



Coaches' Notes

July 5, 2010

Swimmers and Families...

A few notes from the coaches as we approach the end of the season...

- **Miss-A-Meet Binder** - If swimmers are unable to attend any of the remaining meets, need to arrive late, or leave early, please sign the Miss-A-Meet Binder on the pool deck. A lot of time goes into entering the meet and early notice of schedules is greatly appreciated.
- **Championships** –
 - Just a few more weeks until Championships. It is important that the swimmers are getting a good night's sleep, attending as many practices as possible, eating healthy (carbs, fruits, veggies, protein) and staying hydrated. Swimmers should be keeping water bottles by their lane during practice. Be sure to label the bottle with their first and last name.
 - Every swimmer goes to Championships. We train for this all season long. 6 and Unders swim Saturday only. All other age groups swim on Saturday and Sunday. Saturday events are 100 IM, short free, back and the medley relay. Sunday events are long free, breast, fly, and free relay. Each swimmer swims all individual events. All top 10 qualifiers swim in finals each afternoon. All relays swim during finals. A and B relays swim in the finals. Finals are where we score all of our points for Champs. Please pack food and beverages accordingly as well as things to do while waiting between races. Champs are all day Saturday and Sunday. Please try and keep your swimmer from running all over the place. They will be swimming a lot over the two days and will need to rest in between races. Swimmers age 10 and older need to warm-down after their races. (6-8 laps for 11 and under, and 8-12 laps for 12 and older.)

- As part of the Championships training we will be tapering our swimmers the week leading up to Champs. Taper is less yardage, more sprints and lots of rest between sets. This creates an abundance of energy for them to apply at Champs. Please do not have them go outside and run-off the excess energy they will have that week, normal activity only. We apologize in advance because they should be eating you out of house and home (healthy food) and driving you nuts. This is all part of the taper. Some of our older kids will want to shave down for this big meet. Some swimmers will shave their arms and legs. (No the hair does not grow back like a gorilla.) Shaving creates an experience and feeling in the water like none other. Swimmers feel like they are flying through the water and helps with dropping their times.
- **Supporting each other** - We are a team and everyone relies on each and every one of its members. Please continue to support one another in an encouraging and positive manner.

We are very proud of our Piranhas. We swim in the top conference against and with many talented swimmers. Our swimmers definitely rise to the competition and are continually bettering their times. It is tremendous fun to see how much they improve from the beginning of the season to the end.

Remember all things are possible if you believe!

Success is trying, not trying is failure!

Dream It, Believe It, Achieve It!

GO PIRANHAS!

Elk Grove Piranhas Coaching Staff