

Upcoming Events

Events

- June 30-July 4
– Fireworks Sales

Meets

- June 20-22 – Bishop Invitational
- June 27-29 – West side CBA meet @ Petaluma
- July 11-13 – Long Course JOs@ Concord
- Jul 16-20 – California/Nevada Sectionals
- July 18-20 – RESL Championships
- July 26-27 – Zone III Long Course Championships
- July 30-August 3 – Western Zone Senior Championships @ Clovis
- August 1-3 – Short Course Meet @ Ukiah

Piranha Swimming June Newsletter

Newsletter is back!

After a six-month long hiatus, the Piranha Swimming Newsletter is back!



Piranha Progressive Meet and Barbeque

The Piranhas hosted another progressive meet in which we had many good swims and best times. The seniors swimmers were also able to earn travel money from the snack bar. After the meet ended, the board hosted a barbeque as a thank you for everyone's hard work this season.



The Whetstones and Lexy play around in the pool

Piranha Progressive Meet and Barbeque (cont.)

A message from Darlene:

"To ALL of the Piranha Villagers, big and small, who have volunteered their time and energy to the four Progressive meets this season, THANK YOU for responding to my emails for assistance and ensuring that each meet was staffed and moving on course. Your contributions to this season have been greatly appreciated!!! GO PIRANHAS!!!"



Congratulations to our Graduate: Andrew Wang!

Short Interview from Barbara DeVries

How long have you been swimming?

4 years, since 8th grade. This year I'm the team captain for the Rancho Cotate Swim Team.

Did you receive any awards or scholarships to help you in your future?

I've been on the principal's list for 4 years in a row and received the scholar athlete award for having a GPA of over 3.7 while participating in sports.



What other sports do you play?

I also played basketball for Rancho.

What are your plans after high school?

I will be attending UC Santa Barbara and taking Pre- Biology and Medicine.

Will you continue to swim?

I will be speaking with the UC Santa Barbara swim coach shortly to discuss that.

What advice would you give to our younger swimmers?

Be consistent. There's always room for improvement. Listen to

June Piranha Birthdays

Cayla Whetstone

• June 2

Kenneth Shinn

• June 5

Vanessa Cabrera

• June 8

Trey Sage

• June 15

Jenna Shirvanian

• June 18

Jordyn Beach

• June 22



New Summer Practice Schedule

Pre-Team: Mon-Thurs: 6:30-7:15pm

Group 1 & Group 2: Mon-Fri: 5:30-6:30pm

Group 3 & AGE: Mon-Fri: 6:30-7:45pm

Group 4 & Jr: Mon-Fri: 6:30-8:00pm

PreSr/Sr: Mon-Thurs: M-pool 4:45-6:45pm

Friday: H-pool 4:15-6:30pm

Tue/Thur: Petaluma 6:00-7:30am



Taylor and Emily pose for a picture

New June Time Standards

New Time Standards – Napa

Katie Honey (Age 10)

- 50Y Back – 42.95 (JO)
- 50Y Fly – 39.03 (JO)
- 100Y Fly – 1:33.76 (JO)

Lexy Lewis (Age 9)

- 50Y Free – 37.71 (A)
- 100Y Back – 1:39.65 (A)

Hailey Woodcox (Age 10)

- 50Y Free – 35.04 (JO)
- 200Y Free – 2:53.73 (JO)

Cayla Whetstone (Age 12)

- 100Y Breast – 1:27.19 (FW)
- 100Y Fly – 1:26.34 (JO)

Jayson Shinn (Age 12)

- 100Y Back – 1:25.72 (A)
- 100Y Breast – 1:30.84 (JO)

New Time Standards – Petaluma

Taylor Whetstone (Age 7)

- 100M Free – 1:49.16 (A)

Katie Honey (Age 10)

- 50M Breast – 43.82 (FW)
- 50M Fly – 37.60 (FW)

Lexy Lewis (Age 9)

- 200M IM – 3:58.27 (B)

Hailey Woodcox (Age 10)

- 100M Free – 1:20.90 (JO)
- 50M Back – 43.16 (JO)
- 50M Fly – 38.81 (JO)
- 200M IM – 3:18.18 (A)

Justin Wong (Age 10)

- 50M Free – 32.40 (FW)
- 100M Breast – 1:38.33 (FW)
- 200M IM – 2:53.18 (FW)

Cayla Whetstone (Age 12)

- 50M Free – 31.01 (JO)
- 50M Fly – 34.04 (JO)

New Time Standards – Piranha Progressive 4

Sena Erickson (Age 10)

- 100Y Free – 1:10.32 (JO)
- 50Y Back – 38.35 (JO)

Katie Honey (Age 10)

- 100Y Fly – 1:26.03 (JO)

Travis DeVries (Age 12)

- 500Y Free – 6:41.12 (B)
- 100Y Back – 1:24.89 (B)

Michael Duffy (Age 11)

- 100Y Back – 1:53.62 (B)
- 100Y IM – 1:28.86 (B)

Jayson Shinn (Age 12)

- 500Y Free – 6:20.44 (A)

Dominic Restivo (Age 13)

- 500Y Free – 6:30.68 (B)
- 200Y Breast – 2:57.00 (B)

Travis DeVries (Age 12)

- 50M Free – 36.94 (B)
- 100M Free – 1:19.72 (B)
- 50M Breast – 50.25 (B)
- 100M Breast – 1:48.98 (B)

Jayson Shinn (Age 12)

- 50M Fly – 38.50 (A)

Melissa Adams (Age 13)

- 50M Free – 32.00 (A)
- 100M Breast – 1:41.54 (B)
- 100M Fly – 1:25.12 (B)

Ian McKenzie (Age 15)

- 50M Free – 31.16 (B)
- 100M Free – 1:09.91 (B)
- 200M IM – 2:40.78 (A)

Aric Lang (Age 16)

- 50M Free – 26.49 (JO)