

PIRANHA BITES

Newsletter



Volume 11 issue 6

July 2, 2014

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**ENJOY YOUR HOLIDAY
WEEKEND!**

**NO PRACTICE 7/4
NO MEET 7/5**

NOTES FROM THE DECK...

Well done, Piranhas! This past weekend's meet was another successfully run meet and our swimmers are continuing to improve their times. Most notable was a new team record set in Boys 50 M fly by Grier Martin. There were also many outstanding swims with significant time drops!

This week we have a bit of a break with no meet this coming Saturday and no practice on Friday. Enjoy your holiday weekend! But, come back prepared to work. We are away at Wellington on Saturday July 12th. Details will follow in next week's newsletter.

As we pass the mid-season point, it is time to start thinking about the Banquet – this year's theme is Piranha Dynasty, a Hillbilly Fest, a la Duck Dynasty Style. We are hoping ya'll will be Happy, Happy, Happy as we recognize our swimmers. More info coming soon! Please check your email frequently. It's also time to start getting paper plates ready for our 10 & under swimmers and any new swimmers on the team. If you have any time you could spare for either the Banquet or for Paper Plates it would be greatly appreciated. Contact Michelle at social@vlpirinhas.com.

Our social calendar for July has filled up and there are many offerings for social activities – there is a calendar attached and the events are also on the website.

Lastly, it's also time to start thinking about team leadership for next year. A nominating committee is being formed and we will be accepting nominations for Board positions for next year to be voted on during the Annual meeting held at the Banquet. Position descriptions can be found on the website.

Enjoy a relaxing week and see you on deck!

Kim Wiecki
VLSC President



**RESTAURANT
BREWHOUSE**



MONTH of JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pancake Breakfast Swim Clinic 7-8:30pm	2 Skate N Fun Zone @ 4pm	3 Swim Clinic 7-8:30pm	4 4 th of July Holiday –No Practice–	5 No Swim Meet Happy 4 th !!
6	7 Spirit Night at Zinga 4-8pm	8 Swim Clinic 7-8:30pm	9 Splash Down Waterpark 3pm-7pm	10 Swim Clinic 7-8:30pm	11 Pep Rally 6pm Theme: TBD	12 Swim Meet Away @ Wellington
13 Movie Night @ Regal Cinema <small>(How to Train Your Dragon 2)</small>	14 New Practice Times for 11-12s and 13&Overs	15 Swim Clinic 7-8:30pm	16 Spirit Night at Cold Stone Creamery 4-8pm	17 Swim Clinic 7-8:30pm	18 Pep Rally 6pm Dessert Wars & Posters for final home meet	19 Swim Meet Home vs. Brookside
20	21	22	23 Divisional Crafts @ Clubhouse 2-3pm Spirit Night at BJ's Brewhouse 11am-10pm	24	25 Pep Rally 6pm Pasta Pump Up	26 Divisionals @ Dominion Valley
27 End of Season Banquet!! Piranha Dynasty A Hillbilly Celebration	28 Piranha Summer Begins!	29	30	31	Morning Practice Times: Monday – Friday 8&Unders – 8:00 – 8:45 am 9-10s – 8:45 – 9:30 am 11-12s – 9:30 – 10:30 am 13&Overs – 7:00 – 8:00 am Starting July 14: 11-12s – 7:00 – 8:00 am 13&Overs – 9:30 – 10:30 am	

Piranhas of the Week

Girls:

Rebecca Spencer

Abby Overheim

Boys:

Sam Diaz

Robert Cioletti

8 & Unders, Coach Alyssa Seligman

Rebecca comes to practice on a regular basis and always works hard. She is legal in all 4 strokes, so she is always willing to swim whatever event she is needed in. She's a real trooper as she has not let her cough hinder her workouts!

Abby just recently became legal in breaststroke and swam it for the first time at the Sudley meet. She did a great job! She is always early to practice and offers to help the coaches with anything we need. She listens very well in practice as well!

Sam works very hard in practice and it's been paying off! He dropped big chunks of time in each of his events at the Sudley meet. Plus, he always can be found with a smile on his face!

Robert is a new Piranha this year and is a great asset to the team. His lane coaches say that he is always trying his best and is a great teammate. Robert is always willing to swim on our relays and has a great attitude.

9-10s Christine Yowell

Tatyana has improved so much from last season. She is working very hard to become legal in breaststroke and has been working to improve her freestyle flip turn. She always has a smile on her face in practice and enjoys swimming with her teammates.

Aidan is a joy to work with and a joy to coach. He is a dedicated Piranha that comes to every practice ready to work hard. The coaching staff loves his dedication; he comes to swim practice every day even if he has to miss a meet that week! He is a quiet asset to his lane and puts a smile on the coach's faces!

Girls:

Tatyana Sakhvoruk

Boys:

Aidan Manzo

Piranhas of the Week



Girls:

Charlotte Liga

Boys:

Todd Smoot

11-12's, Coach Steven

Charlotte is a hard worker and is always determined to correct her stroke form. She approaches coaches asking what she can do better. She is also a very good teammate. Last 2 weeks we needed her to step up and be on a relay and she happily said yes. Keep up the hard work Charlotte!

Todd is a completely different swimmer than he was when he first joined the team 2 years ago. He loves being at practice and he is always the first one to hop into the water. He has been entered into some tough events these past few weeks but I haven't heard one complaint from him. Your hard work pays off Todd, keep doing what you're doing!

13-14's, Coach Scott

Waverly has been working hard in every practice that she has been in. She listens to all advice, and you can tell that she tries to focus on whatever you tell her. She is one of the first people at practice and always paying attention, being courteous, and helping her teammates when they need it. So, Waverly is our 13-14 girl Piranha Of The Week

Jacob has been coming to practice early every day asking what he can do to help set up the pool. He is always asking what he can take down and if he can help with the lane lines. When it comes to practice time, he is one of the first to line up, and when he is in the water is working extremely hard to improve himself. He has been making steady progress, and has been a great teammate. Jacob is our 13-14 Boy Piranha of the Week!



Girls:

Waverly Schnetzler

Boys:

Jacob O'Leary

Continued...

Piranhas of the Week

Girls:

Emily Pavlina

Boys:

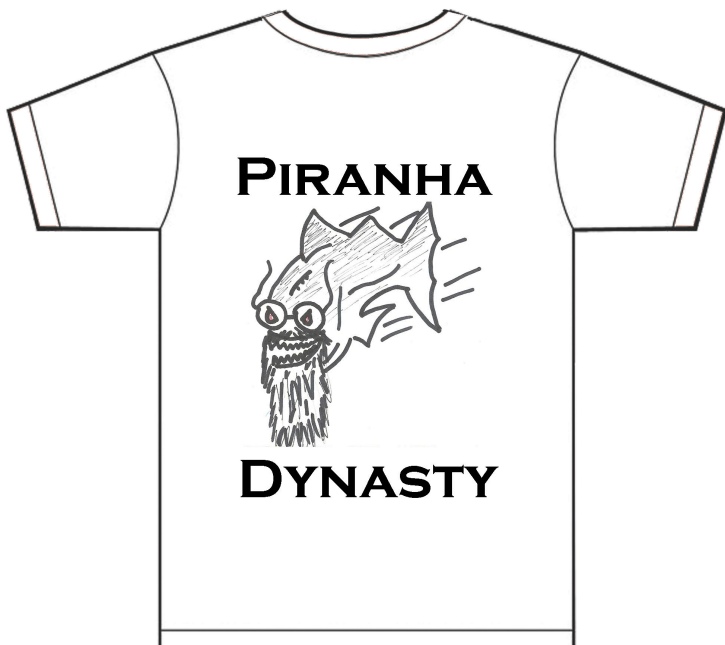
Bruno Saracho

15-18's, Coach Scott

Emily has an energy about her when she is at practice that is contagious. 7am is very early in the morning for a teenager, and most are tired and mopey in the morning. Emily, however, is always smiles and always having a good time. During practice she is always smiling and always finding a way to have fun with her teammates. Emily portrays what we look for in a Piranha, and therefore is our 15-18 girl Piranha Of The Week!

Bruno is one of the hardest workers in the 15-18 age group. When he gets to practice, he works hard until the very end. Bruno has fun in practice, and his attitude is contagious. Bruno cares about his teammates, and is always willing to lend a hand. He is a great role model for the younger swimmers on the team. Bruno is our 15-18 boy Piranha Of The Week!

Banquet T-shirt Sneak Peek - Ordering information TBA...



PIRANHA MINI-BITES



REFRIGERATOR NEEDED

The team is in need of a working refrigerator, if anyone is considering buying a new one and looking to donate theirs we may be interested in it.

VOLUNTEERS NEEDED FOR PAPER PLATES & BANQUET

In order to make our end-of-season festivities enjoyable for swimmers and their families, we will need several parent volunteers. Please contact our volunteer coordinator, Jenny Cobble to find out how you can help jdcobble@hotmail.com

VLP TEAM RECORD 2014

#52 Boys 11-12
50 Meter Fly

33.93 Grier Martin

SPIRITWEAR SALE

Piranha Spirit Wear is available for sale – we have visors, magnets, flags, past year's t-shirts. Please contact any Board member and we can arrange for delivery of items to practice.





Piedmont @ Victory Lakes 2014

**Milestones**

**P E D I A T R I C A N D
A D O L E S C E N T C A R E**

DR. TARIK SHINAISHIN & BRIONY FORTIN CPNP

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