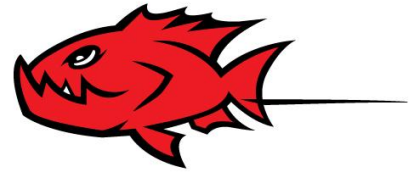


June 8, 2023

Piranhas Newsletter



Message From Coach Konrad:

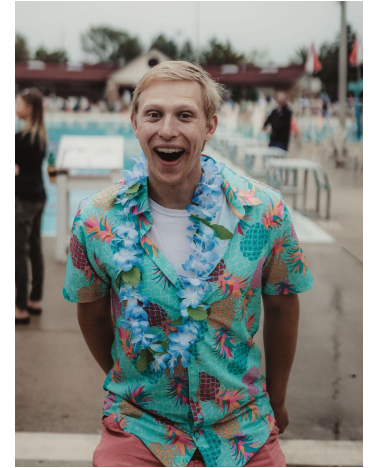
Hello Piranhas!!

We are a few days away from our first competition of the season!! It has been a wonderful experience getting to build this team together, and we are destined for great things!! I cannot thank you all enough for all your support so far. It goes such a long way! Shout out also to the incredible coaches we have this season. These coaches are passionate, and I love how motivated they are to make sure all of your swimmers are having a positive experience.

Just a reminder that if you are unable to attend the meet on Saturday for any reason, please email me at headcoach@sunprairiepiranhas.com.

Things happen, we get it, and us coaches just need to know so that we can adapt accordingly.

GO PIRANHAS!!!



This Week's Swim Meet:



Home versus Cross Plains Stingrays

Date: Saturday, June 10

Arrival time: 6:45am

Warm ups: 7:00am

Meet start time: 8:00

Theme: Every swim meet has a theme for which the team dresses up. The swimmers can (and parents are welcome) come dressed up for this theme. No need to spend money - just try to find fun costumes around the house that are creative and fit the theme.

This week's theme is Summer Vacation—dress like you are a tourist. Dig out those fanny packs, bucket hats and your Hawaiian shirts. We are kicking off our first home meet and searching for adventure!

*****Please note that all volunteers for home meets must check in at the volunteer check in table prior to 7:45 AM*****

Meet Entries

Meet entries will be available to view on the team website prior to the meet. There is always a chance that the entries could change the morning of the meet but the coaches will make sure to communicate that. To find the entries click on the events drop down and then select 2023 meet entries. You must be signed in to your account to view and when they are available there will be a clickable link. After warm ups the team will always have a short team meeting and the age group coaches will hand out printed entries to the swimmers. Heat sheets are available for purchase in the concession stand.



FAC Family Memberships

The City of Sun Prairie is again providing Piranhas families with an exclusive discount to the Family Aquatic Center (FAC). Families can enjoy a discounted rate of \$100 and Single Memberships are available for the discounted rate of \$40 for the summer. Stop by the West Side Community Service building to purchase a pass during their regular business hours.



Stop by Liv's Drink Emporium on June 14 and support the team. If you haven't tried the Peanut Butter Cold Brew or sampled the grilled cheese you don't know what you are missing.

3140 Edmonton Dr # 100 – Dine in or Drive Through

Upcoming Dates

June 14	Liv's Drink Emporium Share Day	
June 16	Team Picture Day & Fun Friday Practice!	Pictures prior to age group practices
July 15	Celebration of our Piranhas Senior Swimmers	
July 23	Pizza Dinner and Family Relays	Family Aquatic Center

Team Picture & Fun Friday

June 16 is a FUN Friday with doughnuts! It is our team picture day and after practice the team will be providing doughnuts to the swimmers. We need parent volunteers and this will count towards the social event volunteer requirement for the season. Please review the available slots and [sign up](#).

TEAM PICTURE INFORMATION:

Have your swimmer wear the suit they wear for meets, team shirt and black bottoms. Please have your swimmer arrive 30 minutes early to their practice (15-18s arrive at your normal time). That gives the photographers time to get all individual photos, and it allows us coaches to still run a full practice!! Here is a schedule you can follow:

15-18 practice: Pictures 6:15-6:30am, practice 6:30-7:30am

13-14 practice: Pictures 7:00-7:30am, practice 7:30-8:30am

11-12 practice: Pictures 8:00-8:30am, practice 8:30-9:30am

9-10 practice: Pictures 9:00-9:30am, practice 9:30-10:30am

8 and Under practice: Pictures 10:00-10:30am, practice 10:30-11:15am

Dual Meets, Invitational & Conference

Tri-County dual meets are weekly during June and July. There are seven dual meets, an Invitational Meet and a two-day Conference Championship meet. Please look at your calendars and save the date for our Tri-County Invitational and the Conference meets. To be eligible for conference, your swimmer must attend at least three conference dual meets throughout the season and attend the minimum number of required practices. Age is computed as of June 1st each year to determine the age group that swimmers compete in. At each dual meet, swimmers are able to swim in three individual events and one relay or two individual events and two relays. Some swimmers will swim for points and some will swim exhibition as determined by the coaches. Teams are limited to three swimmers per event to swim for points. Teams can have unlimited relays but typically enter two to four. All swimmers must report to the clerk of course at swim meets, which is a staging area for their events. Events swum in meets include freestyle, breaststroke, backstroke, butterfly, individual medley (IM), freestyle and medley relay. Ribbons are awarded for 1st – 6th place for point heats and 1st – 3rd for exhibition events. It is best for parents to focus on time and stroke improvements rather than where their swimmer places.





Conference Planning 2024

As we kick off our Summer Season 2023, we are already beginning to plan for Conference 2024. The piranhas are hosting this BIG event and are looking to form a committee to help organize and plan. Please follow the link to sign up and learn more about how you can be a part of the planning. [Conference Committee 2024](#)

2023 Meet Schedule

Date	Registration Deadline	Opponent
June 10	6/1	Home vs Cross Plains
June 17	6/8	Away vs Baraboo
June 24	6/15	Home vs Mazomanie
July 1	6/22	Away at Sauk Prairie
July 8	6/29	Away vs Spring Green
July 15	7/6	Home vs Mount Horeb
July 22	7/13	Away vs Wisconsin Dells
July 25	7/13	Invitational at Home
July 29-30	7/13	Conference Weekend

Your 2023 Piranhas Board Members

- Eric Elliott & Jen Spredemann – [Co-Presidents](#)
- Liz Finkler & Leann Vande Hei– [Vice Presidents](#)
- Mike Hessling – [Past President](#)
- Nathan Diers– [Treasurer](#)
- Jennifer Camp – [Secretary](#)
- Jennie Shields & Kate Maselter– [Fundraising Chairs](#)
- Khalid Zamane– [Technology Coordinator](#)
- Danielle Lawrence & Margene Anderson– [Concessions Chairs](#)
- Cindy Melrose & Rebecca Steel– [Social Committee Chairs](#)
- Lisa Harms & Todd Loess– [Volunteer Coordinators](#)

Thank You 2023 Season Sponsors!!



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