



LOP Piranhas

Summer 2025

Help
welcome our
new head
coach!

HELLO!
I'm Kayla!



Summer 2025

I am super excited to get to know all of our swimmers and their families! I can't wait to see what this season has in store for us and I can't wait to see everyone's personal growth in and out of the water as the season continues.

Fun Facts:

- 12 years swimming
- Coaching since I was 16 years old
- Favorite part of LOP is the sense of community!
- I love seeing hard work pay off

When I'm not at the pool

- Hiking
- Paddle boarding
- Gardening



Education: UNIVERSITY
OF THE
PACIFIC &
UTAH TECH

Future
Career: PEDIATRIC
PHYSICAL
THERAPIST

New Online Platform



SwimTopia Mobile – Stay Up to Date



[Notifications](#)

[Live Event/Heat Indicator](#)

[Swim History](#)

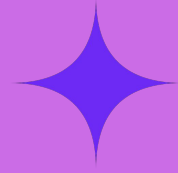
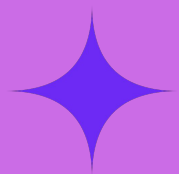
[Family Overview](#)

[Meet Signups](#)

[Job Signups](#)

[Heat Sheets & Estimated Start Times**](#)

[Meet Results & Scores**](#)



Practice

Information

Age Group	Practice Times
6 & under	4:30-5 PM
7-8	5-5:45 PM
9-11	5:30-6:30 PM
12-15	6:15-7:30 PM <i>Includes 15 mins of dryland</i>

Starts May 27th

Monday-Thursday

Practice Expectations

- Work hard and have fun
- Listen and learn from coaches (including junior coaches)
- Be safe, kind and respectful
- Swimmers must wear appropriate swim attire:
 - Girls: one-piece swimsuit
 - Boys: jammers
- Swim cap and goggles
- Water Bottle
- DRYLAND: If an athlete is to attend dryland, they **MUST** have closed toe shoes.

Swim Meet Expectations

- 2 Home meets, 3 Away
- Declare attendance online the Wednesday before the Saturday meet
- Be open to trying new events
- Show team spirit and support and cheer for your teammates
- Follow rules of the host team and Code of Conduct
- Check in with a coach after your events for feedback
- If you are unable to attend last minute, please let a coach or Larissa Raun (President) know before 7:30 AM. Any program changes need to be in by 7:30 AM
- All meet information will be shared a few days before the event, so please be sure you arrive on time for check-in and warm ups.

Junior Coaches

- The junior coaching program allows older athletes to volunteer to help our younger athletes in the water during swim practice. While this is extremely helpful to swimmers who need an extra hand in the water, we believe it also teaches our older swimmers trust and responsibility.
- To be a junior coach, you must be 12 years of age or older
- Junior Coaches will be working with younger swimmers in and out of the pool during practice
- Junior coaches are expected to be at the pool to assist at least 2 out of 4 days a week
- Information for those who are interested, please sign up at the table

Registration

- Register online through [Swimtopia](#)
- Turn in volunteer deposit or pay \$250 opt out fee
- Once volunteer deposit is collected, sign up for volunteer jobs- Opens 4/24 at 8 PM
- Registration closes June 1st



- Lake of the Pines has a strict 25 MPH speed limit
- Radar cameras have been installed and placed in multiple places throughout the community.
- Tickets are issued to drivers going over 25 MPH. The Piranhas will receive a ticket with a photo of your license plate and car if you speed
- You signed an agreement to repay the Piranhas for any speeding violations.
- All non members that are called in the gate with have 1 week from notification to pay the fine to the Piranhas.
- If the fine is not paid by the end of the week you will not be called back into the gate and your swimmer will be allowed to participate in home meets until the fine is paid.
- If a second ticket is issued during that time frame, both fines are due before you will be called back into the gate and your swimmer will not be allowed to participate in home meets until the fine is paid.

New Swimmer Clinics

These clinics are designed for registered Piranhas who are water safe, but need some extra practice getting across the pool unassisted before the summer season starts. Parents are required to stay. Please sign up for a 30 minute session per day.

- May 13th and 15th
- 30 minute sessions from 4:30-6:30pm
- Sign up through [Swimtopia](#)



Register Here!

USA SWIMMING RULES

- **This year, the league has decided that we will be using USA Swimming rules for meets.**
- **Also, in order to clear up any confusion, if a swimmer gets disqualified at a meet, a meeting will be set up with the swimmer, their parent, and the head coach to discuss why the disqualification occurred and how to fix it.**
- **To access the USA swimming handbook online, go to usaswimming.org and scroll all the way down and click on “rules and policies.” Then, scroll down till you see the 2024 RuleBook. It is only necessary to read Article 101.**
 - **Exceptions:**
 - **5-6 year olds will receive warnings in lieu of DQs until they get to champs**
 - **7-8 year olds will receive warnings in lieu of DQs until July 4th. After July 4th they will receive DQs.**