



**Pleasant Ridge Swim Team  
New Parent Information  
2019**

# Pleasant Ridge Piranhas

Pleasant Ridge Piranhas Contacts

[www.pleasantridgepiranhas.com](http://www.pleasantridgepiranhas.com)

[PRSWIM@cityofpleasantrydge.org](mailto:PRSWIM@cityofpleasantrydge.org)

**One-Call Now - PLEASE INPUT YOUR INFO  
TODAY!!!**

# Pleasant Ridge Piranhas

## NSSL

- North Suburban Swim League
- 12 swim teams within Oakland County

# Pleasant Ridge Piranhas

- One week trial May 6<sup>th</sup> - May 10<sup>th</sup>
- Must register by May 23<sup>rd</sup>
- Can register at PR Rec Center desk but cash or check only; online is credit card only

# Pleasant Ridge Piranhas

## EQUIPMENT

- Practice Suit
- Towels (dry-lands)
- Water Bottle
- Goggles
- Shoes
- Swim Cap
  - *Girls - Required*
  - *Boys - Optional*
- *Fins*
- *Kickboard*
- *Team Suit*
- *Team Swim Cap\**

***PUT SWIMMER'S  
NAME ON  
EVERYTHING!***

# Pleasant Ridge Piranhas

## Swim Meet 101

- 6 regular season dual meets
    - 3 home, 3 away
  - Dual Meet
    - PR versus 1 Club
    - Swimmer may swim in 2 Individual events & 1 Relay\*\*
  - Meet Age Groups (age as of May 30)
    - 8 & under; 9-10; 11-12; 13-14; 15-18
- Pre-Team\*\*

# Pleasant Ridge Piranhas

## Swim Meet 101

- **FR = Freestyle**
- **BK = Backstroke**
- BR = Breaststroke
- FLY = Butterfly
- IM = Individual Medley
- MED REL = Medley Relay
- FR REL = Free Relay
- 25m = 1 length
  - (Pre-team, 8 & under)
- 50m = 2 lengths
  - (9 & above)

# Pleasant Ridge Piranhas

## Swim Meet 101

### Competition vs. Exhibition

- Swimming for points

vs.

- Swimming for a personal best
- Ribbons



# Heat Sheets

## #16 Boys 7-8 25 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 06:56 PM</b>			
1	Grubaugh, Liam	7 FINS-GA	20.97
2	Plantamura, Nicholas	8 PRC-GA	17.73
3	Hill, Michael	8 FINS-GA	17.84
4	Hodell, Riley	8 PRC-GA	17.24
5	Wohlford, Nate	7 FINS-GA	18.72
6	Monroe, Adam	8 PRC-GA	22.23
<b>Heat 2 of 3 Finals Starts at 06:57 PM</b>			
1	Wohlford, Ben	7 FINS-GA	25.03
2	Jay, Baxter	8 PRC-GA	23.23
3	Epping, Atley	8 FINS-GA	21.06
4	Hooker, Owen	8 PRC-GA	22.97
5	Howe, Graham	8 FINS-GA	24.45
6	Holbrook, Charlie	7 PRC-GA	30.94
<b>Heat 3 of 3 Finals Starts at 06:58 PM</b>			
1	Lee, Evan	7 FINS-GA	40.23
2	Gault, Rob	7 PRC-GA	35.68
3	Copley, Caleb	8 FINS-GA	31.40
4	Bently, Bryce	7 PRC-GA	32.98
5	Avecilla, Misael	8 FINS-GA	33.59
6	Payne, Robert	7 PRC-GA	42.11

## #17 Girls 9-10 25 Yard Freestyle

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 5 Finals Starts at 07:00 PM</b>			
1	Ledbetter, Bailey	9 FINS-GA	18.50
2	Munger, Audrey	9 PRC-GA	14.45
3	Prescott, Mackenzie	9 FINS-GA	17.21
4	Plantamura, Natalie	10 PRC-GA	14.13
5	Wohlfrod, Rachel	10 FINS-GA	18.24
6	Tarkenton, Olivia	10 PRC-GA	15.72
<b>Heat 2 of 5 Finals Starts at 07:01 PM</b>			

## #41 Girls 11-12 50 Yard Backstroke

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 08:37 PM</b>			
1	Connell, Sarah	12 FINS-GA	51.22
2	Schmidt, Erin	11 PRC-GA	46.20
3	Lee, Madison	11 FINS-GA	42.01
4	Hergott, Laura	12 PRC-GA	40.98
5	Alexander, Berry Claire	12 FINS-GA	44.44
6	Miller, Paige	12 PRC-GA	55.72
<b>Heat 2 of 3 Finals Starts at 08:39 PM</b>			
1	Johnson, Nathalie	12 FINS-GA	54.34
2	McCray, Alexis	11 PRC-GA	NT
3	Coine, Sydney	11 FINS-GA	52.81
4	Tom, Rachel	11 PRC-GA	1:17.78
5	Wohlford, Abby	12 FINS-GA	53.08
6	Mitchell, Karlee	11 FINS-GA	55.26
<b>Heat 3 of 3 Finals Starts at 08:41 PM</b>			
1			
2	Farrer, Chloe	11 FINS-GA	NT
3	Grimes, Julianna	11 FINS-GA	58.38
4	Gordon, Laura	11 FINS-GA	NT
5			
6			

## #42 Boys 11-12 50 Yard Backstroke

Lane	Name	Age Team	Seed Time
<b>Heat 1 of 3 Finals Starts at 08:43 PM</b>			
1	Anna, Bryson	12 FINS-GA	56.57
2	Tarkenton, Chase	12 PRC-GA	41.57
3	Adair, Justin	12 FINS-GA	42.50
4	Estroff, Ben	11 PRC-GA	35.62
5	Baker, Connor	11 FINS-GA	48.72
6	Strickland, Jackson	12 PRC-GA	43.95

# Pleasant Ridge Piranhas

## Swim Meet 101

**8 & Under Girls - events end with 7**

- Events 7, 17, 27, 37

**8 & Under Boys - events end with 8**

- Events 8, 18, 28, 38

**9-10 Girls - events end with 9**

- Events 9, 19, 29, 39

**9-10 Boys - events end with 0**

- Events 10, 20, 30, 40

A handwritten table on a piece of paper. The table has three columns labeled 'E', 'H', and 'L' at the top. The first row contains the numbers 6, 4, and 4. The second row contains the numbers 12, 3, and 5. The third row contains the numbers 16, 4, and 8. To the right of the 'L' column, there are three lines of text: '50 Fr', '50 BK', and '100 Fly'.

E	H	L	
6	4	4	50 Fr
12	3	5	50 BK
16	4	8	100 Fly

# Pleasant Ridge Piranhas

## Swim Meet 101

- Check-In
- Warm-Up
- Marshalling
- Race Review w/ coach
- Stay for relays

# Pleasant Ridge Piranhas

## Swim Meet 101

### Marshalling

- Home Meets (PR Pool)
  - Grassy area closest to the parking lot
- Away Meets
  - Varies by location

# Pleasant Ridge Piranhas Swim Team Information

2019

# Pleasant Ridge Piranhas

## Pleasant Ridge Piranhas Contacts

[www.pleasantridgepiranhas.com](http://www.pleasantridgepiranhas.com)

[PRSWIM@cityofpleasantridge.org](mailto:PRSWIM@cityofpleasantridge.org)

- One-Call Now - PLEASE CHECK YOUR INFO TODAY!!!
- Team newsletter

# Pleasant Ridge Piranhas

## Coaches

- Colleen Rose
- Abi Cardelli
- Amie Heitchue
- Haley Dolan
- Eve Cook



# Pleasant Ridge Piranhas

- Practice starts: Monday May 6<sup>th</sup>
- Try-outs for 8 & Under/Pre-Team: Monday May 6<sup>th</sup>
- Welcome Dinner: Thursday May 23<sup>rd</sup>
- “Summer” practice starts: Monday June 17

# Welcome Dinner!!

Thursday, May 23rd, 2019  
Pleasant Ridge Community Center

**5:30** - merchandise sales start

**6:00** - food served

**6:30 / 7:00** - fundraiser raffles



Main course will be **Chicken Shack**  
(chicken, potatoes)

Please bring a potluck item as listed below  
by age group:

**Pre-team/8 & under: salads (green, fruit, etc.)**

**9 - 10: sides**

**11 - 12: healthy desserts**

**13 and up: drinks (NO POP PLEASE!!)**

**Please do not bring anything with  
nuts or avocado!!**

# Pleasant Ridge Piranhas

## Merchandise

- Team t-shirts / Towels
- Swimmers get t-shirt included with registration
- Other PR merchandise is ordered online
- Link to Varsity Shop (via website) open May 17th - May 30<sup>th</sup>
- Finals t-shirts
  - suggestions from swimmers for theme
  - swimmers will vote on theme

# Pleasant Ridge Piranhas



# Practice Schedule

Monday, May 7<sup>th</sup> through Wednesday, May 22<sup>nd</sup>

## Practice at PR pool

- Pre-Team: 4:30 - 5:15
- 8 & Under: 4:30 - 5:30
- 9 - 10: 4:30 - 5:45
- 11 & Up: 5:45 - 7:30

# Practice Schedule

Tuesday, May 28<sup>th</sup> through Thursday, June 13<sup>th</sup>  
\*\*

## Practice at Royal Oak Middle School (ROMS)

- Pre-Team: 4:30 - 5:00
- 8 & Under: 4:30 - 5:15
- 9 - 10: 4:30 - 5:45
- 11 & Up: 5:00 - 6:30

# Spring Practice Schedule at PR Pool

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
MAY	6 PR pool	7 PR pool	8 PR pool	9 PR pool	10 PR pool	11
12	13 PR pool	14 PR Pool	15 PR pool	16 PR pool	17 PR pool	18
19	20 PR pool	21 PR pool	22 PR pool	23 Welcome Dinner	24	25

# Spring Practice Schedule at ROMS

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
26	27 Memorial Day	28 ROMS	29 ROMS	30 ROMS	31 ROMS	1. JUNE
2	3 ROMS	4 ROMS	5 ROMS	6 ROMS	7 ROMS	8 Blue vs. Yellow meet - PR pool
9	10 ROMS	11 ROMS	12 ROMS	13 8 & Unders only - PR pool Time TBA	14	15 8 & Under Mini Meet



# Summer Practice Schedule

At PR pool starting June 17<sup>th</sup>

- **Pre-Team:** 10:15 - 11:00
- **8 & Under:** 10:00 - 11:00
- **9 - 10:**
  - M, W, F: 9:15 - 10:30 (dry lands 9:15 - 9:30)
  - T, Th: 9:30 - 10:30
- **11 - 12:**
  - M, W, F: 8:30 - 10:00 (dry lands 8:30 - 8:50)
  - T, Th: 8:45 - 10:00
- **13 & Up:** 7:00 - 9:00 (M, W, F: dry lands 7:00 - 7:30)

# Pleasant Ridge Piranhas

## Swim Meet Check-List:

- 2+ Towels
- Team swimsuit
  - wear to meet
- Goggles & a spare!
- Team swim cap
- Sweatshirt/pants
- Socks/shoes
- Water Bottles
- Healthy snacks
- Sunscreen
- Umbrellas / Ponchos
- Chairs
- Canopy
- Games/books/cards/etc.

# Pleasant Ridge Piranhas

What NOT to bring to a swim meet:

- Electronic Devices
- Alcohol
- Candy / Sweets
- Nuts or Food containing nuts

# Pleasant Ridge Piranhas

## Meet Volunteers

- Timers (home and away)
- Runners (home)
- Marshalling (home and away)
- Awards (home)
- Smoothies (home)

***You will always be able to break away to see your child swim***

# Pleasant Ridge Piranhas

## How Do I Volunteer?

[www.pleasantridgepiranhas.com](http://www.pleasantridgepiranhas.com)

Click on “Volunteer” tab

- Head Timer
- Head Marshaller
- Smoothie Stand Coordinator
- Social Chair
- Pancake Breakfast Coordinator
- Photographer
- Finals Coordinator

# Pleasant Ridge Piranhas

## “Piranha Packs”

- New version of “Buddies”
- Groups of swimmers from each age group
- More info to come!!

# Pleasant Ridge Piranhas

**Blue vs. Yellow meet (“Time Trials”)**

**SATURDAY JUNE 8<sup>TH</sup> AT P.R. POOL**

**8:00 a.m. - 12:00 p.m.**

- Way for coaches to get times for all current swimmers
- Way for parents to try out some of the volunteer positions before the season starts

# Pleasant Ridge Piranhas

## Mini - Meets

### 8 & Under Mini-meet

- Saturday June 15<sup>th</sup> @ WAC

### 11 & Up Relay Mini-meet

- Saturday June 22<sup>nd</sup> @ BHAC

### 9 - 10 Mini-meet

- Saturday June 29<sup>th</sup> @ FGAC



# Pleasant Ridge Piranhas

## 2019 PR Dual meets

- Monday June 17<sup>th</sup> - home against BVSC
- Monday June 24<sup>th</sup> - away at HWAC
- Thursday June 27<sup>th</sup> - away at BWRA
- Monday July 1<sup>st</sup> - home against WAC
- Monday July 8<sup>th</sup> - home against BHSAT
- Thursday July 11<sup>th</sup> - away at HHSC

# Pleasant Ridge Piranhas

## Team Picture

- Prior to the Monday, June 17<sup>th</sup> home meet
- Order forms will be distributed at practice prior to picture day
- Swimmers wear their PR team t-shirts
- Individual pictures are available
- Arrival time 3:15

# Pleasant Ridge Piranhas

**IF YOUR SWIMMER IS NOT GOING TO BE ABLE TO ATTEND ANY OF THE SCHEDULED MEETS, PLEASE SIGN THE NO-SHOW LIST FOR EACH MEET UNDER THE “NO SHOW SIGN-UP” TAB ON THE WEBSITE**

**(use e-mail on day of meet if last minute change)**

# Pleasant Ridge Piranhas

## **Bagel Days**

- Each swimmer gets a bagel after practice the day of dual meets
- **NEED PARENT VOLUNTEERS AT THE TABLE FOR THE END OF EACH PRACTICE GROUP**

## **Pancake Breakfast**

- Monday July 15<sup>th</sup> (rain date Tuesday, July 16<sup>th</sup>)
- **NEED PARENT VOLUNTEERS AT THE TABLE FOR THE END OF EACH PRACTICE GROUP**

# Pleasant Ridge Piranhas

## Swim Clinics

- Start after practice starts outside for summer
- Small group instruction after final group practice (~11:15)
- Stroke specifics, starts and turns
- Sign up on website
- \$15 CASH ONLY per clinic paid to Colleen

# Pleasant Ridge Piranhas

## Sponsors!!

- What the money goes towards:
  - bagel days, finals t-shirts/registration, dry-lands equipment
- What the sponsor gets:
  - banner at home meets (provided by sponsor)
  - thank you and recognition in the PR Ridger and at the banquet
  - happy ad in the championship meet program

# Pleasant Ridge Piranhas

## Happy Ads

- Your personal message to your swimmer/ team/coaches/etc. printed in the championship meet program
- \$5 / ad (more for larger ads)
- Forms will be available by the first meet and must be turned in by July 10th

# Pleasant Ridge Piranhas

## Adult Swim Meet

- Wednesday July 24<sup>th</sup>
- Rain date: Thursday July 25<sup>th</sup>
- Sign up at front desk or on-line through Pleasant Ridge website (same as swim team registration)



# Pleasant Ridge Piranhas

## Championship Meets

### **B Finals (includes all NSSL teams)**

- **Saturday July 20<sup>th</sup> (CSC)**
- **Championship meet for all swimmers that do not qualify for A Finals**
  - **each swimmer is limited to 2 individual events**

**Spaghetti dinner Friday July 19<sup>th</sup>!!**

# Pleasant Ridge Piranhas

## Championship Meets

### A Finals (includes all NSSL teams)

- Saturday July 27<sup>th</sup> and Sunday July 28<sup>th</sup> (Beachwood)
- Championship meet for top 2 times in each event for each age group (boys and girls)
  - each swimmer is limited to 2 individual events and 1 relay\*\*

Spaghetti dinner Friday July 26<sup>th</sup>!!

## Pleasant Ridge Piranhas

**DO NOT ASSUME THAT YOUR CHILD WILL NOT MAKE IT TO A FINALS JUST BECAUSE THEY ARE NEW OR THEY DID NOT SWIM IN THE POINTS HEATS EARLY IN THE SEASON!!!**

- vacations/camps
- final dual meet results

# Pleasant Ridge Piranhas

## Posters

- Every swimmer who is **participating** in either A or B Finals will get a poster made for them
- Hung on your front door the night before the swimmer's final
- **NEED PARENT VOLUNTEERS TO DRIVE FOR DELIVERY FOR B FINALS AND A FINALS**

# Pleasant Ridge Piranhas

## Poster “Parties”

- 11 and up swimmers who are “artistically inclined” can participate
- Held at the PR Rec Center / Scully house
- Paper and markers provided
- Dates: TBA at Welcome Dinner and on website

# Pleasant Ridge Piranhas

**IF YOUR SWIMMER IS NOT GOING TO BE ABLE TO ATTEND EITHER OF THE CHAMPIONSHIP MEETS, PLEASE SIGN THE NO-SHOW LIST FOR A AND/OR B FINALS UNDER THE “NO SHOW SIGN-UP” TAB ON THE WEBSITE ASAP**

# Pleasant Ridge Piranhas

## End of Season Banquet

SUNDAY, JULY 28<sup>TH</sup> after the second day of A finals

At the PR pool!!

- Tickets are sold PRIOR to the banquet (watch website for details)
- All swimmers are recognized, awards given, dinner, dancing, fun in the pool

# Pleasant Ridge Piranhas

**QUESTIONS?**