

Upcoming Events

Meets

- November 9-10 – Piranha Distance Meet @ H-Pool
- November 16-17 Mendocino Coast
- November 23 – Possible Dual Meet @ Vallejo
- December 6-8 – 14-under JOs @ Morgan Hill
- December 14-15 – Senior Champs/Dual Meet vs Vallejo @ H-pool

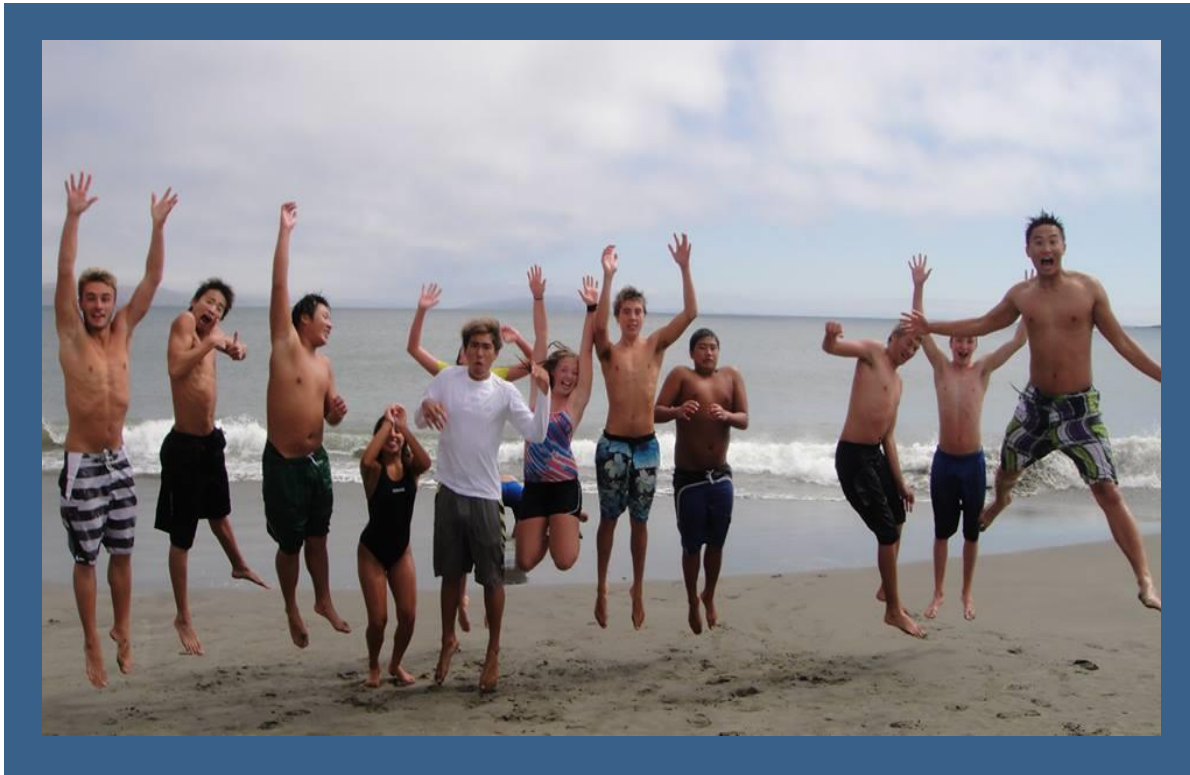
Other Events

- December 21 – Holiday Red vs Blue Meet @ H-Pool
- December 23-January 4 – Winter Camp
- January 4 – Challenge: 20x1000s

Piranha Swimming September/October Newsletter

Senior Beach Day

To celebrate the beginning of the new season, the Senior Piranhas went to Doran Beach first for an intense workout written by dry land coach Brad, then for a day of fun in the... um... wind? Despite the fact that the beach was a little cloudy at first, it cleared up later and we were able to enjoy the beach. Thank you to everyone who volunteered and brought food, and thank you for organizing this fun event!



Seniors jumping for an end of the day picture

Awards Ceremony

The Sunday of September the 29nd was Piranha Awards. Piranhas of all ages were commended for their participation and dedication to the sport of swimming. Not only were swimmers given awards, though. Parents and families were also rewarded for the great effort they put into helping the team. Some of these volunteers had over 500 volunteer hours! Thanks for putting this together and allowing us to recognize our swimmers for their achievements!

Awards Ceremony Picture Gallery



Lexy and Taylor smiling for a picture



Derek and Mikey showing off their new trophies



Cayla, Melissa and Aric posing with their new awards

September Meet Results

New Time Standards – Tuffy Williams Classic

Eva English (Age 8)

- 50Y Free – 50.32 (JO)

New Time Standards – Senior II

Cayla Whetstone (Age 11)

- 200Y Breast – 2:48.34 (JO)

Kenneth Shinn (Age 14)

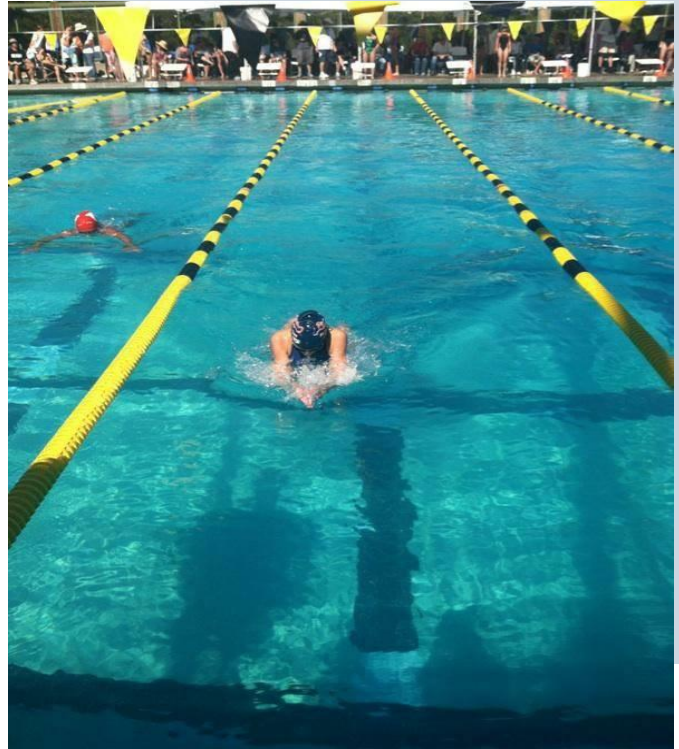
- 50Y Free – 24.89 (JO)
- 100Y Fly – 59.10 (FW)
- 200Y IM – 2:04.79 (PRT)

Aric Lang (Age 16)

- 50Y Free – 23.77 (JO)
- 100Y Fly – 59.12 (JO)

David Luo (Age 15)

- 200Y Fly – 2:09.88



Go Cayla!



A nice view of the Senior II pool

September Birthdays

Aimee Spratt

- September 3

Cecilia Landrus

- September 3

Sean Restivo

- September 10

Christopher Salazar

- September 16

Douglas Dang

- September 21

Brigette Eagar

- September 26





Pumpkin Patch

The Group 4 and Junior groups went to the Santa Rosa Pumpkin Patch for a morning on October 9. They had lots of fun and some even got lost in the corn maze! After their long day of trudging through the walls of corn and jumping in the bounce house, the kids enjoyed some pizza at Straw Hat's afterwards. Overall, the kids had an amazing time!



Group picture on top of the haybales!



Mmmmm..... PIZZA!

USA Swimming – Safe Sport

"You have learned how to be safe in the water - don't dive in the shallow end, no running on the deck, and clear the pool when you see lightning - but Safe Sport is about the ways to stay safe outside of the pool too." - USA Swimming

USA Swimming has developed the Safe Sport program to ensure a safe, productive, and fun swimming environment. On the USA Swimming website, there is a page designated solely for Safe Sport. There is a small training program for athletes, parents, officials, coaches, etc. all designed specifically for its target audience. Both Pacific Swimming and USA Swimming are encouraging ALL athletes and parents to take part in the program to ensure safety. It explains what is and is not appropriate behavior for any person, and how to respond, who to talk to, and much more important information. To ensure the safest, most productive, and of course, the most fun environment for our sport, please take part and get educated through the Safe Sport program. If you have any questions, you can ask me (Aric), or your coach.

Thanks, Aric Lang

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SAFE SPORT

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ATHLETE PROTECTION EDUCATION

USA Swimming is committed to raising awareness about prevention of abuse in sport. We are proud to partner with Praesidium, an industry expert in abuse prevention, to bring the swimming community customized and comprehensive training tools for coaches, volunteers and parents. Customized training for athletes will be available this fall.

Our training tools will help you:

- Understand the scope and effects of abuse in sport
- Recognize the signs of grooming behavior and boundary violations
- Understand how to establish boundaries and protect against false allegations
- Know how to react and report when you suspect abuse

MANDATORY TRAINING FOR NON-ATHLETE MEMBERS - RENEWALS NOW AVAILABLE!

NAVIGATION

- Policies and Guidelines
- Screening and Selection
- Safe Sport Main
- Recognizing, Responding & Reporting
- Club Toolkit
- Athlete Protection Training Course

TRAINING AND EDUCATION

SAFE SPORT HANDBOOK

Visit www.usaswimming.org/protect for more information about this program

October Meet Results

New Time Standards – Santa Rosa

Taylor Whetstone (Age 6)

- 50Y Free – 51.52 (B)

Miron English (Age 10)

- 100Y Breast – 1:42.77 (A)

Melissa Adams (Age 12)

- 50Y Free – 28.45 (JO)
- 100Y Free – 1:01.51 (JO)
- 500Y Free – 5:48.21 (JO)

Katie Schiebold (Age 12)

- 100Y Free – 1:12.34 (B)

Jaden Wachter (Age 12)

- 100Y Breast – 1:35.99 (B)

Dominic Restivo (Age 13)

- 50Y Free – 27.54 (A)
- 100Y Breast – 1:25.39 (B)

New Time Standards – Sebastopol

Sena Erickson (Age 9)

- 50Y Fly – 39.67 (A)

Katie Honey (Age 9)

- 500Y Free – 6:59.81 (JO)

Miron English (Age 10)

- 500Y Free – 6:55.99 (JO)

Brigette Eagar (Age 15)

- 100Y Free – 1:00.63 (A)
- 200Y IM – 2:34.10 (A)

October Birthdays

Aydan Tran

- October 2

Kaz Schifrin

- October 3

Gabe Schifrin

- October 3

Emily Bates

- October 11

Lucas Hermes

- October 21

Belle Schifrin

- October 24

happy
birthday
to you!