

PIRANHA SWIMMING

DARIEN, CONNECTICUT

MAY 14, 2018



Practice Updates This Week

S NO PRACTICE ANY GROUP
19 EXCEPT HOUSE

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

GRYM Summer Qualifier at Greenwich YMCA 5/18-20

F 18 13/o distance warm up: 4pm start: 5pm
S 19/S 20 13/o warm up: 7am start: 830am
12/u warm up: 1230pm start: 2pm

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

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! **Also, if you know ahead of time your swimmer will not be attending the meet, please email Henk or Liz with that info. We would like to know (preferably ahead of time) if you are not attending so we are not guessing.**

MEET INFO THIS SPRING/SUMMER

As of today, we are confirmed as entered in the following meets:

GRYM Invite 5/18-20
Zeus 9/u Meet 6/1
CT Y States 6/1-3
WRAT 9/u Invite 6/7
CPAC Meet 6/15-16
WHAT Summer Invite 7/21-22

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

STAYING HYDRATED DURING PRACTICE

Please remind your swimmers to bring water bottles to practice. With the warmer weather (finally!) upon us, swimmers can get dehydrated much sooner than they expect. It is important for the swimmers to drink water (preferably) during a practice. If they wait until they feel thirsty, they have waited too long. Stay hydrated!!!!

MEETS THIS PAST WEEKEND

Wilton Distance Session @ Wilton YMCA

The Piranhas were led by Gracie Spataro who placed 3rd overall for 13/Overs in the 800. The Piranhas boasted several life-time best times as many of their splits were on the way to the 800 registered best times. Great job, results are on the way.

SMST @ Masuk High School, Monroe, CT

The Piranhas crushed the competition at Masuk High School Saturday as the 11/12's dominated their division and the 10/unders had several life-time best times. Results coming soon.

Coaches Corner #1 – Henk Jansen ~ 5/14/2018

As a parent, what do I say to my swimmer before, after, during a meet? The short answer is NOTHING, more specifically nothing about swimming, but allow me to elaborate. The first lesson of being a swim parent is to SUPPORT, NOT COACH. Your swimmer needs parents. Your swimmer needs YOU, not another coach. On the way to a swim meet is not a time for mom or dad to become coach. I would keep the conversation away from swimming and if swimming becomes a topic, keep it positive and light; "have fun", "give 100%", "do your best", "support your teammates" and "I love you no matter what happens." During a meet, most of the time you should say NOTHING AT ALL to them because swimmers should learn to function with the coaches and teammates and without mom and/or dad, but I also do understand that kids want to see parents during a meet (most of the time for money for the snack bar), but seriously, if a swimmer is nervous or just needs a little TLC, I get it. Again, this is not a time to coach but a time to be supportive and positive. Lastly, after a meet in the car ride home is not a time to critique your swimmer but a time to tell him or her "I LOVE WATCHING YOU SWIM". Those are some of the most important words you can tell your child and it fits for all sports. It can be said no matter what the results or effort. Now, what do you say when your swimmer didn't quite give it his or her all and you know it. Again, not a time to lay into them about it. There are other ways I think the message can get across without making it confrontational because when that happens, the overall message gets lost. For me personally, my Dad would always tell me, "If you gave everything you had, I am proud of you no matter what the clock says." Although I think most of the time I did give it my all, and trust me my results weren't always noteworthy, but guess what? Sometimes I didn't, and I knew it. So those words were all I needed for his message to come across loud and clear and it has stuck with me to this day. Swimmers know when they don't "give it their all" so you don't always have to tell the how great they did, and I know that sounds harsh, and I am not saying to lay into them, but there are messages you can send that will get through that are not antagonistic. Coaches use them all the time. I know, I am rambling, in summations races that are great efforts aren't always great times and sometimes swimmers need to give more, but overall the love of a parent and respect of a coach should always be there for your swimmers no matter the result. Until next time.....

Quote of the Week

"Good habits formed at youth make all the difference."

Aristotle