



July 6, 2017

CHAMPS VOLUNTEER SHIFTS

DON'T FORGET: you need to sign up for Champs volunteer positions **TODAY!!**

As a reminder, every family is required to volunteer for 2 shifts at Championships. This is above the 20 hours required for the team.

Please remember that if you only have a 6 & Under swimmer, you will only be swimming on Saturday, July 15, 2017.

The positions available are those that have been assigned to the Elk Grove Piranhas by the League. If you have experience with a specific position, please sign up for those positions (e.g., Stroke and Turn). However, many positions require no previous experience.

Lastly, you must provide your cell number when you sign up so that the meet coordinators can contact you if there are any issues.

Please visit the [League's SignUpGenius.com page for the Piranhas](#) for a list of the positions available and to sign up.

JOHNSON RANCH MEET

We swim our last conference meet for the season this Saturday, July 8th, against the Johnson Ranch Barracudas. Both teams are tied for 1st place and are undefeated

heading into this meet. The Barracudas have a lot of fast swimmers, and we have never won against them. Let's see what we can do as a team when we BELIEVE!

Remember, all swimmers and parents represent the spirit and warmth of our team. Let's please remember to be good role models in our actions. Parents and swimmers are reminded to offer congratulations to all swimmers and to be humble in our victories and our losses.

Also, we are guests, so please be respectful to the facility and its representatives and to all swimmers, parents, coaches, meet officials, and volunteers. Please remember to cheer each other on and always show great sportsmanship the Piranhas way!

Our team area will be the entire grassy area outside of the pool. The playground, tennis courts, and basketball court are off limit during the meet. See map attached.

Location

The pool is located at 2600 Eureka Road, Roseville, CA. From Highway 80, exit east on Douglas Blvd. Take a right on Eureka Road. Johnson Ranch Racquet Club is on the right about a mile from Douglas Blvd. See the [Calendar](#) page for links to directions and a facilities map.



Parking

Parking for the visiting team is located directly across the street from the club, at Excelsior Middle School. Signs will be posted directing the visiting team to this area.

Meet Check-In

Saturday, July 8

6:30-7:00 a.m.

CHECK IN - Do Not Forget! Swimmers must check in by the gates just outside the pool entrance.

If you are running behind please call or text someone to let Coach Brenda know ASAP, so your swimmer is not scratched from the meet.

Please help set up the team tents prior to setting up personal tents. The team tents will be set up closest to the pool entrance.

Parents, we will still need volunteers for a few areas. Please check in with a Board member to see where you can help.

Team Cheer

7:35 a.m. by the team area

Warm-Ups

8-lane Competition Pool

7:40-7:55 a.m. - All 15-18s and 13/14s

7:55-8:10 a.m. - All 11/12s and 9/10s

8:10-8:20 a.m. - All 7/8s and 6u

National Anthem - 8:28 a.m.

Meet Starts - 8:30 a.m.

Meet Take-Down

Parents, when the meet is over, we realize everyone wants to go home. However, we really need a little help from all families cleaning up and putting

everything away. If you are able to help, it will be greatly appreciated even if it is a couple pieces of equipment per family. Many hands make light work!

Reminders

Please plan accordingly for the weather. When it's warmer out, hydration and light snacks are key. Bring nutritious snacks to eat throughout the day. Avoid sugary and processed foods.

Bring items to play with in the tent areas. Swimmers are reminded that they need to relax between races, not run around.

Snack Bar

Johnson Ranch will have a snack bar available to purchase breakfast-type food items: coffee, water, and lunch items.

Races

Please have your child to the Team Parent several events prior to their race. We would like to have the swimmers accounted for and heading towards the ready benches early so they don't miss their race. *A missed race is a missed opportunity for the swimmer and the team!*

After each race, swimmers are encouraged check in with a Coach to see if they earned a Piranha bead!

There is no extra pool for warm up and warm down. Swimmers need to walk around a few minutes after their races to get the lactic acid worked out of their bodies.

Remember, swimmers, everything you do in practice translates to your races. If you are sloppy in the water, then your race will be sloppy. If you are working on a fast kick and streamline, then it will show



in your race and you will have a better swim. Swimmers, you also need to make sure you are hydrating, fueling your body with good, nutritious food, and getting a good night's sleep. *Try and stay away from eating a lot of fried, greasy, sugary, frozen and fast food products. It's called junk food for a reason, it is junk! Think about it...we throw away a lot of items we consider to be junk, but when it comes to eating junk we have no problem???*

SUNDAY CLINIC

We still have room in our Butterfly Starts, Turns and Finishes clinics. (Backstroke for 6U.) Clinic is Sunday, July 9th! Visit the [Registration](#) page to sign up today!

MAKE-UP PICTURES

Sunday, July 9th, at 10 a.m. at the pool.

STEVE'S PIZZA NIGHT

Want to skip cooking dinner on Tuesday? Mark your calendars, and come to Steve's Pizza for our Family Dinner Night on July 11, 2017. See the [Calendar](#) for details.

To make sure you get your pizza promptly, please send in your order to stevespizzaeg@yahoo.com prior to the event so they can plan for your arrival!

PIRANHAPALOOZA AGE GROUP WINNERS

Thursday, July 12th, during the afternoon practice, the 7/8s and 6 and Unders will be rewarded for helping to raise the most money for the team at the Piranhapalooza event! The last 15 minutes of practice will be a surprise, and they will receive a special treat!

CHAMPS INFO

Champs is a little over 1 week away! **Everyone swims at champs.**

We will be beginning taper starting after the Johnson Ranch meet. This means swimmers scale back on training and "bank" their energy to unleash it at Champs! It is important they do not start new activities (hiking, running, basketball, etc.), no extensive yard work or help around the house (painting, etc.) Normal chores are fine.

Parents, while they are banking this energy, they will start to drive you crazy with the excessive energy they are storing up. Do not let them go out and burn it off.

Many of our 12 and older swimmers will be shaving down. They will shave their legs and arms as part of the taper effect.

Swimmers of all ages should be wearing a **tight** suit for Champs. If suits are loose, they cause excess drag and slower times. If they have a loose suit, please look to invest in a new one for Champs.

More info will be emailed out and discussed at the practices next week pertaining to Champs.

SPIRIT WEEK

Look for more info coming soon. There will be a different theme and activity each day next week as we get ready for Champs!

Swimmers, no more doubles swims during taper. The last day to double is Friday, July 7. Swimmers shaving down for Champs need to stop shaving arms and legs now.



Champs info will be emailed soon. Look for the links to sign up for the different volunteer shifts. Also, look for info on-deck soon about Spirit Week (the week before Champs). And parents, let's not forget the **parent relay** at champs! The sign-up lists will be out at the pool Monday, July 10th. It is time for us to bring the parent relay trophy home!

Swimmers, start visualizing your races. How fast you will swim, how well you will swim. Remember if you **dream it**, then **believe it** and then you go out and **achieve it! Faster! Dig down deep and let's do this! Believe!**

MEET OF CHAMPS (MOC)

MOC is July 29th and 30th in Roseville. We have won it the past several years.

MOC is the only meet requiring a swimmer to meet a qualifying standard to swim. To qualify a swimmer must make the qualifying time, place in the top ten in their age group at Champs, or be on a relay.

We will send a relay for every age group along with both the A- and B-relays for the 6 and Under age group. If your swimmer qualifies and is unable to attend the meet, please sign the Miss-a-Meet binder.

2017 CALENDAR

<http://www.elkgrovepiranhas.com/Calendar.html>

WE'RE ON FACEBOOK





Join us on [Facebook](#) to see and read the latest about the team!

NEED SWIM GEAR?

If your swimmer needs practice suits, goggles, caps or other swim accessories (parkas, bags), please purchase on the Swim Outlet website at the following link: <http://www.swimoutlet.com/egpiranhas>.





-  Entry Gate
-  Starting Blocks
-  Computers
-  Home Coaches & Away Coaches

-  Ready Bench
-  Home Age Group Tents
-  Sponsors and Spirit
-  Home Area
-  Visitor Area