



**WELCOME TO THE
2025 ELK GROVE PIRANHAS
KICK OFF RALLY**

Powerful *Hot* Accountability *Grit Crazy!* **Ribbons**
Love **DO 1 More!** **Swimming** **SCREAMS**
Qualifying *HANGING OUT* Cheering *Excitement* Desire **Fast**
Breaststroke **Best Time** *Whistles* *Exhilarating* Butterfly
Freestyle **Triumph** Streamline **Strong**
Confidence *Comradery* **Fearless** Sportsmanship Eating **Exciting!**
Achieve Caps **Persistence**
Tech Suit **Believe** *Encouraging* **WILD**
Finish **Race!** Adrenaline *Friendships*
Dream **Fun** **TOP's Tags** **Spirit** *Piranha Beads*
Goals **Taper** *Backstroke* *Nerves* *Goggles*
Passion **Joy** *IM* Buddies **Splash** **Emotional**
Relays **Perseverance**
FIRED Up *Technique* **Compete** **Inspiration**

WELCOME BACK RETURNING SWIMMERS!



And, welcome to the family
NEW swimmers!

Our Coaches



2025 BOARD MEMBERS

President – Natalie Wong

Vice President/Registrar – Jenn Chernyy

Secretary – Juline Fujii

Treasurer – Ken Vaughn

General Board Members

Chris Cromeyer– *Sponsorships*

Karen Vail – *Team Pictures, Dinner Fundraisers, Awards Night*

Natalie Ellison – *Volunteer Coordinator*

Jeff Lilley – *League Representative*

Natalie Wong – *Team Communication*

Ash Evans – *General Board Member, Colorado Management*

Angela Cameron–*General Board Member*

Aaron Silva– *General Board Member*

Lyssa Ortega- *General Board Member*

VOLUNTEERS

WE ARE A VOLUNTEER ORGANIZATION!

Each family is responsible for completing the required 20 Volunteer Hours during the regular season plus 2 shifts at Championships. *Please note the penalty for not completing the required hours is \$30.00 per missing hour and \$50.00 per missing Champs shift.* The meets can not run without everyone's help. Thank you in advance for all of your help this season. ***Please note—We always need assistance all season long, especially at Champs.***

Tracking Your Volunteer Hours

- ❖ *Sign up to volunteer under jobs sign up link*
- ❖ *Check in to the Volunteer Table for your shift*
- ❖ *Be on-time to your shift!*
- ❖ *Find a replacement if your plans change and communicate with the Volunteer Table asap!*
- ❖ *Monitor and Keep Track of Your hours*



Please reach out to our Volunteer Coordinator for questions—
Natalie Ellison @ Volunteer_coordinator@elkgrovepiranhas.com



VOLUNTEERS

Critical Volunteer Needs for 2025:

Snack bar

Starters (training provided)

Meet Referees (training provided)

Computer Assistance (training provided)

Stroke & Turn Judges (training provided)

Gaining New Sponsors

Towing the team trailer

Team Parents needed

Many Other Opportunities — Please just ask!



**Our Success As A Team Is A Reflection
Of Our Tremendous Parent Volunteers!**



SWIM MEET INFO



URGENT

NCSL ONLINE REGISTRATION— *Mandatory for all swimmers*

Register at
<http://www.norcalswimleague.com>
Cost \$20 payable online through this site.
*Must be completed by **5/5** to be able to*
swim at Time Trials.

STEP 1 COMMIT

Go to the team website and log in

Click on the Meet under News/Events
at the bottom of the page



Click on edit commitment and declare your swimmer(s) to attend or decline the meet by the deadline for upcoming meet.

If you need to leave early or arrive late include it in your notes.

If plans change send a message to Coach Brenda asap.

STEP 2

MEET SET UP

Meet Set up takes place the day before most meets. However, for Time Trials this year, set up is on **Tuesday, May 6th** and day of the meet.

All meet set up must take place prior to personal tents being set up.

Any personal tents or areas being reserved or set up prior to the completion of the meet set up will be moved.

STEP 3

WHAT TO BRING TO THE MEET?

(ALL INFO IS UNDER THE PARENTS TAB ON THE WEBSITE!)

- **Big items:** a family pop up tent, folding chairs, blanket/tarp, and a cooler. (Tents can be shared if needed - ask a team parent!)
- It will be cold in the morning so be prepared! Bring sweats and wear extra layers in the morning and shorts and sandals for the afternoon.
- Strongly encouraged to wear your TEAM suit!
- Don't forget to bring extra swim caps, goggles, towels (2-3 per swimmer), and sunblock.
- Bring plenty of HEALTHY FOOD! Expect your swimmer to want a snack BEFORE, AFTER and in BETWEEN races. Healthy snacks, fruits, veggies, string cheese, yogurt, nuts, crackers, bagels, sandwiches and water are key! There will also be a snack bar.
- Bring entertainment items! There is a lot of down time in between swims. Swimmers are encouraged to rest and enjoy a calm activity to save energy for their races! Card games, coloring books, reading books, Legos, toy figurines, board games and parent approved electronics are great for small swimmers!



STEP 4

Swimmers Check In

Important for swimmers to check in ON TIME! Or they may be scratched from the meet! Have someone's number if running late and tell them to let Coach Brenda know!

Warm up—Each age group will have a designated time

Check in with your team parent Team parents help ensure your child will make it to their races—however, they are not your child's babysitter or restaurant or bathroom monitor. Please check on them frequently, provide food and water and bathroom breaks. Make sure your child is behaving well and being respectful.

Get your events marked on your forearm by the TEAM PARENTS

Swimmers Forearm

Event # Heat # lane # (written like in the table)

E2	H1	L5
E8	H2	L4

The Team Parent will assist parents with marking each event they are swimming on their arms like above in the table. First events are marked right away, after relays please report back for the rest of their races!



STEP 5

Events per age group

6u—25 free and 25 back, 100 Free relay

7/8—25 free, 25 back, 50 free, 25 breast, 25 butterfly, 100 Medley and 100 Free relay

9/10—100 IM, 25 free, 25 back, 50 free, 25 breast, 25 butterfly, 100 Medley and 100 Free relay

11/12--100 IM, 50 free, 50 back, 100 free, 50 breast, 50 butterfly, 200 Medley and 200 Free relay

13/14--100 IM, 50 free, 50 back, 100 free, 50 breast, 50 butterfly, 200 Medley and 200 Free relay

15-18--100 IM, 50 free, 100 back, 100 free, 100 breast, 50 butterfly, 200 Medley and 200 Free relay

STEP 5

Order of Events Alternating girls/boy by event. Girls start first

Medley Relays—6u (free) 7/8 thru 15-18

IM—9/10 100 IM thru 15-18

Short Free—6u thru 15-18

Backstroke—6u thru 15-18

Long Free—7/8 thru 15-18

Breaststroke—7/8 thru 15-18

Butterfly—7/8 thru 15-18

Free Relays—7/8 thru 15-18

Be ready for Team Cheer, National Anthem and the Meet to begin

STEP 6

Race Time—

Be ready and at the ready bench early

If you leave the team area let the team parent know—Team parents help ensure your child will make it to their races

If unsure about your race talk to the coaches

Nerves are normal

Challenge your self by doing your best! If you get out of the water knowing you did your best that is all we expect and want from our swimmers

IT IS OK IF YOU MAKE A MISTAKE OR MESS UP. WE ARE HUMANS NOT ROBOTS.

Show great sportsmanship and respect to everyone!

See a coach at the coaches table after every race! Best time = Piranha Bead
Eat, hydrate lightly and use the restroom.

Relax between races, do not run around or lay out in the sun. Do not mess around in the warm up pool. It is for warm up and cool down before and after races.

STEP 7

Results will be posted either on the wall by the entrance gates or you can download the app Meet Mobile to your phone and will show your swimmers unofficial times. The scoreboard will also show a time. All times are unofficial until disqualification's have been processed. The scoreboard may show a time and quickly recalculate and show another time. There are several times that are averaged per lane thus the reason for the changes. The stopwatch time is a back-up time and used only when there is a malfunction with the plungers/scoreboard.

STEP 8

Post Meet Clean Up—All hands-on deck! We need help from everyone cleaning up and putting items away.



SWIMMERS' SUCCESS

How to help your swimmer do their best—nutrition, sleep, hydrate

Practice and have fins, cap and goggles at every practice

Encourage and support their successes, do not compare them to another swimmer

Support their goals. This is their sport not yours.

Kids have different levels of learning and achieving—*Some are competitive, some are social, some are new and learning, some it all clicks later.*

Changes—Growth, puberty, illness, injury, body just doesn't do what the mind wants it to do.

A happy swimmer thrives, an unhappy swimmer becomes frustrated and leaves the sport!

Ask a coach if there are any concerns

NOTES FROM COACH BRENDA

Coaching Philosophy

- *Continued emphasis on technique, sprint work, challenge sets. (Dryland)*
- *We expect our swimmers to be respectful and to always do their best. Parents encourage; coaches coach. It is a PROCESS!*
- *Dream it! Believe it! Achieve it! All in! And Do one more!*

Practice requirements—*Equipment (label), attendance, attire*

Practice schedule—*Changes, Weather*

Meet Schedule and Requirements—*2 NCSL meets required*

Meet Declaration—*Declare or decline!*

Expectations—*Always do your best!*

Spirit Week—*themed days the week of Champs*

Incentive Programs—*Buddies, Swim To the Top (T.O.P.'s), Piranha Beads, Academic All-American Scholar Award, Swimmers of the Week*

Champs—*July 19-20 at ARC! All attend!*

Meet of Champs (MOC)—*August 2-3 at RAC!*
(must qualify)



2025 MEET SCHEDULE & IMPORTANT DATES

You will be notified of any changes

*Reference that this a Conference Meet. Please try to schedule vacations during non-conference meets.

Tuesday, April 1 st	First Day of Practice!
Tuesday, April 8 th NO PRACTICE!	Piranhas Season Kick-off Rally and Info night at Bradshaw Christian High School Multi-Purpose Room from 6:30-7:30pm, 9555 Calvine Road, Sac, CA 95829
Monday, May 5 th	Deadline to register for NCSL to swim at Time Trials
Saturday, May 10 th	Time Trials @ Elk Grove Aquatic Center 12-6:30pm
Saturday, May 17 th	Rio del Oro Rapids @ Elk Grove Aquatic Center 6:30am—3pm
Saturday, May 24 th	Rio del Oro Invite @ Rio (optional meet, parents must mail in entry form and registration fees)
Saturday, May 31 st	Arden Park Dolphins @ Elk Grove Aquatic Center 6:30am—3pm
Saturday, June 1 st	Last day to sign up for the team
Wednesday, June 4 th	Piranhas Swim-a-thon (details will be announced as we get closer).
Friday, June 13 th	Team Pictures (more info as we get closer)
Saturday, June 21 st	*Elk Grove Piranhas @ Woodcreek SeaWolves 6:30am-3pm
Saturday, June 28 th	*Glen Oaks Sea Lions @ Elk Grove Aquatics Center 6:30am-3pm
Saturday, July 12 th	*Johnson Ranch Barracudas @ Elk Grove Aquatics Center 6:30am-3pm
Saturday, July 19 th & Sunday, July 20 th	*Championships @ American River College- Everyone attends
Saturday, August 2 nd & Sunday, August 3 rd	Meet of Champions @ Roseville Aquatic Center (Must meet qualifying time standard or place in the top 10 at Championships).
Date TBD	Awards Night

PARENT RESOURCES

Team Website *Must be logged in to see news, results, etc.*

Team Handbook *On the Parent's Page on our Website*

Team Communication –

E-mail, Facebook, and website

Family File Boxes *Poolside at every practice beginning after Time Trials*

Board Member Contacts Listed on our website

Facebook—Link is on the website



TOWELS, INVITE, ETC.

Please note as we move through the season, we will update the calendar and website as we receive the information. We will also email the information out.

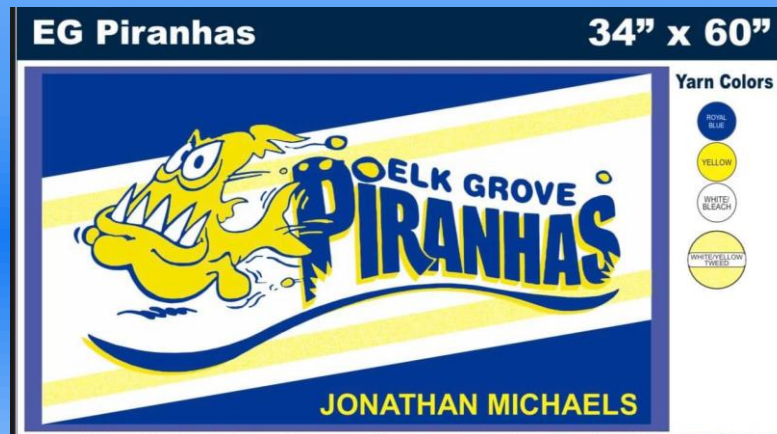
New items

Rio Invitational on Saturday, May 24th. Meet is optional but parents must mail in the entry form and money to Rio.

Buddy's Program information will be on the website and available soon.

And TOWELS...Deadline to order is this Friday, May 11!

Personalized caps can be order through the link on our website beginning 4/12.



TEAM FUNDRAISING AND SPECIAL EVENTS

Fundraising is an important component of running our team. All proceeds go back to the team in equipment, incentive programs, etc. and helps to keep our overall costs down.

Fundraising Opportunities

Swim-a-thon—Wednesday, June 4

Snack bar—All home meets. Extra help on these dates

July 19-20

Dinner Nights Out—Throughout season

Team Sponsorships

Do you own a business?

Do you know someone who owns a business?

See our Sponsorship Levels on our Website

2025 TEAM SPONSORS

GOLD



SILVER



BRONZE



Contact Chris Cromeyer for sponsoring the team at
Chris.cromeyer@gmail.com



Team Fundraising and Special Events

Special Events for 2025

Swim-a-thon—Wednesday, June 4

Snack bar—All home meets. Extra help needed on these dates—July 19-20

Dinner Nights Out—Throughout season

Awards Night/End of Season – Sunday, August (date TBD)

Team / Individual Pictures—Friday, June 13



ELK GROVE PIRANHAS 2024



2024 BY THE NUMBERS!



3rd Place In **Dual-Meets** for the Season
2,209 Best Times Achieved in just 5 meets



1st Place at **Championships**
975 Best Times Achieved
5 Team Records Broken



1st Place at **Meet of Champions –11 since 2011!**
89 Best Times Achieved
6 Team Records Broken and **2** MOC Records Broken

Season total of Best Times—3273! An average of 10 best times per swimmer in individual events!

TIME TRIALS



ELK GROVE
PIRANHAS
2025 >>>



*DREAM IT!
BELIEVE IT!
ACHIEVE IT!*

GO PIRANHAS!!!

**We can not wait to see what our
Swimmers will do this Season!**

QUESTIONS?