

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JUNE 11, 2018



Practice Updates This Week

W 13	INTRASQUAD MEET- No practice any group except Senior/Jr 1- 315-530p Jr 2- 330-515p
S 16	NO PRACTICE ANY GROUP EXCEPT HOUSE- coaches at CPAC 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

Blue vs. Yellow Intrasquad Meet- Wed. 6/13

Warm up: 530pm Start: 6pm

Attire: Yellow "P" caps for yellow team, white "P" caps for blue team

CPAC MEET at Chelsea Piers- 6/15-16

F 15 Warm up: 3pm Start: 4pm Distance session

S 16 Warm up: 7am Start: 830am 13/overs

Warm up: 1230pm Start: 2pm 12/unders

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

Volunteers: Google doc posted on Piranha homepage

*****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.

PERSON TO PERSON FOOD DRIVE- through 6/15

The Piranhas will be taking donations for Person to Person in Darien to help those in our community who are in need.

Donation bins will be located on the pool deck during practice. Please help with whatever you can. The list of items that are most needed is on the Piranha homepage, the team bulletin board at the Y, and on our Piranha Instagram, Facebook and Twitter pages.

PIRANHA PRACTICE SCHEDULE GOING FORWARD

Please note since school will be getting out later than usual, the [Spring schedule](#) for the Piranhas has been extended to June 21st. **The Summer schedule will begin Friday, June 22nd.**

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"!**

*****Please be reminded these are for positive promotion and entertaining purposes. We will not tolerate any negative comments or "airing of dirty laundry". Let's keep it fun!!**

GET TO KNOW YOUR COACHES- Coach Henk

When did you know you wanted to be a swim coach?

Summer of 1997, the summer before my Senior year in College. I sat in my lifeguard chair at my lifeguarding job and was thinking about what I wanted to do when I graduated. The first thing that came to my mind was swimming. Always loved it and couldn't think of it ever being out of my life so I pursued coaching when I graduated.

What is your favorite Olympic swimming moment?

2000 in Sydney. In Sydney, in front of the Aussie crowd, Pieter van den Hoogenband, a Dutch freestyler beat the reigning World Record Holder and Aussie, Ian Thorpe. Ian Thorpe was the "Michael Phelps" of his time. Just dominant in the mid-distance freestyle events. It was one of the biggest upsets of the Games. I think I remember it most because I watched it with my Dad who is 100% Dutch and it brought him to tears.

Who is the most influential person in your swimming/coaching career?

Without a doubt my Dad. He taught me how to swim although he never truly coached me. He always left that to the coaches in my life. He was always my inspiration and my #1 fan and supporter as a swimmer and a person. He taught me to take pride in my work no matter what it was.

What are your hobbies outside of the pool?

LOL, I have 4 kids, I don't get to have hobbies!

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

Swamp! They have it at the pool club in Shelton and it is awesome!! Michele and I actually looked it up on-line, so we can find an ice cream shops that sells it. It is a concoction of Oreo crumbles, M&Ms, peanut butter, chocolate chips, caramel swirls, chocolate malt something or others in vanilla ice cream. SOOOOO GOOOD!!

darien-ymca-piranhas.org

2018 Long Course Practice Schedule - June 17-July 28 – UPDATED 3/21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
House	xxx	4:45-5:30p	xxx	4:45-5:30p	xxx	9:00-9:45a
Maia	5:00-5:45p	xxx	5:00-5:45p	xxx	5:00-5:45p	9:00-9:45a
Nautilus	5:45-6:45p	xxx	5:45-6:45p	6:30-7:30p	5:45-6:30p	9:00-9:45a
Poseidon	5:00-6:30p	6:30-7:45p	5:00-6:30p	6:30-7:45p	5:00-6:30p	8:15-9:45a
Neptune	5:00-6:30p	6:30-7:45p	5:00-6:30p	6:30-7:45p	5:00-6:30p	8:15-9:45a
Junior II	5:00-6:45p	DL 6:00-6:30p Sw 6:30-7:45p	5:00-6:45p	DL 6:00-6:30p Sw 6:30-7:45p	5:00-6:30p	6:30-8:15a
Junior I	5:45-8:00a or 5:00-6:45p	Sw 5:45-8:00a DL 8:15-9:00a xxx	5:45-8:00a or 5:00-6:45p	Sw 5:45-8:00a DL 8:15-9:00a xxx	5:45-8:00a or 5:00-6:30p	6:00-8:15a
Senior	5:45-8:15a xxx	Sw 5:45-8:00a DL 8:15-9:00a xxx	5:45-8:15a xxx	Sw 5:45-8:00a DL 8:15-9:00a xxx	5:45-8:15a xxx	6:00-8:15a

Please note the schedule is subject to change.

Junior I swimmers are welcome to attend any morning workout on Monday, Wednesday, Friday.

DL = Dry Lands

*Dry Land calendar TENTATIVE.

Quote of the Week

"You can't expect to hit the jackpot if you don't put a few nickels in the machine."

Flip Wilson