

# Piranha Press, Vol 9, Issue 2



## Don't Miss...

- Official Summer Practice Schedule
- 2010 Calendar
- Time Trials and Team Photo detail
- MSAA Swim A Thon Details

### More wisdom from guys named

#### William...

**Nothing spoils fun like finding out it builds character.** — Calvin and Hobbes' author, Bill Watterson, 1958-, cartoonist

**Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it.** — W.C. Fields, 1880-1946, actor/comedian

**Some people think football is a matter of life and death. I can assure you it is much more serious than that.** — Bill Shankly, 1913-1981, soccer manager

**Nobody ever said, "Work ball!" They say, "Play ball!" To me, that means having fun.** — Willie Stargell, 1940-2001, baseball player

June 21, 2010

Volume 9, Issue 2

## Swimmers, Take Your Marks...Houston, we are GO FOR LAUNCH, 2010!

The coaching **A-TEAM** of Corey, Rich, Janette and Bill have steered our troops toward a course to success with a fantastic start including nighttime practices and the promise of an eventual end to school along the Main Line. Their coaching expertise and efforts will be focused on a rigorous regiment of morning practices beginning on Monday, June 21 at 8:30a.m.

**Corey Besz** returns to Picket Post for his 5th year at the helm and looks for his 5th SVAL League Championship. His retooled coaching squad consists of...

**Janette Huston**, who swam for Upper Merion High School and coached three years with Upper Merion Aquatic Club. Currently,

she is one of the Supervisors of the Upper Merion Township **Learn to Swim Program**. In her land-based life she is a reading assistant at Bridgeport Elementary and serves as Assistant Crew coach for Upper Merion High School.

**Rich Lopez** swam and played water polo for Upper Merion in his high school years. Currently a junior at Bloomsburg University majoring in secondary English, he plays water polo and coaches the Bloomsburg Area YMCA swim team.

**Bill McNamara**, dusts off his coach's whistle and comes back to coaching after a 12 retirement. Bill's coaching

career spanned 15 years with stints as head coach at Flourtown Swim Club, Cedarbrook Country Club, Plymouth Whitmarsh Aquatic Club and Plymouth Whitmarsh High School. In addition to his day job as a teacher at Great Valley High School, Bill competes for the Spring Valley YMCA in their Master's Swimming program where he was the overall composite point winner for the 2010 season.

**I pity the fool that doesn't give 110% at practice this year!**

## SAVE THE DATES!

**Mon, 6/21:** First day AM practice, 8:30-10 for ages 11 and up, 10-11 for ages 10 and under.

Mon, 6/21: First day of MINIs practice—M, W and Th ONLY from 11:15-11:45 (See DETAIL on "What's a MINI?")

**Tues, 6/22 @ 5:30p.m.** Time Trials' Meet and Team Photos!

Brief parent meeting after Time Trials.

**Sat, 6/26 @ 9:00a.m.** Sat practice begins

**Tues, 6/29 @ 5:30warm-up**—Home meet vs. Glenhardie

**Wed, 6/30 at 11:00a.m.**—

Team Spirit / Pretzel Day.

**Thurs, 7/1 @ 5:30p.m.**— Away Meet vs. Markley Farms

**Tues, 7/6 @ 5:30**—Away Meet at Beachcomber

**Wed, 7/7 at 11:00**—Dun-kin' Donut Day

## UPCOMING EVENTS

### **MSAA SWIM A THON & HOAGIE HANG OUT!**

**Save the date for Wed, 7/14/10 at 5:30p.m.!** Jan Sachs has again volunteered to coordinate this worthwhile effort to raise funds for the Multiple Sclerosis Association of America (MSAA). Pledge sheets are available at each pool. Swimmers can raise donations on a per-lap basis and or make flat donations. The Picket Post Piranhas have been recognized for their years of dedication to the cause of raising money and awareness for the eradication of Multiple Sclerosis. Dinner is included!

Please contact Jan Sachs at [meds1320@comcast.net](mailto:meds1320@comcast.net) if you can contribute your time and talents.

### **Team Photo & Time Trials on Tuesday, 6/22/10**

#### **ATTENTION ALL SWIM TEAM FAMILIES:**

**3:30p.m.:** Individual/Group and Team photos.

**5:30p.m.:** Time trials begin. This is an excellent opportunity to learn the flow of a swim meet and to learn the various necessary jobs required to operate a swim meet.

The snack bar will be operational but families are welcome to picnic. While nothing 'counts', it is an excellent opportunity for swimmers to get feedback on their strokes in readiness for when it does matter on Thursday when the season kicks off at home vs. Glenhardie.

### **Who Is a MINI?**

Someone who can swim a lap of the pool, who is wanting to learn about what it is like to be on a competitive swim program, and who wants to win lots of ribbons and attend lots of socials! Minis compete just before the home meets.

### **MEET ETIQUETTE:**

*Coach Corey will assume you are going to be at the meet unless you tell him in writing at [cjbesz@verizon.net](mailto:cjbesz@verizon.net). Last minute emergencies, please call him at 484-645-6031.*

## 2010 Practice Schedule

Beginning Monday, June 21—

Group 2: 11 and older: 8:30-10

Group 1: 10 and under: 10-11

M, W & Th only: Minis: 11:15-11:45

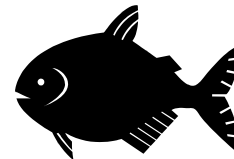
PM Practices (M & W ONLY)

5:30-6:30—Groups 1 & 2

Beginning on Saturday, June 26:

Groups 1 & 2: 9:30-10:30

For questions/concerns about practice groups, please ask coaching staff.



## OFFICIALS' NEEDED!

### **REMINDER:**

### **OFFICIALS' TRAINING**

**Tues, June 22 at 7:00p.m.:** Stroke and Turn Officials' Clinic at Beachcomber Swim Club

**Wed, June 23 at 7:00p.m.:** Stroke and Turn Officials' Clinic at Beachcomber Swim Club

### **Thursday, June 24**

**7:00p.m.:** Starter referee clinic at Picket Post (must have worked several meets as a S & T official.

### **DID YOU KNOW...**

In the medley relay, the order of events is alphabetical: backstroke, breaststroke, butterfly, free style?

In dual meet scoring, relays are 'all or nothing' - winner takes all points.