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June 10, 2010 Issue

Glen Oaks Meet This SATURDAY

Our third meet of the season is at home against the Glen Oaks Sea Lions at the Wackford Aquatic Center.

Swimmer check-in is at 6:30am, scratch time is 7:00am. Warm-ups begin at 6:45am.

Johnson Ranch Meet

Elk Grove 217 – Johnson Ranch 612
We had 600 Best Times recorded.

College Greens Invitational

We had 78 Best Times recorded.

Rio del Oro Meet

Elk Grove 330 - Rio 499
We had 525 Best Times recorded.

Great job Piranhas! We have seen a lot of incredible swimming from all of you. Keep up the great work! Please continue to eat well (healthy), sleep well, hydrate with water, juices and milk, and work hard at practice.

NEW Scoreboard

Did you see the new scoreboard at the Rio Meet? It was tough to miss it. We're very proud to have planned for and purchased the scoreboard for the team. The next step is to permanently install the scoreboard at the pool. Funds raised from this year's

Piranhathon will go toward paying for the installation.

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!

Piranhathon/Save the Date

2010 Piranhathon Party

Sunday, July 11, 2010/6:00 - 9:00 PM

Jerry Fox Swim Center – Elk Grove Park

The Piranhathon is the swim team's Annual Party. We have a catered dinner (L & L Hawaiian BBQ), swim-a-thon, auction, and more. All the coaches are there and it's a lot of fun!

We need your help to **secure donations** for our auction to reach our goal to install the scoreboard for 2011. We need: Airline tickets, Time Shares, Cabins, Hotels, Dining, Activities, Event Tickets & More!

For collecting pledges for the swim-a-thon, you could win an X BOX-360 or bring a Piranha friend and attend a pizza party with your swim coaches.

Check email and our Web site for more information.

What to Bring to a Swim Meet

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

Meet Day/Meet Etiquette...reminders

It is important that all swimmers are in their designated team area at the beginning of a meet so team parents can get them on the correct relay and to the blocks. Team parents should not have to track down swimmers. It's also important that your swimmer checks-in prior to their race with the team parent if they are not in the team area. They should check-in several events, not heats, before their race.

During a meet it is important to keep our swimmers from running around...we want them to conserve their energy for their races. It is important for them to eat little snacks throughout the meet and stay hydrated.

Do not leave a meet early without checking-in with Coach Brenda, Coach Dee or Coach Shannon. There have been occasions when we need someone to fill a relay team spot. If you need to leave before your swimmer is done swimming, you must check-in with Coach Brenda, Coach Shannon or Coach Dee.

What to eat...and what not to eat before and during a swim meet

The night before a meet: lean meat, low-fat cheese/yogurt, a baked potato, wheat bread, brown rice, pasta with tomato sauce. 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 before the meet.

The morning of a swim meet: fruit, toast and honey/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.

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, 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.