

## Upcoming Events

### Meets

- September 28 – C/B/A Meet @ Vallejo (Saturday Only)
- October 5-6 – Senior II @ Indian Valley College
- October 19-20 – Senior II @ Walnut Creek
- October 19 – Possible Dual Meet
- October 26-27 – C/B/A @ Sebastapol
- November 9-10 – Piranha Distance Meet @ H-Pool

### Other Events

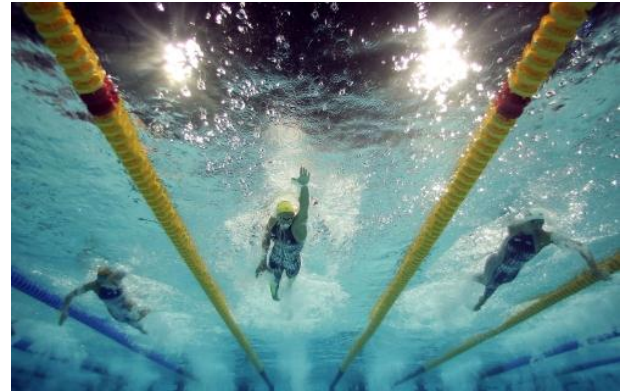
- August 5-18 – Swim Break
- August 19 – First Day of the New Season
- August 26 – Morning Practices Begin
- September 14 – Beach Day
- September 16 – Start T/Th/S Land Training
- September 29 – Awards Ceremony
- October 11 – Possible Fall Camp @ Napa

## Piranha Swimming August Newsletter

### New Season

Get ready for a new season of swimming! We have a whole new year ahead of us with many new goals we can hopefully achieve. Good luck to everyone and let's hope for a great new season!

-David Luo



### Fall Practice Schedule

#### Pool Time

Group 1	4:00-4:45
Group 2	4:00-5:00
Group 3/AE	4:00-5:15
Group 4/Juniors	5:00-6:30
Pre-Sr.	5:15-7:15
Sr.	5:00-7:15

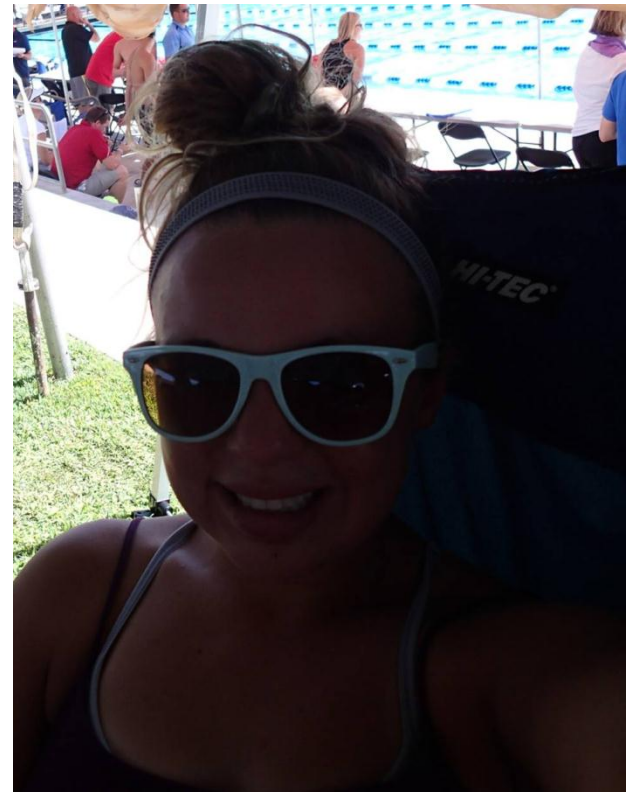
#### Land Training

Group 1	Wed @ 5:00
Group 2	Mon/Thurs @ 5:15
Group 3/AE	Tues/Fri @ 5:30
Group 4/Juniors	Mon/Wed/Fri @ 4:00
Pre-Sr/Sr	Aug 19-Sep 13 Mon-Fri @ 4:00
	Sep 13- Tues/Thurs @ 4:00, Sat 10:00

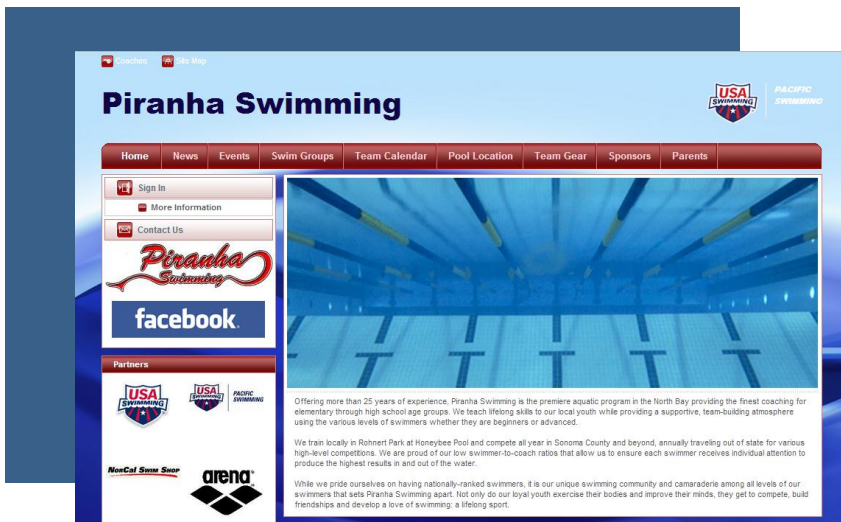
## Goodbye Michelle!

As most of you know by now, the meet at Ukiah was Michelle's last meet as a coach. Her departure is a very sad one and she has done a great job as a part of the Piranha family. She has been a wonderful part of Piranhas and is an amazing coach. Michelle is generally a great person to be around and is a friend to many of our swimmers. Good luck swimming at the JC and have fun with your new phone!

But for those who may miss her too much, don't worry! She will still be lifeguarding from time to time, so don't be afraid to go run up to give her a hug! From all of us to you, good bye and good luck Michelle!



## New Website



A quick look at our new website

We have recently gone through an overhaul of our entire website and created a whole new website. It is currently still under construction and may need some reorganizing but is still operating very well. Hopefully it will become a very helpful resource to all the Piranhas. All of you should have received an email with instructions on how to create an account and how to log in. With your login, many functions are now available to you such as upload your or your swimmer's pictures, view times, or see other team information. If you have any questions, suggestions, or problems, you can contact any board member. This is a great addition and will help all of our Piranhas!

## Good Job at RESLs!

RESLs was an awesome experience this year. Despite it being initially canceled, Head Coach Annette met with the coaches of a few other teams and still made it happen. So thank you for allowing RESLs to still happen. Piranhas barely missed the third place mark, getting beat by Montclair Swim Club by only a few points. Overall, everyone did a great job finishing the year off with a bang! Good job Piranhas!



Getting ready to do our team cheer!



Jayson preparing to dive in for the Boys 11-12 Freestyle Relay



Hailey flying off the blocks!

## August Birthdays

**Breahna Roark** **Eric Chang**

•August 8

•August 22

**Julius Goldstein**

•August 22



## Recent Meet Results

New Time Standards – Senior Western Zones

Kenneth Shinn (Age 14)

- 50M Breast – 27.77 (JO)
- 200M Breast – 2:32.43 (JO)

Aric Lang (Age 16)

- 100M Fly – 1:04.53 (JO)
- 200M Fly – 2:23.78 (JO)
- 100M Free – 57:00 (FW)
- 200M Free – 2:04.50 (FW)
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David Luo (Age 15)

- 200M Free– 2:11.84 (JO)
- 50M Free – 26.51 (FW)
- 200M Breast – 2:44.38

Trystan Brown (Age 16)

- 200M Back – 2:17.74 (PRT)
- 200M IM – 2:22.18 (FW)



**Michelle catching up on some sleep at Clovis**

New Time Standards – Ukiah

Emily Mathis (Age 6)

- 25Y Back – 26.44 (B)

Sena Erickson (Age 9)

- 50Y Breast – 46.60 (A)

Melissa Adams (Age 12)

- 200Y IM – 2:47.34 (A)

Dominic Restivo (Age 13)

- 100Y Free – 1:06.57 (B)

Andrew Wang (Age 17)

- 200Y Breast – 2:14.93 (PRT)



**Justin sporting some cool shades**

## More Pictures!



The Sectional swimmers hanging out in a store



Kenny cooling off with an ice cube... on his head...

