

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

APRIL 30, 2018



## Practice Updates This Week

**M**  
**30** 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 INFO- next week

#### WILTON SUMMER QUALIFIER- DISTANCE-FRI 5/11

13/over warm up: 4pm start: 5pm\*

*\*Swimmers in 800 free must provide their own timers and counters*

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

#### SMST PENTATHLON- SAT 5/12

12/under warm up: 710am start: 830am

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

### NOTES FOR BOTH MEETS:

**1-BRING CHAIRS!!**

**2-PLEASE DO NOT BE LATE FOR WARM UP!** Check in with Piranha coaches is 10 min prior to the start of warm up. If you are scratched, there is no way of getting you back into the meet!

### MEET INFO THIS SPRING/SUMMER

As of 4/23, we are confirmed as entered in the following meets:

|                      |         |
|----------------------|---------|
| Wilton Distance Meet | 5/11    |
| SMST Pentathlon      | 5/12    |
| GRYM Invite          | 5/18-20 |
| Zeus 9/u Meet        | 6/1     |
| CT Y States          | 6/1-3   |
| WRAT 9/u Invite      | 6/7     |

*We are still waiting to hear about the CPAC Meet for Sat 6/16 (we are in for Fri 6/15 distance session) and the WHAT Last Chance Invite (7/21-22).*

**\*\*\*PLEASE CHECK THE ENTRIES POSTED ON THE HOMEPAGE SO YOU KNOW WHAT YOU ARE SIGNED UP FOR!**

### PIRANHA PARENT MEETING- WED 5/2 530-615PM

This meeting is for new and returning parents. Topics such as meets, team training philosophy, communication and much more will be discussed. Meeting will take place in the upstairs conference room. We will meet in the lobby just before and then go upstairs.

### STAYING HYDRATED DURING PRACTICE

Please remind your swimmers to bring water bottles to practice. As the warmer weather approaches, swimmers can get dehydrated much sooner than they expect.

### Quote of the Week

*"I find that the harder I work, the more luck I seem to have."*

**Thomas Jefferson**

