

The Piranha Post

Fall 2006
Volume 1

Paradise Piranha Swim Team website: www.paradiseswimteam.com

Winter Swim Begins at Fit One

ATTENTION

PARENTS:

The Piranhas are looking for parents interested in becoming NVAL Officials! It is crucial that we have enough officials for our team to compete. To become an official you must **attend ONE orientation** and **SIX training sessions** (at meets). Finally you must **pass an open book exam** to complete your certification.

NEXT CLINIC:

MONDAY, Oct. 30th
Chico Physical Therapy
Time: 6:00pm

For more information contact Katy Schrum at 873-6667 or email her at Schrumfamily@comcast.net

Winter Swim has begun! The month of October will be a transition month for the Piranhas, as PPRD closed the pool early for repairs. Therefore, Practices will be held at **Fit One Athletic Club**, 6854 Pentz Road, beginning October 3. **Coaches Brian Wilson, Amie Stickel and Erika Holzworth** will be continuing to provide our swimmers with quality instruction.

The October schedule is as follows:

Group 2: 6:30-7:15

Group 3: 6:30-7:45

Group 4: 6:30-8:30

Beginning in **November practices** will be held in the afternoons.

Group 2: 3:30-4:15

Group 3: 3:30-4:45

Group 4: 3:30-6:30

The cost for Winter Swim is as follows:

Group 2: \$50/month

Group 3: \$67/month

Group 4: \$80/month

Remember, there is no deposit required for Winter Swim! Payments may be made each month your child is in the water and are due by the 10th.

It's Time to Order your Parka!

An order for PPST parkas is in the works. If you are interested in ordering, please contact Joan Hasek at 877-6820 or bjhasek@sbcglobal.net

The cost for a parka is approximately \$113 and orders are due ASAP if you want your parka to arrive for Christmas.

Is Your Child Ready for Team Sports?

By Jacqueline Bodnar

So, your child wants to try a new sport? How do you know if he or she is ready? Some of the issues you should consider are what are the benefits, what are the downsides and where should you begin.

DETERMINING READINESS

According to Dr. Carol Scott, a family practice specialist at UNR, "Age six is usually considered an appropriate developmental age for children to begin an organized sport." But just because they turn six, don't assume your child is automatically ready. According to the American Association of Pediatrics, introducing a sport earlier doesn't mean a child has the motor skills to participate. Without the physical or mentally readiness, a child can be frustrated and experience feelings of failure.

WHAT THEY GAIN

Some of the benefits in participating in a sport include: improving coordination, strength conditioning, learning sportsmanship, socializing with other children, learning to follow rules, working with others to reach a common goal, understanding the concept of competition and hands-on experience with fairness.

THE DOWNSIDE

There can be a downside to sports if parents set too high of expectations for their kids. If there is too much pressure to win, a child may feel like a failure if (and when) he or she does not win. As a parent it is important that your child is ready to participate and that he or she is encouraged to believe that winning is not the most important thing.

WHERE TO START

Finally, start small to give your child an opportunity to try out a sport. Give your child the chance to sample a variety of sports before making a long-term commitment. And be flexible. "Children can't know what they like until they try it," explain Dr. Eileen Kennedy-Moore, author of *What About Me? Ways to Get Your Parents' Attention Without Hitting Your Sister*. However, if your child wants to quit mid-season, she suggests you encourage him or her to finish it out. "This emphasizes commitment...and gives the message that mastering skills takes time, effort and practice."

There are many positive aspects to sports if you approach them with the right attitude. Above all, sports should be fun for you and your child!

This article was excerpted from North State Parent magazine. To read the entire article visit www.northstateparent.com

The sport you sign up for will depend on your child's physical and mental readiness, as well as their interests.

I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it_-
~Michael Phelps

Coach's Corner by Brian Wilson

Hello to all swimmers and families. I hope you all are doing well.

It has been a busy transition from Summer to Fall for me, coaching the Paradise High School Swim Team, the Paradise Adventist Academy Swim Team, as well as the Piranhas Swimmers who are in the water. Most of you know that I am also back in school at CSU Chico in the Kinesiology Department, working towards a teaching credential in P.E. I would like to thank everyone who has helped so much during this time, especially our newest Board of Directors members, and our coaches **Erika Holzwarth** and **Amie Stickel**.

As many of you know, we have begun our winter/spring training at Fit One Paradise. We are here a month early this year, due to repairs at the public pool. It was a crazy few weeks, but due to the hard work of our Board we have secured a training facility at Fit One for the next 6 months.

For those of you whom are interested here is some info on a few winter meets:

Oct. 13-15	CCA Spooktacular	Roseville
Nov 4-5	Jr + Meet (must make qualifying times) Meet Sheet On-line at swimconnection.com	Redding
Nov 4-5	12-Un AGO (no qualifying times) Meet Sheet On-line at swimconnction.com	Redding
Dec 1-3	AGO (Age Group Open)	Woodland

A more complete schedule through the month of March will be available by November.

I understand that there have been issues with my e-mail communications. I am working to resolve the problem, and will have it fixed as soon as possible. In the meantime, please remember that I also use our team website bulletin board as a means of communicating with the team. You can access this bulletin board by going to **www.paradisewimteam.com** and clicking on the message board link.

If you have any comments or questions, please e-mail me at: piranhacoach@hotmail.com
Or call 519-2292.

Tips to Help Parents Be Good Sports!

Positive Attitude:
Remember that the purpose is for the kids to have fun and grow emotionally.

Know the Coach:
Make sure the coach's method is in line with what you are looking for.

Pressure: *Don't lose sight of what is important. Winning is NOT everything.*

Growth: *Make sure your child is competing at the level he is capable of mentally and physically.*

Know the Rules:
Understanding the rules helps eliminate frustration.

Set an Example:
Take measures not to lose your temper.

Above all, be supportive and make sports a positive experience for you and your child!

Excerpted with permission from North State Parent Magazine.

We're on the Web!

SEE US AT:

[WWW.PARADISE
SWIMTEAM.COM](http://WWW.PARADISESWIMTEAM.COM)

PPST Board of Directors 2006-07

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Vice-Pres.	Leticia Cavazos	873-2402	fishbebe@sbcglobal.net
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Website Design	Bruce Hasek	877-6820	bjhasek@sbcglobal.net
Head Coach	Brian Wilson	EMAIL is BEST!	PiranhaCoach@hotmail.com

The Board of Directors meets the second Monday of each month.

Call 872-1531 for the location and time. Parents are always welcome to become involved!

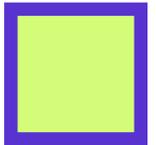
Corporate Membership Available from Fit One

All Piranha families (currently in the water) are eligible for corporate membership rates from Fit One. Contact Whitney Wolfe at 872-2582 for details.

Rates are as follow:

Single \$47, Double \$67 and Family \$77 (Children under 13 free).

About Our Organization... *The Paradise Piranha Swim Team is a year-round, USA Swimming affiliated competitive swim program specifically for youth ages 5-18 that has been developing young athletes since the 1960s.*



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Address Correction Requested