME STANDARDS.

See Coach Ericka for the Pledge to sign up. Once you have achieved the times. Then you get your gear!



Nutrition

It is easy to over eat in these stressful times. Most of us are on lock down at home which makes it easier to run in and out of the kitchen for snacks. Also with the development of food apps we can call in for anything.

The old saying Carbs are you not good for you has gone out the window especially for swimmers. They need them. But not all carbs are equal. Complex carbohydrates should be a staple in your swimmers diet. Examples of complex carbs are Whole grains, pasta, potatoes, legumes and vegetables.

A great snack for recovery is chocolate milk and a piece of fruit.

Also make sure your swimmer is getting plenty of water during these cold months, it is easy for them to stop drinking. A good idea Mary(Throop) had she brings warm water to drink during workouts these cold months. Got a swimmer who hates water add their favorite fruit to it. Ideally you should drink half your weight in water.

Greek Yogurt Shakes

1 Banana

1/4 cup Greek Yogurt

Blueberries (any fruit you like)

1-2 scoops of Whey Protein (whatever flavor you like)

Spinach (1-2 pinches)

Blend and enjoy

Great Pre or post workout shake. I love shakes to get an extra meal in.

Make sure your swimmers fuel up for the next swim!

*Depending on age 12 & under don't need protein powder

Butterfly Tip

I love butterfly, but it is a stroke most swimmers struggle with it. Butterfly requires flexibility, strength and rhythm.

Start by laying flat on the water, gently move your arms in butterfly motion, do not kick, this is an arms only test. If you can move thru the motion without disturbing the water, your butterfly is pretty good. This is done stationary. Once you get the feel of this, you should feel where you can add your dolphin kicks. You can also do this with a buoy between your ankles, to help you float.

Also start your breath as soon as your hands land on the water. Most swimmers wait until the hands are already at their hips. This causes you to sink.

Remember to keep pressing your hips up to the surface.

Get your Team Gear

Don't forget to checkout 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.



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.

Good ways to De-stress

Today stress comes from every where. Try to do meditation for 5 mins. Just sit or lie down flat, close your eyes and think of calming thoughts. Try to do this every day. Another way is to start a journal. It is hard to talk to people everyday, so self talk may help. Swimming is already a lonely sport. So the sooner you learn to talk about it, and let things go, the better off and longer you will enjoy swimming. To me swimming is my escape from everything for a little while.

Jamie Jovel-Flores, will be presenting a mental health video from USA swimming on Friday. Watch for the replay on our YouTube channel.

Cali Condors ISL 2021 Champs!

In 2019, the world of swimming changed. For the first time ever a professional swim league was created. FINA supported and helped develop the format for the league. Although its format is similar to a college dual meet, the stakes are way higher.

There are some exciting features which are not present in college or High School dual meets. If you don't swim the cutoff time you lose your points or a point. Second skins rounds reward each round with points, so you can win even more points. World records give you not only points but cash prizes. All individuals have a shot at MVP points for all races and skins. This year the league added some unique features, like "Jackpot points" which gives the winner a chance to steal other swimmers points. Imagine walking away with \$40,000 for 2 days of swimming.

Never before have more swimmers had an opportunity to go Pro! You don't need to be an Olympian to get into this league.

The general manager for the Cali Condors is our very own, Jason Lezak.



Flexibility to Increase speed

Did you know your muscles need to be stretched to get full contraction. So flexibility is needed to maintain and achieve speed. Start with 15 mins 3 times a week and add a day. Senior and Pre-Senior group swimmers should stretch before and after practice. The older you get the more need to stick to a stretch routine, not only for performance. But also as pre-injury regimen.

So pull out your cellphones put on your favorite music and start your routine today. Full body stretching is best. Don't just focus on arms and legs. There are about 650 muscles in the human body and you don't want to neglect them.

This is something the whole family can do together also. Parents depending on your job, stretching arms, legs and back, can alleviate head aches, relieve stress, and improve blood circulation.

So turn on some tunes and get stretching. If you need some ideas of what stretches to do. Look into, Pilates, yoga, and S-Health on Samsung phones has apps with these kinds of videos.

Lastly make sure you drink plenty of water to help flush those toxins you released.



Happy Birthday Piranhas!

February



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|---------------|--------|------------|------------|
| February 7th | Ethan | Aquino | Group 2 |
| February 9th | Sloane | Morgan | Group 3 |
| February 9th | Lucia | Morazan | Group 1 |
| February 17th | Amaya | Washington | Group 2 |
| February 18th | Dakota | Weaver | Group 3 |
| February 22nd | Ericka | Richards | Head Coach |