**Piranha Press**

**January 2014 Edition**

**Congratulations!!**

Congratulations to everyone on a fantastic job at both the Starfish Invitational and Chris Goody IMX Meet!! We certainly training extremely well and are primed and ready for a wonderful championship season!! Thank you to all of the parents, coaches, and especially swimmers for all of your hard work and dedication as we continue to grow as a team, both in and out of the water.

Special Congratulations to Natasha Sheffer on winning third place finish for the 9-10 High Point Award Trophy @ the Starfish Invitational!

Plus we had a nice visit from Santa and his Elves over Dec. Break ☺



**Practice Changes**

Here are the remaining practice changes for early February:

Saturday February 1st: NO PRACTICE for Age Group II and Age Group I. We will have practice for Senior Boys, Juniors, and Mini Piranhas at regularly scheduled times.

Tuesday February 4th:

Age Group I 6:30-7:30 PM

Juniors 6:30-8:30 PM

Seniors Dryland 5-6; 6:30-8:30 PM in the water

**Attleboro Travel Meet**

Pool Address:

Roger Williams University

1 Old Ferry Road

Bristol Rhode Island 02809

I’d like to thank Beth Silaika and Kathy Keefe for setting up our hotel, which is approximately 10 minutes from the pool:

Marriott Residence Inn

325 West Main Road

Middletown, Rhode Island 02842

All 12 and under travel swimmers should be dressed and on-deck no later than 6:45 AM for Saturday and Sunday. Please wear your team suit, cap, and travel team t-shirt.

All Senior Girl Swimmers should be dressed and on-deck no later than 12:00 Noon. Everyone should wear either a Fast Skin suit (no LZR, those come later ☺) or their Piranhas team suit if they do not have one. Please wear Piranhas team caps, see Coach Dunham if you are in need of a new one.

**GOOD LUCK TO ALL PIRANHAS SWIMMERS!!!**

**Piranhas Pentathlon**

We will once again be hosting a meet on Sunday February 9th @ the Shen Aquatic Center. This meet is unique in that it will be a swimming pentathlon, where swimmers will compete in all 5 events and their cumulative times will be added and scored. This helps to reinforce one of the main Piranha Philosophies, which is that we want to develop all around swimmers who excel in all events and distances. Please be on the lookout for work assignments in an e-mail very soon. Thank you all in advance for your help!

**End of Season Banquet**

Please save the date for the end of season banquet which will be held Weds. March 19th. More details to follow next month.

**End of Season Banquet**

The Deep End locker room is now available online for our team:

<http://www.thedeependonline.com/>

Please clickon TEAM in the blue sidebar and under Room Login use:

User: HALFMOON

Password: PIRANHAS

It is CASE SENSITIVE so it will not work unless you put both in ALL CAPS! ☺

**Championship Meet Season**

Our main focus of the season is right around the corner, championship meet season!! I wanted to take a quick second to highlight the difference in the upcoming championship meets and stress the importance of the commitment from everyone to attend those meets to help represent the Piranhas to our fullest potential.

Region I Championships (Feb. 14-17th) This is a qualifier meet for the Senior Group that is trials and finals @ Union College. All female qualifiers will be going Sat.-Mon. (Friday night for those selected to swim the 1650 or 1000 Free). All male qualifiers will swim on Monday only. Relays for most swimmers will be at night so all swimmers should plan on being at both prelims and finals

Silver Championships (March 7-9th) The culminating meet for ALL swimmers who have not qualified in a particular event for Gold Championships. All 5 groups will be attending this meet Friday-Sunday @ RPI. For anyone who does not achieve a Gold Qualifying Time, this will mark the end of their season.

Gold Championships (March 9th, 15-17th) This is the end of season meet for all swimmers who hit a qualifying time. All 5 groups will be attending this meet and it is the primary focus for us as a team to get as many swimmers as possible qualified and 100% participation from those athletes. All 12 and unders swimming the 500 Free plus 13 and overs swimming the 1650 will swim a one-session meet on March 9th @ the Shen Aquatic Center. All other qualifiers will be swimming March14-16th @ RPI.

**\*For Silver and Gold Championships, relays count *DOUBLE* for points so it is essential that everyone plan on participating the entire weekend to help our team reach its potential**

**\*\*We will be ordering a championship t-shirt for all Gold Qualifiers, more info to follow next month**

Speedo Sectionals (March 27-30th) This is an elite level regional traveling meet for all those in the Senior Group who qualify. Our goal is to send multiple swimmers to gain additional exposure and represent the club at this prestigious meet in Buffalo NY.

Eastern Zones (March 27-29th) This is an elite level regional traveling meet for all those who qualify of all ages. Coaches will be contacting swimmers on an individual basis about whether or not they should apply. The meet will be in Webster NY and Piranhas Coaches will be part of the Adirondack Staff.



The following swimmers have qualified for the following meets as of January 20th:

**REGION I QUALIFIERS**

**Female**

Autumn Boxley (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free)

Gabby Celia (50 Free, 100 Free, 100 Breast, 200 Breast)

Leah Constable (50 Free, 500 Free)

Emily Danielson (50 Free, 200 Free, 500 Free, 100 Breast, 200 Breast)

Elizabeth Eisnor (100 Breast)

Maddison Feeley (50 Free, 100 Free, 200 Free)

Angela Ferlo (50 Free, 100 Free)

Alyssa Gardiner (200 Back, 200 Breast, 100 Fly, 200 IM, 400 IM)

Caitlyn Gardiner (100 Breast, 200 Breast)

Kristina Keefe (100 Back, 200 Back)

Tarah Killane (200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 400 IM)

Colleen Luibrand (50 Free, 100 Free)

Aurielle Marvin (50 Free)

Karen Silaika (100 Back)

Sophia Tannatta (100 Fly)

Paris Walkowiak (50 Free, 100 Free, 200 Free, 500 Free, 100 Back, 200 Back, 100 Fly)

Shawna Weaver (100 Free, 200 Free, 500 Free, 1650 Free, 100 Fly, 200 Fly, 400 IM)

**Male**

Peter Beidl (100 Free, 500 Free, 100 Back, 200 Back)

Clayton Bennice (100 Back, 200 Breast, 400 IM)

Eric Burdge (100 Free, 200 Free, 500 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM)

Mike Conley (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM)

Piotr Czajkowski (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 400 IM)

Alex Danielson (50 Free, 100 Free, 200 Free, 500 Free, 100 Back, 200 Back, 200 Breast, 100 Fly, 200 Fly)

Christian Gizara (200 Free, 100 Back, 200 Back, 100 Breast, 200 Breast)

Dillon Harding (500 Free)

Connor Killane (100 Free, 500 Free, 1650 Free, 200 Back, 100 Breast, 200 Breast, 200 Fly, 200 IM, 400 IM)

Jad Moumen (50 Free, 100 Fly)

George Stack (200 Free, 100 Fly)

Dylan Yates (100 Breast, 200 IM, 400 IM)

**GOLD QUALIFIERS**

**Female**

**8 and under**

Isabella Czajkowski (50 Free, 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM)

Sophie Silaika (50 Free, 50 Back, 50 Breast, 100 IM)

Riley Simmons (50 Back, 50 Breast, 50 Fly, 100 IM)

Anna Stoup (50 Free)

**9-10**

Norah Eisnor (100 Free, 50 Back, 50 Breast, 100 Breast, 50 Fly, 100 IM)

Abby Lorch (50 Free, 100 Free, 200 Free, 50 Back, 50 Breast, 50 Fly, 100 Fly, 100 IM, 200 IM)

Lydia Pacinella (50 Back)

Lexi Reed (50 Back)

Eva Sheffer (50 Free, 50 Back, 50 Breast)

Natasha Sheffer (50 Free, 100 Free, 200 Free, 500 Free, 50 Back, 100 Back, 50 Breast, 100 Breast, 50 Fly, 100 IM, 200 IM)

Norah Wilson (50 Free, 50 Back, 50 Breast, 100 Breast, 100 IM)

**11-12**

Julia Barker (100 Free)

Hollie Burton (50 Fly, 200 Fly)

Sara Cooper (50 Free, 100 Free, 50 Breast, 100 Breast, 50 Fly)

Anne Gutelius (50 Breast, 100 Breast)

Shauna Killane (50 Free, 100 Free, 200 Free, 500 Free, 50 Back, 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 Fly, 200 Fly, 100 IM, 200 IM)

Liz Roos (50 Breast, 100 Breast)

**13-14**

Autumn Boxley (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 200 Back, 100 Fly, 200 IM, 400 IM)

Hannah Gizara (100 Back, 100 Breast, 200 Breast)

Lindsay Mayo (100 Free, 200 Free, 100 Fly, 200 Fly, 200 IM)

Elizabeth Morgan (50 Free, 100 Free, 200 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM)

Vicky Silaika (50 Free, 100 Free, 200 Free, 100 Back, 200 Back, 100 Fly, 200 IM)

Megan Williams (100 Free, 100 Fly)

**15 and over**

Reilley Blue (100 Bresat, 200 Breast, 100 Fly)

Gabby Celia (50 Free, 100 Free, 200 Free, 500 Free, 100 Back, 100 Breast, 200 Breast, 100 Fly, 200 IM,400 IM)

Leah Constable (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Fly)

Emily Danielson (50 Free, 100 Free, 200 Free, 500 Free, 200 Back, 100 Breast, 200 Breast, 200 IM)

Elizabeth Eisnor (50 Free, 100 Free, 200 Free, 100 Back, 100 Breast, 200 Breast, 100 Fly, 200 IM)

Maddison Feeley (50 Free, 100 Free, 200 Free, 1650 Free, 200 Back, 200 Breast)

Angela Ferlo (50 Free, 100 Free, 200 Free, 100 Back, 200 back, 100 Fly)

Alyssa Gardiner (100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM)

Caitlyn Gardinder (100 Free, 200 Free, 500 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 200 IM)

Kristina Keefe (50 Free, 100 Free, 100 Back, 200 Back, 100 breast, 200 Breast, 100 Fly)

Tarah Killane (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Fly, 400 IM)

Colleen Luibrand (50 Free, 100 Free, 200 Back)

Aurielle Marvin (50 Free, 100 Free, 200 Free, 500 Free, 200 Back, 100 Breast, 200 Breast)

Stephanie Morgan (500 Free, 200 Back)

Karen Silaika (50 Free, 100 Free, 500 Free, 100 Back, 200 Back)

Sophia Tannatta (100 Back, 200 Back, 100 fly, 200 fly, 200 IM, 400 IM)

Paris Walkowiak (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Fly, 200 IM, 400 IM)

Shawna Weaver (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM)

**Male**

**8 and under**

Dillon Goodwill (50 Free, 50 Back, 50 Breast, 100 IM)

Chenxu Xiang (50 Free, 100 Free, 50 Back, 50 Breast, 100 IM

**9-10**

Xavier Silaika (100 Free, 50 Back, 100 Back, 100 Fly, 100 IM, 200 IM)

Zack Stoup (50 Back)

**11-12**

Ben Kogan (50 Free, 200 Free, 500 Free, 50 Back, 100 Back, 200 Back, 50 Breast, 200 Breast, 50 Fly, 200 Fly, 100 IM)

Joey Laurer (50 Free, 100 Free, 50 Back, 100 Back)

Shrujay Rompicherla (50 Free, 50 Breast, 50 Fly)

**13-14**

Clayton Bennice (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 100 IM, 200 IM, 400 IM)

Adam Kogan (50 Free, 100 Back, 200 Back)

John Stack (50 Free, 100 Free, 200 Free, 100 Back, 200 back, 100 Breast, 100 Fly, 200 IM, 400 IM)

**15 and over**

Michael Baumgarten (100 Fly)

Peter Beidl (50 Free, 100 Free, 100 Back, 200 Back, 200 breast, 200 IM, 400 IM)

Eric Burdge (50 Free, 100 Free, 200 Free, 1650 Free, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM)

Mike Conley (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM)

Piotr Czajkowski (50 Free, 100 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM)

Alex Danielson (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM)

Dillon Harding (50 Free, 500 Free, 100 Back, 100 Breast, 200 IM, 400 IM)

Connor Killane (50 Free, 100 Free, 200 Free, 500 Free, 1650 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM)

Jad Moumen (50 Free, 100 Fly)

Alek Piekarski (50 Free, 100 Free, 200 Free, 100 Breast, 200 Breast)

George Stack (50 Free, 100 free, 200 free, 100 Fly, 200 fly, 200 IM, 400 IM)

Ian Tozier (200 Back)

Dylan Yates (50 Free, 100 Free, 200 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 200 Fly, 200 IM, 400 IM)

**SPEEDO SECTIONAL QUALIFIERS**

**Female**

Autumn Boxley (200 Free, 400 Free)

Gabby Celia (50 Free, 100 Breast)

Kristina Keefe (100 Back)

Paris Walkowiak (200 Free, 100 Fly)

Shawna Weaver (200 Free, 400 Free)

**Male**

Eric Burdge (200 Free)

Mike Conley (50 Free, 100 Free)

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