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Johnson Ranch Meet, Directions

Our first meet of the season is against the Johnson Ranch Barracudas at the Johnson Ranch Racquet Club - South Club, 2600 Eureka Road, Roseville.

Driving directions from Elk Grove:

- North on Hwy 99.
- Take Capital City FWY toward Reno.
- Merge onto I-80 East
- Take the East Douglas Blvd. exit- Exit 103A.
- Merge onto Douglas Blvd.
- Turn Right onto Eureka Road.
- End at Johnson Ranch Racquet Club: 2600 Eureka Road, Roseville.

Total Estimated Time: 35 minutes

Total Distance: 30.83 miles

Swimmer check-in is at 6:30am, scratch time is 7:15am. Warm-up is at 7:35am.

What to Bring to a Swim Meet

- Swim/Team Suit - Towel(s)
- Goggles - Cap
- Sunscreen - Chairs
- Ice Chest with plenty of water
- Sleeping Bag(s)/Blanket
- Pop-up tent or Umbrella
- Lots of water, sports drinks
- Plenty of healthy food choices (fruit, granola bars, bagels, sandwiches)
- Games, books, magazines, activities

Team Pictures Thurs., May 20th

This Thursday, May 20th is Elk Grove Piranhas Team Pictures from 3:30pm to 5:30pm at Wackford starting with the 6 & Unders and working our way up through the age groups. The Team Picture will be taken around 5:00pm.

NEW Timing System and Scoreboard

The Elk Grove Piranhas Board of Directors is pleased to announce that a new timing system and scoreboard has been purchased for the team.

A new Colorado Timing System has been installed in the competition pool at the Wackford Aquatic Complex and was used at our team Time Trials on May 8th.

Additionally, a new 10-lane scoreboard is on order and should be in place for our first home meet of the season on June 5th.

The new timing system and scoreboard is the culmination of a multi-year fundraising strategy and the efforts of many parents and board members. Congratulations to all – we expect to enjoy the new equipment for many seasons to come!

What to eat before and during a swim meet...from your Coaches!

Parents often ask coaches what they should pack and feed their children before and during swim meets. High energy, low fat foods are always a good choice.

Some suggestions for what swimmers should eat the night before a meet: lean meat, low-fat cheese or yogurt, a baked potato, wheat bread, brown rice, pasta with tomato sauce.

The morning of a swim meet your swimmer should eat: fruit, toast and honey or peanut butter, peanut butter and jelly sandwiches, yogurts, carrots, nuts, fruit smoothies, dry cereal (low sugar variety), snack/trail mix, whole grain crackers, cheese sticks, granola bars, water and sports drinks. Because the body needs to use all its energy for the meet and not for digesting food, it is wise to avoid eating a large meal just before the meet.

Throughout the meet, "keep the fuel tank topped off" with easy to digest, lighter foods - fruit (apples, oranges, bananas, raisins, pears, etc.), power bars, sport drink, pretzels, pop-tarts, a simple sandwich (peanut butter and banana, banana and honey, jam, etc.), low-fat pudding, rice cakes, plain bread.

What not to eat? Avoid eating foods high in sugar such as candy and soda right before competition. It may provide a quick energy boost, but it won't last throughout the meet. If necessary, eat a piece of fruit or a sport drink can be consumed right before a race.

PLEASE NOTE: Swimmers are NOT ALLOWED to drink energy drinks at swim meets.

Elk Grove Piranhas Team Cheer

Hey, yo, other fish
Listen up or get dished.
This is how we get around,
So listen up or hit the ground.
Piranhas fight.
Piranhas win.
Piranhas kick some serious fin.
Piranhas show their gruesome teeth,
And you may never be released.
Gooooooooo...Piranhas!

Volunteer Coordinators Needed

For next season, the Elk Grove Piranhas Swim Team is looking for two Volunteer Coordinators. The Volunteer Coordinator's primary function is to coordinate all the volunteers. Dee Moretti has been our team Volunteer Coordinator for many years and is looking to pass the torch. Please email Dee at head_volunteer@elkgrovepiranhas.com if you'd like to learn more about this vital volunteer role.