

PIRANHA SWIMMING

DARIEN, CONNECTICUT

MAY 29, 2018



Practice Updates This Week

S
2

NO PRACTICE ANY GROUP EXCEPT HOUSE. Coaches at Y State meet.

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

CT Y States at Brookfield June 1-3

Fri 1- warm up-4pm start-5pm (12/u 200s- 13/o distance)
Sat 2 & Sun 3

Warm up-7am start-830am 12/unders

Warm up- 1230pm start-2pm 13/overs

Attire: Yellow "P" caps, blue Piranha tee shirts, Piranha team suit, all other gear Piranha!

Volunteers: Fri- all swimmers provide their own timer

Sat and Sun- 3 timers 12/u session

2 timers 13/o session

*****PLEASE DO NOT BE LATE FOR WARM UP!** Check in with Piranha coaches is 10 min before warm up begins. Once you are scratched, there is no hope of getting back into the meet.

STAYING HYDRATED DURING PRACTICE

Please remind your swimmers to bring water bottles to practice. With the warmer weather 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!!!!

UPCOMING OFFICIAL CLINICS

Clinic: Re-certifying Stroke and Turn Official's Clinic

Dates: 7/17/2018

Time: 7:00pm to 9:30pm

Location: Online Class

RSVP Nancy Wargo nwargo10@gmail.com

FOLLOW US ON SOCIAL MEDIA!

YouTube: search Piranha swimming drill series (**NEW!**) (there is also a link to it on our Instagram page)

Facebook: Piranha Swimming at Darien YMCA

Twitter: @darienpiranha

Instagram: piranhaswimct

*****when requesting to follow us on social media, if your username/profile doesn't have your name in it, please email Liz to let her know you are requesting to follow. We are very careful about who we allow to have access to viewing our social media accounts and want to make sure it's always "friends and family"!**

Coaches Corner #3 – Henk Jansen 5/29/2018

So, summer is right around the corner. You know- where the kids are out of school and all us parents must figure out what we are going to do with them. Yeah, it's that time of year, LOL. (Ok lame joke, back on track.) Let me start by stating, I totally understand that kids go away to camp, families go on vacation and kids take part in summer club swimming. I have no issue with any of it. I told myself when I became the coach here, that it wasn't my place to tell families, even if I was asked, when to take vacation or send their child to camp. That is a family decision. As well, I have no issue when young kids, notice I said *younger*, I will explain, take part in summer club. I just hope that kids don't totally disappear and somehow keep in touch by coming to practice here and there. Overall, I don't like losing kids for the summer, but I get it, attendance rates will drop for a bunch of kids. Now with that said, I think some of the older more experienced swimmers (Senior, Junior I) should understand that staying and training with the Piranhas is more to their long-term benefit than swimming exclusively with their summer clubs. It may not always be as fun, but nevertheless, it's more beneficial. So overall, summer is coming. I hope to see you at the pool, and if I don't, enjoy the summer. And I'll see you in the fall. Until next time . . .

GET TO KNOW YOUR INTERN: CHRIS ZHANG

When did you start swimming and why?

--I started swimming competitively when I was entering 8th grade. I started swimming because I needed to lose weight

How long have you been a Piranha?

--5 years.

What is your favorite event and why?

--I love the 100 breaststroke because breaststroke is fun 😊

What is your favorite Piranha memory??

--When we got to meet Olympian Maya DiRado.

Who is the most influential person in your swimming career?

--All my teammates- because they have pushed me to my limits and helped make me the best swimmer I could be!

What is your favorite Olympic swimming moment?

--Rio 2016 when the USA won the 4x100 free relay. I love this one because you can see the emotion of both the rookies and the veterans. Proving that no matter how many times you win, it will always be one of the most exciting times of your life!

What are your hobbies outside of the pool?

--I like to play basketball, hang out with friends, watch a good movie or TV show, and I like to read.

Where are you going to college- and are you swimming there?

--I am going to Grinnell College and I will be swimming there.

What is your favorite ice cream flavor- and where can we get it?

--Ben and Jerry's Chunky Monkey- available at the grocery store.

Quote of the Week

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

Colin Powell