

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JANUARY 1, 2018



Practice Updates This Week

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Practice for Maia & House
ONLY 845-930am. All
others at meets.

MEMBERSHIP CARDS

Please all Piranha Swimmers
MUST swipe their membership
card at the welcome desk before
entering the locker rooms. Kids
without cards may be turned
away.

LEAVING PRACTICE EARLY

If your swimmer must leave
practice early, please send a
note with your swimmer to give
to the coach.



MEETS THIS WEEK

13/O Y STATES at Wilton

S 6 15/18 and Open 7am warmup 830am start

S 7 13/14 and Open 7am warmup 830am start

Attire: White "P" caps, Piranha team suits, Piranha tee shirt, all
other gear Piranha!

SMST Snowball Qualifier at Masuk HS

S 6 12/under 1230pm warmup 145pm start

S 7 12/under 1230pm warmup 145pm start

Attire: Yellow "P" caps, Piranha team suits, Piranha tee shirt, all
other gear Piranha!

*****PLEASE DO NOT BE LATE FOR WARMUP!! CHECK IN WITH
PIRANHA COACHES IS 15 MINUTES BEFORE WARMUP BEGINS.
IF YOU GET SCRATCHED, YOU WILL NOT BE ABLE TO SWIM!
PLEASE ALLOW ENOUGH TRAVEL TIME!**

PIRANHA SCARVES

Piranha scarves will be for sale for \$12 (**cash only**) on
Wednesday, 1/10 from 530pm to 615pm in the Y lobby (scarf
photo on the homepage).

MEET SIGN UPS

All the sign-ups for the rest of the short course season are up on
the Piranha homepage. **Please check them as the dates will
come up very quickly (mostly early January), and once the entry
is sent, it is nearly impossible to add swimmers to the entry.**

Upcoming Sign-ups:

<u>Meet</u>	<u>Google Doc Deadline</u>
GYWD One Stop 2/1	1/8/18
Blue-Yellow Intrasquad 1/10	1/8/18
9-12 Y States 1/27-28	1/10/18
8/u Y States 2/4	1/19/18
CT Regionals 3/2-4	2/15/18
NE Regional Y All Stars 3/23-25	2/28/18

Quote of the Week

*"And now we welcome the new year. Full of
things that have never been."*

Rainer Maria Rilke

Coaches Corner #14 – Henk Jansen, 1/2/2018

Happy New Year! Yes, 2018. Sounds like the title of some George Orwell novel. With the start of a new year and even though we are well past the halfway point of the SC season, let me remind everyone what a “new year” can mean:

12 months of opportunity – make the most of it

52 weeks to be great – it is up to you

364 days (it is the 2nd after all) to make positive, meaningful changes – no one can make them for you

8736 hours of choices – choose wisely

52,4160 minutes of time – DON'T WASTE IT

All the best in 2018. GO PIRANHAS!!!

THANK YOU!

Thank you from the Piranha Staff to the PPA and all the Piranha families for the generous holiday gifts and warm wishes. All the best for a Happy and Healthy 2018!!

RELAY FUN TO FINISH OUT 2017!

