

# STUTTGART PIRANHAS

See you at the pool!



## Sept. Birthdays

- 2 Winston Garcia
- 26 Ella Kalinowski

## New Records

As swimmers get new records, we would love to include those in our newsletter to honor their dedication and commitment.

## Upcoming Dates

- Sept. 27  
Home Meet @ Maichingen
- Oct 9-11  
Away Meet @ Sigonella
- Oct 18  
Specialty Clinic

## Setting Goals

Already in the first few weeks of the season, we have completed our first "Test Set". The Critical Swim Speed (CSS) Test Set was performed to help the athletes develop their individual goals. This test set, CSS, is designed to help the swimmer determine their threshold pace for swimming and is used to base all of their training intensities.

Coaches and swimmers have been discussing how best to make individual season goals. Swimmers should be thinking about what their goals are for this season and how best to achieve them. The BLACK & GOLD Groups will be communicating with their coaches on a regular basis to ensure that their training is beneficial and that both the team and individual swimmer goals can be achieved. RED Group swimmers will be setting goals during practice time with Coach Cindy and evaluating them at each swim meet.

***"Much like a sailboat without a rudder or compass, athletes without goals tend to drift from competition to competition, with no real direction, no real hope or plan, drifting aimlessly".-- YourSwimBook.com***



## First Home Meet Coming Soon

Our first Home Swim Meet is on Sunday, 27 September. This will be the first opportunity for swimmers to gauge where they are in comparison to previous years and start to fine-tune their plans for the season. Register for this competition on TeamUnify.



# Meet our Team Captains

## *Kiersten Koning*

Kiersten began swimming with the Stuttgart Piranhas in 2011, as a 4th grader. She has experienced each level of Piranhas swimming; from beginner RED Group to BLACK Group and now as a senior in High School, she is training with GOLD A. In the nine seasons that Kiersten has been a Piranha, she has held multiple leadership roles including Team Captain 2019-2020 and is currently the Stuttgart High School 2021 Senior Class President. She was selected as Most Valuable Teammate in 2018/2019 and Most Improved Swimmer in 2015/2016, 2016/2017, and 2019/2020. In 2019/2020 she was selected for the Coaches Choice Award demonstrating an overall outstanding commitment to the sport of swimming and to her team. ***".. [I will be a] role model for the other swimmers and act as a bridge between the coaches and swimmers, while keeping the environment fun for the whole team."***



## *Kyle Stevenson*

Kyle began swimming with the Piranhas in 2016 and helped earned the EFSL record for the 200 Free Relay which still stands today. Kyle has demonstrated outstanding leadership as a student-athlete by being the President of the High School Band 2019 & 2020, a Junior and Senior Swim Team Captain with the Piranhas since 2018, is a High School Tutor, and is currently the Stuttgart High School Student Body Vice President. In Summer 2020, he was selected to receive the "Stacey Burton-Alcocar Junior Coach Scholarship" for the Slovenia Family Swim Camp. ***"...it is also important that captains work to keep swimming fun for the other swimmers since no one feels motivated to push themselves if their heart isn't in it"***.



## *Alex Kauffeld*

Alex joined the Stuttgart Piranhas in Fall 2017. He was recognized as Most Improved Swimmer in his age group and continues to demonstrate his leadership abilities by being active with the National Honors Society, Kiva, Model UN, FBLA, and as an A.V.I.D High School tutor. He has been teaching swim lessons to all ages of swimmers since 2014. ***"While swimming upholds a tradition of exceptional individual performance and self-guidance, it is necessary for a captain to make the improving swimmers feel a bond and appreciation for the pool. A good captain provides reassurance through the common pre-meet jitters, and a great captain teaches the team to exhibit the confidence it takes to dive off the blocks against a challenging team"***.



## Practice Pics

*COVID's got nothin' on us!*

