

PIRANHA SWIMMING

DARIEN, CONNECTICUT

FEBRUARY 12, 2018



Practice Updates This Week

F16

February Break Calendar begins- goes thru 2/24

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.



FEBRUARY BREAK SCHEDULE

Beginning this Friday, there are changes to the practice schedule through Saturday 2/24. Please check the Piranha homepage for the link to the schedule.

SWIM CHALLENGE PRIZES DISTRIBUTION

Swimmers that earned prizes for the swim challenge will be able to pick up their prizes in the Y lobby on Wednesday 2/14 from 545pm-630pm.

UPCOMING MEET- CT REGIONAL CHAMPIONSHIPS

The championship season is upon us (it came up so quickly!), and the first meet will be the **CT Regional Championships**. To be eligible to compete, a swimmer must have swum in at least **one** CT-USA swim meet this season (Piranha Oct. meet, Piranha Nov. meet, RYWC Dec. meet, SMST Jan. meet, WRAT Jan. meet, GYWD Feb. meet, or CPAC Feb. meet). The Regional meet is held at several locations throughout CT on the first weekend in March. Teams will be assigned a location based on the size of their entry, and sometimes, proximity to competition site. In the past, we have been fortunate to have been assigned to compete at the Greenwich YMCA, but we will not know our assignment until **after** the entries are in to CT Swimming and are processed. **The Piranha google doc deadline for this meet is Thursday, 2/15. Once the entry is processed there is no way to add swimmers, so when in doubt, sign 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, and once the entry is sent, it is impossible to add swimmers to the entry.**

Upcoming Sign-ups:

<u>Meet</u>	<u>Google Doc Deadline</u>
CT Regionals 3/2-4	2/15/18
NE Regional Y All Stars 3/23-25	2/28/18
Meet of Champions 3/28	3/26/18

Coaches Corner #19 – Henk Jansen, 2/13/2018

The end of the season is upon us. I've already written about Championship meets and how they're a season and what is required to qualify for certain meets. This article is more about what is happening on the "wet" side.

What happens at practice during the final weeks and days of the season? It can be an exciting time for many reasons. For some it is the culmination of the season and a time to get ready for a Championship meet. For some it is looking forward to a little break in the season and some time away from the pool, (that might be a bit more excitement for the parents who drop off and pick up every day, lol). Seriously, for each age group and level of swimmer it means something a little different in the pool. For 8/Unders, we won't do anything too different even if they are getting ready for a Championship Meet. It will be practice as usual, but we will do a few more starts and a few more fun relay days to get them racing a bit and put a capper on the season. For 9-12's, and even some 13/14's, again, mostly practice as usual, but we will also do some more starts, turns and finishes and try to fine tune the little things that pertain to racing, which is what we do before most meets all season.

As kids get older and train longer and tougher, the end of the season is a time to focus a bit more on racing during practice and to back off a little on the really tough work so the body can recover. That is not to say we totally change practices. I am not trying to "confuse the body" at this point or just swim easy. That approach is usually a recipe for disaster because although these kids work hard and need rest, they are young and recover pretty quickly so they don't need as much rest in the pool as they think. Yes, there are some changes, but nothing too drastic. I am just trying to continue with the progression started in September, i.e. rest a little while swimming enough to keep up their endurance (these meets are 2-5 days long and can be a grinder) and get the kids excited and feeling good about racing. Some coaches will refer to this time of year as "taper" but I can't stand that word. I feel too many people throw the word taper around as if it is some sort of magic and there is no magic in swimming, just hard work and training. When you do that consistently for years, you can expect to see results. Until next time . . .

Quote of the Week

"Life lived for tomorrow will always be just a day away from being realized."

Leo Buscaglia