

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

FEBRUARY 5, 2018



## Practice Updates This Week

**M5** Regular practice all week

### 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 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>
<b>CT Regionals 3/2-4</b>	<b>2/15/18</b>
<b>NE Regional Y All Stars 3/23-25</b>	<b>2/28/18</b>

### Quote of the Week

*"It's amazing what a little encouragement can do."*

*Winnie Harlow*

## **Coaches Corner #18 – Henk Jansen, 2/5/2018**

It is Championship season. Yes, it has become a SEASON! There are several meets offered with different criteria, but for today's article I am going to discuss **Regional Championships**. This meet is a Championship meet in early March where all swimmers can participate regardless of time. With that said, let me elaborate because that is not a 100% honest statement (and this is the Y after all). In certain events a swimmer does not have to meet a time standard BUT must have participated in one CT-USA Meet and have reportable times, i.e. times from a USA or YMCA meet that has been presided over by a USA officiating crew. (A list of CT-USA meets has been provided on the front page). All Piranha meets besides our own Intrasquad meets are officiated by USA officiating crews but NOT all are CT-USA Meets. CT-USA Meets are listed on our meet schedule page with "CT-USA" under meet type so please check that out carefully.

Ok, back to Regionals as I affectionately refer to, well, Regionals. 12/unders can swim all four 50's and the 100 free no matter what their time, but they must have a legal time. For all other 100's and 200's and above events, a swimmer must meet a qualifying standard. 13/overs can swim all four 100's and the 50 free regardless of time but again, must have a time.

FYI, for **the YMCA All-Star Meet** at the end of March, a swimmer must have attended at least one meet on the Piranha Schedule, YMCA or USA (excluding Intrasquad meets), and meet qualifying time standards for all events. There are no freebies at that meet.

Until next time . . . .

## **MEETS THIS PAST WEEKEND**

### **GYWD One Event Meet**

The Piranhas descended on the Greenwich High School Pool last Thursday night for the GWYD One Stop Meet. The Piranhas had 27 swimmers compete and finished the night with 93% best times!! Great job leading into the homestretch to Championships! Thanks to all the parents and officials for volunteering!

### **CPAC Age Group Qualifier**

The energy was high as 60+ Piranhas competed at the CPAC Age Group Qualifier on Friday and Saturday- our largest crowd at one meet in awhile! Nearly every swimmer had best times in at least one event (some even in all events!) as the Piranhas keep improving as we head into the Championship season! Thank you to all of the parents who volunteered as timers and officials at the meet.

### **8/Under YMCA States**

Congratulations to all the 8/Unders who competed at the 8/Under YMCA Championships. Congratulations to Colby Comfort for winning the 25 back and 25 freestyle and placing 3rd in the 25 fly!!! Scott Luecke was another top 6 finisher in the free and fly. Rounding out the 8/Under Championship Team was Tessa Michaelis, Caroline Morrison, Zofia Zalewski, Sofia Bambina and Heili Jalakas. Great job Piranhas!!