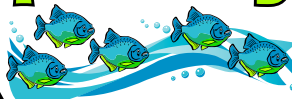


**PARKLAWN
PIRANHAS**



Parklawn Pool Piranhas Swim Team

Fun. Develop. Teamwork.

Our Swim Team offers a fun summer experience! The Parklawn Piranhas Swim Team is a developmental and competitive swim team in the NVSL. We welcome swimmers up to age 18.

Our team focuses on:

- *Cultivating a love of swimming*
- *Providing a supportive environment where swimmers can do their best and improve their swimming skills*
- *Encouraging sportsmanship and teamwork*
- *Presenting leadership opportunities*
- *Offering team-building experiences through pep rallies and social events*

For more information, contact us at:

parklawnpiranhas@gmail.com

or



parklawnpool.org



“It’s excellent bang for the buck – the kids get so many lessons and improve so much through the season.” – Parent

“The parents, coaches, and swimmers are really friendly - it’s like having a family with you wherever you go.” – Swimmer

“What keeps us coming back to Parklawn is the warm and welcoming community, the ‘let’s have fun’ attitude of the swim team, and the great coaches!” – Parent



Our Piranhas are Leaders.

It isn’t just about winning meets, it’s about being a leader.

Our Big Piranhas Mentor Program - Our 13 year old and up Piranhas mentor our 8 and under swimmers. Our Big Piranhas lend a helping hand to the little Piranhas at meets and have special team events with the little Piranhas.

Piranha Ambassadors - We have Piranha Ambassadors who are responsible for welcoming new swimmers to the team and coordinating fun events.

Community Service Leaders - Our Piranhas give back to the community by hosting food drives, goggle drives, visiting senior centers, and other community service projects.

Mini-Piranhas Developmental Swim Team and Swim Lessons Coaches - Our 15 to 18 year old Piranhas help teach our developmental swim team and swim lessons.

Piranhas Pep Rallies & Fun Outings

Our Piranhas know how to have fun! Every Friday night during the swim season, we host pep rallies at the pool. Past pep rallies included a Water Balloon Fight, Crazy Hair, Tie-Dye T-Shirts, Trick or Trunk, and Cake Bake.

NVSL League - Summer Season

Our regular summer season is approximately 9 weeks starting after Memorial Day and ending July 29th. We celebrate the end-of-the-season with a swim team banquet on July 30th. Swimmers who advance to NVSL Individual All Stars will practice for one more week and have a meet on August 6th. Every year, we will have swimmers who advance to All Stars!

Convenient Practice Times

We offer both evening and morning practices to accommodate your family's busy schedule. Evening practices start after Memorial Day. Starting June 20th, we offer both morning practices and evening practices.

Your Swimmer will Swim at Meets

We have approximately 5 "A" Meets and 4-5 "B" Meets against other NVSL swim teams. "A" Meets are held Saturday mornings and "B" Meets are held Monday evenings. Also, our team participates in a relay carnival where swimmers compete in relay races with their teammates and an IM carnival where swimmers compete individually in the IM.

While Coaches select who swims at NVSL "A" Meets, all of our swimmers can and are encouraged to participate in "B" Meets. Our swimmers select the events that they would like to swim at our "B" Meets (with recommendations from our coaches and subject to team rules).

Meet Ribbons and Awards

Your swimmer will receive ribbons for participating in meets and personal best ribbons each time a swimmer improves his/her time in an event.

At our swim banquet, a participation trophy is awarded to every swim team member who swims in at least one swim meet. Awards are given for the most improved swimmer, teamwork, sportsmanship, and points earned during the season.

Mini-Piranhas - Our Developmental Swim Team and Swim Lesson Program

We offer a developmental swim team and swim lessons program for our swimmers who are not yet comfortable swimming a full 25 meters of freestyle and backstroke. We offer four different levels of instruction.

Our Mini-Piranhas have the opportunity to swim in our "B" Meets. At home meets, we offer "lollipop" kickboard races, 6 and under assisted freestyle and backstroke events where a Big Piranha will be in the lane with your swimmer, 6 and under unassisted freestyle, and other events. For more information, please see our pool website (parklawnpool.org) or contact parklawnpiranhas@gmail.com.

Piranhas Swim Team Placement

We will help you decide whether your swimmer is ready for the Piranhas Swim Team or the Mini-Piranhas Developmental Team. We will provide low-key swim assessments for new swimmers at the pool on Tuesday, May 31, 2016 between 5 and 7 p.m., followed by a parent information session at 7 p.m.

Requirements and Parent Volunteers

Each swimmer must be a member of Parklawn Pool and pay the swim team registration fee. In addition, we require our parents to volunteer in our Parklawn Piranhas Snack Bar or pay an opt-out fee. Proceeds from the Snack Bar help support our team and keep our fees reasonable. We also encourage all parents to volunteer at our meets when they can.

Registration, Fee, and Discounts

If your family has one child on the Piranhas Swim Team, the fee is \$125. The fee is \$200 for two children on the team. If your family is a new Parklawn Pool member or your family is new to the swim team, the fee is \$100 for one child and \$150 for two children. The fee includes a team T-shirt. Mini-Piranhas developmental team and swim lesson program has different fees, depending on the level of instruction and number of sessions enrolled. Registration will be available by May 1st on the Parklawn Pool website (parklawnpool.org).



Contact Us

To learn more, please go to our parklawnpool.org website or contact us at parklawnpiranhas@gmail.com.

We look forward to hearing from you!

Our Experienced Coaching Staff

Head Coach Gypsy ErosteGUI. Gypsy is returning for her 3rd year as Head Coach. She began swimming at the age of four at Parklawn and swam competitively for USA Swimming clubs and high schools in the area. She is the Lead Coach for Arlington Aquatic Club (AAC)'s Age Group Prep program and an Assistant Coach for AAC's Sunday Gators program. Gypsy loves coaching the summer swim team because everything about summer swimming is fun! It gives kids of all ages and abilities the opportunity to improve and feel team camaraderie. It also builds a sense of community among the kids, parents, volunteers, and supporters.

Coach John Gullickson. John grew up in the Mount Vernon area where he swam at Mansion House and the Mount Vernon Yacht Club. Later, he swam at FBST, AAC, Mount Vernon and West Potomac in addition to Club Swim & Water Polo at James Madison University. Also known as Mr. G. in Alexandria, Coach John teaches K-8 PE at St. Mary's School and is the Varsity Head Swim, Dive and Water Polo Coach at Bishop Ireton High School (in addition to coaching club with the Potomac Marlins). With 30+ seasons of coaching experience, Coach John is looking forward to working with the Piranhas this summer and having a fun, fast and exciting team time!

Coach Carl Smearman. Carl has swam on Virginia Tech's club swim team for the past two years. During high school, Carl swam on the Bishop Ireton High School's Varsity Swim Team (Butterfly and Freestyle) and Water Polo Team, and was team captain for both the swim and water polo team. He also swam with the Arlington Aquatic Club team and Potomac Marlins Swim Club. He swam on the Parklawn Piranhas Swim Team for over fourteen years! Carl loves summer swimming because individual swimmers experience a true tight knit community centered around having fun and swimming fast.

Coach Travis Swann. Travis has swam on Virginia Tech's club swim team for the past two years. During high school, Travis swam on the Annandale High School team and the Arlington Aquatic Club team (Sectional Team), and he qualified for State Swim Competition in 2014 in the 200 freestyle relay. He swam on the Parklawn Piranhas Swim Team for over fourteen years! Travis loves summer swimming because it brings together kids from all different age groups to have fun and compete. The environment at a summer swim meet is truly one of a kind.