

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

JANUARY 22, 2018



## Practice Updates This Week

<b>S27</b>	Practice for House only. All others cancelled- coaches at meet.
------------	---

### 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.



### UPCOMING MEETS

#### 9-12 Y States at Cheshire, January 27-28

S 27/S 28 11/12s warm up: 8am start: 9am  
10/u warm up: 1pm start: 2pm

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

Volunteers: TBA

#### GYWD One Stop Meet at Greenwich HS, February 1

Th 1 warm up: 615pm start: 645pm

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

Volunteers: TBA

#### Chelsea Piers Qualifier at Chelsea Piers, February 2-3

F 2 warm up: 3pm start: 4pm  
S 3 warm up: 630am start: 755am 13/overs  
Warm up: 1130am start: 1pm 12/unders

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

Volunteers: 1650 must provide own counter and timer  
All other assignments TBA

**\*\*\*PLEASE DO NOT BE LATE FOR WARMUP!** Check in with coaches is 15 min. prior to beginning of warm up.

### 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:

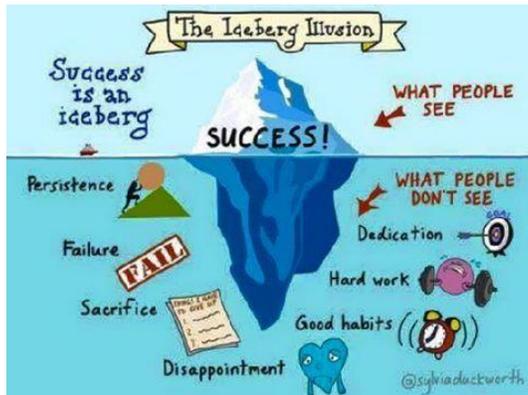
Meet	Google Doc Deadline
CT Regionals 3/2-4	2/15/18
NE Regional Y All Stars 3/23-25	2/28/18

### WRAT Pentathlon

This past Sunday the Piranhas attended the 2018 13/Over WRAT Pentathlon at the Westport YMCA. At a Pentathlon, each swimmer swims 100's of each stroke plus the 200 IM and the overall time is added and special awards are given for the top 12 swimmers in each age group. Congratulations to Gracie Spataro for placing 3<sup>rd</sup> for the overall in 13/14 girl's age group and John Frankowski for placing 9<sup>th</sup> for the 13/14 boys. Once again thanks to our great officials for working this past Sunday. Individual results coming soon.

## Coaches Corner#17 – Henk Jansen, 1/22/2018

I am going to use this Coaches Corner to retread one of the first CC's, #4 to be exact. It is a good read and very appropriate this time of year as we get ready for Championships.



Swimming is a marathon, not a sprint. What the heck does that mean? Well, swimming is a process, sometimes a LONG process, and in this day and age of instant gratification and results, swimming is the exact opposite of that. I always get a kick out of the interviews or video montages during the Olympics when the announcer states said swimmer has worked hard for four years for this. FOUR YEARS!!! Try a life-time! This is a long haul sport in an instant gratification world. Yes, swimmers will improve at times meet to meet, season to season, and year to year, but there will always be something to work on and something that simply takes longer to improve upon. In addition, not every swimmer will learn at the same pace. Some swimmers will take a little longer than

others, but if swimmers come to practice and coaches are teaching and coaching, it will come together. The process (there is that word again) is a bumpy road with many twists and turns that takes time. The best way I can describe is with a picture. Very few, maybe three swimmers in the world, have a very straight and speedy road to fast swimming. Most swimmers have the iceberg. When mistakes are made, and made, and made, please remember, the coaches are working on it and it will take some time. Remember also, a diamond is a lump of coal that stuck with it!! Until next time....

### Quote of the Week

*"We would accomplish many more things if we did not think of them as impossible."*

*Vince Lombardi*