

O C T O B E R 2 0 1 0

# *the* PIRANHA PRESS

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Issue X

, SUITE 140-104, PALM SPRINGS, CA 92262



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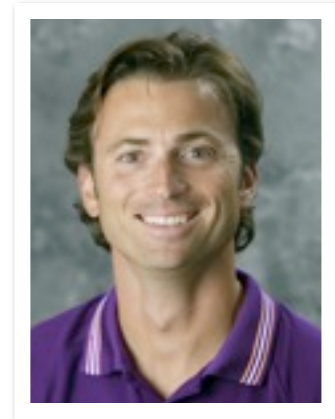
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Elizabeth Wickham.  
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Adam and Aimee Schmitt, USA Swimming

## *Coach's Corner* *from Head Coach Adam Schmitt*

Aimee and I have been a part of the Piranha family for a month now, and I want to say that the welcome and support has been outstanding. We look forward to guiding and leading this team into the future. As a coach, I am well pleased with the way all of the athletes are participating and responding to our arrival, particularly with the training and competi-



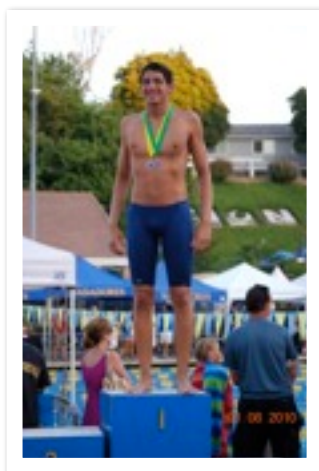
tions. It was great to see the Piranhas looking strong in numbers and in team apparel at the Yucaipa meet and I expect that we will continue to have the enthusiasm moving forward into October. We have two meets in October that will be crucial in the timing and development of our swimmers. The first is the Riverside meet where I look forward to seeing the results of 6 weeks of strong training. Also, we have a senior meet that will allow us to represent Piranha at a high level in Southern California. Both of these meets are important for our team growth and exposure across the valley and Southern California. Your coaches will be getting with all of you to discuss the meets and the process of entering the meets. Thanks again for all of your support, it is exciting to see the team expand and succeed.

## MEET SCHEDULE: FALL 2010

<u>DATES</u>	<u>MEET</u>	<u>LOCATION</u>	<u>STANDARDS</u>
10/15-16	<b>RAA</b>	Riverside	B/R/W
10/23-24	<b>SCS Senior Invite</b>	Simi Valley	Senior Qualifiers
11/12-14	<b>Kevin Perry Sr Meet (P/F)</b>	Fullerton	Senior Qualifiers
11/19-21	<b>PSP</b>	Palm Springs	<u>All Piranhas</u>
12/4-5	<b>RST</b>	Redlands	B/R/W
12/2-4/2010	<b>SC National Championships</b>	Columbus, OH	Senior Nat. Qualifiers
12/9-12	<b>SC Junior Nationals</b>	Atlanta, Ga	Junior Nat Qualifiers
12/10-12	<b>Winter Age Group Champs</b>	TBD	Qualifiers
12/17-19	<b>Gold Sectionals</b>	TBD	Senior Qualifiers
1/14-17	<b>Senior Q's</b>	Long Beach	Senior Qualifiers

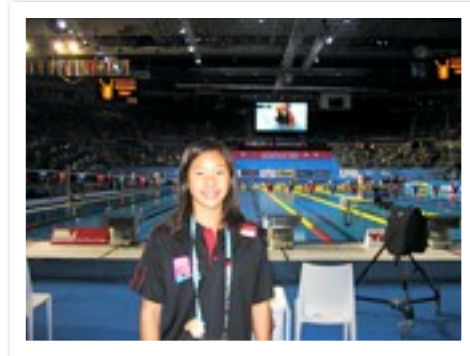
### Congratulations Scholastic All Americans!

Lynette Lim, a freshman at USC and a Palm Springs High School 2010 graduate, and Christopher Kopan, a junior at Palm Desert High School, were named to the USA Swimming's Scholastic All-American team. Each year, USA Swimming recognizes its members who excel both in the classroom and in the pool. The Scholastic All-America Team is made up of high school



achieved the required time standard in a single event such as a Junior National Bonus Time Standard. To be eligible for this recognition, swimmers must have completed 10th,

student-athletes who have a grade point average of 3.5 or higher and who have



11th or 12th grade and must be a USA Swimming member athlete. This is Lim's third year to be named to the Scholastic All-American Team and Kopan's first year of eligibility, since he completed his sophomore year in June.

## Coaches' Notes: From Coach Aimee



### New changes for Piranhas— Minnows “School of Fish” program

Our Minnows group will begin a new format beginning this month.

Our Minnows group will be known as our **“School of Fish”** program where all youngsters ages 4-7 who are not swimmers yet, can learn the basics of all four strokes and gain the endurance needed to not only be safe in the pool, but grow into the Piranha program. Coach Roz McCree will be heading up this new focus with the assistance of Coach Aimee. We need your help to spread the word. Let people know that Piranha Swim Team has a great program for youngsters that meets 2 times a week, (either MW or TTH) for 30 minutes. Our student to coach ratio will stay low 5:1 and students will focus on basic swim skills each week as well as gradual endurance

building.

### Piranha Masters Swimming—

The Piranha Swim Team has always had a Masters training program, but now, we are officially a part of the Southern Pacific Masters Association. What does this mean? It means that our Masters members will be officially recognized by the United States Masters Swimming association as an official program nationally, and promoted as such for those individuals looking to belong to a local team for fitness or competition training. Also look for a Master’s Swim Stroke Clinic starting at the end of this month. Dates and times to be announced soon. Eventually, our Piranha Masters Team will set the goal of taking a team to a local competition, going to Masters Nationals, and even hosting a Masters swim competition at our facility.

### Piranha Members attend USA Swimming Club Leadership and Business Management School--

Last weekend board members Geoff Johansen and Lori Travis along with Coach Aimee, attended a USA Swimming Club Leadership and Business Management School seminar. The all-day event is a yearly requirement to for active clubs of USA

Swimming and offered enormous amounts of information on ways for teams, coaches and boards, to manage their organizations from a strong business perspective. If any Piranha members are interested in attending future USA Swimming seminar opportunities, or in learning how to become involved in the sport of swimming as an official or parent representative, please contact our board or coaches for more information. The more official representation the Piranha Team has across the state, the stronger our organization will become.

### More hands on deck—

Coach Aimee will be overseeing the coaching of the Piranha “Guppy” group, allowing for Coach Vicky to oversee the “Dolphin” group with greater focus. Coach Roz and Coach Aimee will also be alternating assisting for Coach Gerald during the “Stingray” practices.

### RWB meet in Riverside—wear your team colors

Plan to be going to the RWB Meet in Riverside October 15-17th. This should be another great opportunity as a team to shine together. If you do not have your team-shirt-trio, please contact Sunday Tomlin with your sizes asap so

you can be in team gear for this meet. We will be wearing a different color shirt each day of the meet. The cost for shirts is \$25. You will be billed via Club Assistant.

#### Office Space needed—

The Piranha Coaches are looking for an office space to make their new home-base in the valley. If you or someone you know has a space for lease or would like the opportunity to make a tax deductible donation towards the team in the form of office space or office rental; please contact a board member or Coach Adam.

#### "Bring a Friend" day fun--

Thank you to all who helped make "Bring a Friend" day a fun event. The Piranha Swim Team was visited by more than 30 new faces, and they and the entire team got to hang out and eat some great breakfast burritos while watching some crazy relay races. The kids also got the chance to tryout a brief water polo game under the supervision of our Piranha Water polo Coach Roz. Parents and swimmers, be on the lookout for new faces on deck and make them feel at home. Many of our new members are not familiar with all that goes on in the sport of swimming or on our team, and are looking for a friendly face to help them

## News From our GRANT COM.

Dear Piranha Families,

It is wonderful to see many new faces in Piranha Yellow and Blue! Welcome and greetings to all of our new and returning families.

The Piranha Board of Directors initiated a new Grants Program a couple months ago in order to seek supplemental funding sources to support various aspects of our team's operation. I accepted this challenge along with Martha Ostrander, Patty Nevins and Clori Andrade. Subsequently, we added Coach Aimee to the team and are now working diligently to create some useful tools that will help the team in all areas of fund raising.

One of our projects is to collect and record details of ALL of our sponsors, contributors and supporters. We know that year after year our membership has worked very hard to solicit donations for our hosted swim meets, Splash-for-Cash and other occasions. We know you have knocked on many doors of businesses and networked with your connections to help

our team.

Sadly, we also know that we have been sporadic in our efforts to thank and recognize these same people and organizations that have so generously helped us in the past.

We need your help!

We want to make things right in this important area of our team's operation. We want to properly establish an ongoing record of all individuals, businesses, civic organizations, foundations and corporations that support the Piranha Swim Team. From this point on we (the team) will be properly thanking each of these entities when we receive support of any kind from them.

If you collected a donation of any type in the past year (Sept 2009 – Sept 2010), please send at your earliest convenience, an email to [piranha.swim@yahoo.com](mailto:piranha.swim@yahoo.com) with the following information about the donation that you collected:

- Name and address (or phone, email etc.) of who provided the donation/sponsorship, etc.
- What and how much was donated (services,



discounts, cash, retail items, etc.)

- If you wish to remain the point of contact for any future fund-raising with that person/business, etc.

The Piranha Swim Team is an important resource within our community and must continue to receive the support of our community if we are to continue providing outstanding aquatic services. Our November meet is fast approaching and we need ALL of our Piranha Families to contribute their time and efforts to help make this meet an even greater success than our historic meets of 2009-2010. Your support is appreciated and very much needed!

Go Piranhas!  
John Andrade/Swim Dad

## Piranha Profile

# Christina Bruni

*Age 16, Senior, Cathedral City High School*

*What is your favorite stroke?*  
"Back."

*What is your favorite event?*  
"100 back."

*Do you like meet or practice better and why?* "Meets, because racing is more exciting with the adrenalin."

*What is your favorite book?*  
"Charlie and the Chocolate Factory by Roald Dahl."

*What is your favorite movie?*  
"Billy Madison."

*What is your favorite music?*  
"Helter Skelter, by the Beatles."

*If you weren't swimming, what would you be doing?*  
"I don't know."  
*Who is a famous person you would like to meet?*  
"Aaron Peirsol."

*What are your goals in life or in swimming?* "To get into the right college for swimming and academics."



# Club Assistant

*If you have questions about billing, please email:*  
[piranhabilling@gmail.com](mailto:piranhabilling@gmail.com)

The Piranha Swim Team has contracted with Club Assistant to provide online club management. Register today and sign up for meets at [www.piranhaswimteam.org](http://www.piranhaswimteam.org). This is how you make payments to the team for dues and meet entry fees. There is a link on the bottom of the Piranha homepage to access the member area of Club Assistant. Or, please follow these links:

Registration: [https://www.clubassistant.com/club/online\\_registration.cfm?c=1240&CFID=2408696&CF\\_TOKEN=87467047](https://www.clubassistant.com/club/online_registration.cfm?c=1240&CFID=2408696&CF_TOKEN=87467047)

Once you're registered, click here:

[https://www.clubassistant.com/club/login\\_form.cfm?c=1240](https://www.clubassistant.com/club/login_form.cfm?c=1240)

## FAMILY VOLUNTEER AND FUNDRAISING SHORTFALLS TO BE BILLED

Families that did not fulfill their fundraising and volunteer commitments for the 2009-2010 season will be billed according to our team requirements. You will receive a statement reflecting the dollar amount owed.

Stingray through Senior groups commit to 20 hours per year volunteering at swim meets and team sponsored events, and \$300 fundraising commitment per family. Guppies requirement is one half of the teams, and Minnows are exempt.

## October Birthdays

2 Emma Johansen  
6 Arturo Duffy  
7 Alexis Castaneda  
7 Tove Fostvedt  
9 Elva Rizzo  
10 Naty Calixto  
11 Faith Travis  
12 Audrey Burak  
15 Mina Sedigh  
16 Kevin Bellamy  
16 Akemi Von Scherr  
20 Haley Bain  
21 Kira Lopez  
25 Christina Bruni  
29 Emily Andrade  
30 Richie Tomlin

# Piranha Gear

**Sunday Tomlin** is our merchandise manager. Please contact our new T-shirts. Navy, Yellow and White -- all three for \$25. These t-shirts are to be worn at all meets.

Email her at [stluvsparis06@yahoo.com](mailto:stluvsparis06@yahoo.com) or speak with her on the pool deck.

## Contact Info:

Head Coach Adam Schmitt:  
[aschmitt2010@aol.com](mailto:aschmitt2010@aol.com)  
Coach Aimee Schmitt:  
[aschmitt1@aol.com](mailto:aschmitt1@aol.com)  
Coach Vicky West:  
[swimcoachvw@gmail.com](mailto:swimcoachvw@gmail.com)  
Coach Gerald Lim:  
[geraldlim2@msn.com](mailto:geraldlim2@msn.com)  
Coach Roz McCree  
[two\\_Roz@yahoo.com](mailto:two_Roz@yahoo.com)  
Scrip: Cindy Bellamy  
[Cimdu@aol.com](mailto:Cimdu@aol.com)  
Team gear: Sunday Tomlin  
[stluvsparis06@yahoo.com](mailto:stluvsparis06@yahoo.com)  
Meet Manager: Matt Nevins  
[mnevins@dc.rr.com](mailto:mnevins@dc.rr.com)  
Piranha Board Members:  
Bill Wickham, President:  
[billwickham@mac.com](mailto:billwickham@mac.com)  
John Andrade:  
[jjandrade20@msn.com](mailto:jjandrade20@msn.com)  
Cindy Bellamy: [cimdu@aol.com](mailto:cimdu@aol.com)  
Gerald Lim:  
[geraldlim2@msn.com](mailto:geraldlim2@msn.com)  
Geoff Johansen:

[geoff.johansen@yahoo.com](mailto:geoff.johansen@yahoo.com)

Lori Travis:

[loritravis1@yahoo.com](mailto:loritravis1@yahoo.com)

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Website:  
[www.piranhaswimteam.org](http://www.piranhaswimteam.org)

Webmaster: Robert Wickham  
[r.w.wickham@gmail.com](mailto:r.w.wickham@gmail.com)

USA Swimming  
[usaswimming.org/](http://usaswimming.org/)

Southern California Swimming  
[www.socalswim.org](http://www.socalswim.org)

## Scrip News:

Dear Piranha Families:

I just want to remind swim families that you can purchase Scrip cards for your everyday needs (groceries, fuel, and fast food stops). If it's been a while since you've ordered Scrip, go to the website ([www.shopwithscrip.com](http://www.shopwithscrip.com)) and see what they have to offer. also counts towards your family fundraising commitment as well.

Thank you, Cindy Bellamy  
Go to [www.shopwithscrip.com](http://www.shopwithscrip.com),  
Enter in the Piranha  
enrollment code:  
14944A9413465

## Volunteer for our November Meets

Our November meet is a little over a month away. The sign up book for volunteering is on the pool deck. Sign up today! Check with our meet manager Matt Nevins if you have any questions:  
[mnevins@dc.rr.com](mailto:mnevins@dc.rr.com).

Check out our website and click on Fundraising/ Program Ads. You can earn \$\$ for the 2010-2011 Fundraising Commitment by bringing in program advertisers. We expect up to 1,000 swimmers and their families at our meet. This is great exposure for businesses. Email ads to [ewickham@mac.com](mailto:ewickham@mac.com).

### QUESTIONS PARENTS ASK -- TRAINING AND WORKOUT PART 1 *from USA Swimming*

#### **1. Sometimes my child doesn't want to go to practice. He wants to play with his friends. Should I force him to go?**

You should not force your child; you want his participation to be his decision. Reinforce the choices and decisions he has made to start his sport. For example, your son chose to go to practice on Tuesday and Thursdays, on other days he has the freedom

to do other activities. As a parent, explain your expectation that he fulfill the commitment he made by joining the team. You don't want to force your child into a sport that he does not enjoy, yet you want your child to be involved in a 'lifetime sport', to learn about making and keeping a commitment and to interact with peers. So, what are you to do?

Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to participate for the season. Once the decision is made to participate, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the athlete's overall development.

Interestingly, when asked to reflect on the role of their parents in their swimming, athletes from a recent USA Swimming World Championship team talked about being pushed to swim by their parents on a weekly basis but knowing they could quit if they stopped having fun with swimming.

#### **2. My child has a lot of interests and activities so he only attends about half of his practices. What will happen to his competition results?**

Children involved in other activities can benefit in the areas of coordination and balance, as well as improved social and intellectual development. Specialized training in one activity does not necessarily need to take place at this stage of development. Will your son's teammate who makes all practices have better results? Probably he will because his teammate is working solely on developing one sport skills. It is up to you to explain to your child that making the choice to participate in other activities can have its consequences. Tell your son that he should not compare his results to that of his teammate, but to focus on the fact that he is benefiting from and enjoying other sports.

#### **3. It looks like my child is having a lot of fun at practice. Shouldn't she be working harder?**

Be happy that your child is having fun! According to a recent study conducted by USA Swimming children who experience fun while participating stay in sports longer (Tuffey, Gould, & Medbery, 1998). At this stage of the game, the most important aspect of development is the mastery of skills, which means learning the proper technique. Fundamentals must be established prior to true “training” taking place. And, if she is having fun in the process of learning, she is more likely to continue to the sport.

**4. It looks like all they do at practice is drills. Shouldn't they be training more?**

Your child needs to develop a solid foundation in mechanics. Drills and drill sets serve the specific purpose of teaching skills and fundamentals. Drills develop motor coordination, motor skills, and balance. In fact, your child's coach may prescribe a particular drill, just for your child, in order to improve an aspect of her technique. In addition, she may actually be experiencing a

“training” benefit from drills. Drills require concentration and aerobic energy to do them correctly.

**5. My daughter's coach sometimes makes her “sit out” for disciplinary reasons. Isn't that a waste of her time?**

The coach has set up expectations of proper behavior. Hopefully, your child is aware of the consequences of testing these boundaries. Obviously the coach is reinforcing what is expected of the children at practice. We encourage you to reinforce the coach's practice expectations by discussing your child's behavior and the consequences of that behavior. Hopefully, this “time out” begins to reinforce self-discipline, accountability and respect for others.

**6. My son complains that some of the kids cheat in practice. What should I tell him?**

Praise him first for completing the workout the coach offers. Remind him that he is there to improve himself and he can't control what his teammates do. Tell him however, that his best

course of action is to continue to do things right and others may actually be influenced by his good example. By committing to do his best at all times, over the long haul he will reap the benefits of his hard work.

**7. My daughter just moved up to the Senior Group. Now the coach wants her to train twice a day. Is this really necessary?**

Your child has established proper technique and fundamentals by progressing through the levels of the team. It is appropriate at this stage of your daughter's career development to increase the training loads. This includes adding the two mornings per week. Although morning practices come extra early, most coaches feel that this level of commitment is necessary for your daughter to reach the next level of her career.

Training for competitive sports is demanding on young athletes. As athletes develop, they need to understand the upcoming time demands. One specific principle of training that applies is the progressive overload principle. A person



must be stressed slightly more each day over time to continue to improve. In order to do that, the coach must plan additional time. The addition of morning workouts often becomes necessary for the coach to develop young athletes to their maximum potential.

**PotLuck and Awards**  
Saturday, Oct. 9,  
12:30 p.m.

Wickhams Home:

**330 Via Colusa**  
**Palm Springs, CA 92262.**

Games at Ruth Hardy  
Park following awards.

Parking available at the  
park (three blocks away).  
Let Clori Andrade know what  
you're bringing for potluck:

[cloriandrade@msn.com](mailto:cloriandrade@msn.com)



# PIRANHA PHOTOS

Photos are from the YST meet  
in September. To see more  
photos, check out the Piranha  
Swim Team Facebook page.

