

PIRANHA SWIMMING

DARIEN, CONNECTICUT

FEBRUARY 26, 2018



Practice Updates This Week

M 26	NO DRYLANDS ALL WEEK
T 27	Seniors 3-445pm. Junior 1 730-9pm
S 3	Maia and House ONLY 845-930am.

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.



MEET INFO THIS WEEK

The season is upon us!! This weekend the Piranhas will compete at the Regional Championships March 2-4 at the Greenwich YMCA. This is the first of our March Championship meets and it always acts as a launching pad for a great championship season. I am looking for all Piranhas to come dressed in their Team gear, shirts, caps, sweats, etc and show their Piranha Team spirit and pride. Last year the Piranhas had one of the best Regionals meets in the last decade and I am hoping we can top last year's performance. Swim fast, have fun & GO PIRANHAS!!

Listed below are some of the details for this weekend.

--Please note swimmers ARE ALLOWED to wear "tech" suits. I am not advocating you go and buy one, but if you already own one, your swimmer can wear it.

--Please note we will need timers for all sessions - GOOGLE DOC sign-up. I ask that everyone in attendance please help with our volunteer obligation. Many hands make light work!

--We will have relays at the end of each session. I try to be practical when putting together relays, but I also like to put up competitive relays, as well. Please make time for relays as they are part of the meet.

--Please note that Sunday afternoon warm-up and start times have been changed. See details below

Friday Distance Session

Warm-up 4:00p, Start 5:30p, Volunteers 1 timer

Saturday and Sunday am session (12/under girls, 13/over boys)

Warm-up 7:30a, Start 9:00a, Volunteers 2 timers both days

Saturday pm session (12/under boys, 13/over girls)

Warm-up 12:30p, Start 2:00p, Volunteers 2 timers

Sunday pm session (12/under boys, 13/over girls)

Warm-up 1:30p, Start 3:00p, Volunteers 2 timers

Seating:

Swimmers will be seated in the gymnasium just off the pool deck so swimmers should bring chairs and warm clothing. Parents will have bleachers provided although some bring their own chairs.

Parking:

Please follow the parking map provided for Meet parking. [Parking Map](#)

*****PLEASE DO NOT BE LATE FOR WARM UP!! CHECK IN WITH PIRANHA COACHES IS 10 MIN PRIOR TO START OF WARM UP. IF YOU ARE SCRATCHED YOU WILL NOT BE ABLE TO GET BACK INTO THE MEET.**

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

2/26 COACHES CORNER:

REGIONAL CHAMPIONSHIPS THIS WEEKEND: SWIM FAST, HAVE FUN, GO PIRANHAS!!!!!!

Quote of the Week

*"They can conquer who believe they can."
Virgil*