

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

MAY 7, 2018



## Practice Updates This Week

**S** NO PRACTICE ANY GROUP  
**12** 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

#### 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!**

### 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!!!!

### Quote of the Week

*"You don't do things right once in a while. You do things right all the time."*

*Vince Lombardi*

# LONG COURSE SEASON REFRESHER

## GENERAL MEET INFO

### Entry

Coaches choose events for all swimmers. Parents should check the entry as soon as it is posted and definitely way before you plan on attending to make sure your swimmer is entered. Many times parents think they signed up, but in fact did not. It happens every season. Once the entry is sent parents are responsible for meet entry fees and seldom can we update to add swimmers.

### Parents on deck and in Team area

Please note parents **ARE NOT ALLOWED** on deck at swim meets unless you are a volunteer timer. Once you drop off your swimmer to the Team you must then proceed to the designated spectator area. Every meet has one. Even if the spectator area is on deck, like our pool, parents are still not allowed in the designated Team area, even parent timers. Only coaches, officials and swimmers are allowed in the Team area at USA and YMCA swim meets. **This is a strict USA Swimming and YMCA Swimming policy.**

### Warm-up Time

This is the time the Team is in the water. We would like swimmers on deck ready to go about 10 minutes before this time. It is very distracting when swimmers arrive late for warm-up. Not to mention a swimmer could be "scratched" from the meet. See below.

### Scratching and arriving late the day of a meet

Please note: at meets coaches **MUST** hand in a scratch sheet (more about the scratch procedure can be found in the [Team handbook, page 15-16](#)) usually about 15 minutes after the first warm-up begins regardless of which warm-up wave we are assigned. Once these scratch sheets are handed in, no changes are allowed. If you are running late and your swimmer is **SCRATCHED** there is little to **NO** hope of getting your child back in the meet. You must get word to coaches that you are running late. **Also, we would like to know if you are not attending so we are not guessing.** Emergency numbers are usually listed with every meet write-up but are not always reliable. The best way to get in touch with a coach the day of a meet is to get the cell of another swimmer attending prior to that meet and relay a message about attendance to the coaches. You can also email [Henk](#) or [Liz](#). They will check their emails as long as there is cell service (we will not send a response FYI.)