

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JUNE 18, 2018



Practice Updates This Week

F SUMMER PRACTICE
22 SCHEDULE BEGINS

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.



PIRANHA PRACTICE SCHEDULE CHANGES ON FRIDAY!

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.**

PERSON TO PERSON FOOD DRIVE- through 6/22

*****DATE EXTENDED THROUGH THIS FRIDAY!**

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.

MEET SIGN UP STILL OPEN FOR ORCA MEET 6/28

The meet sign up is still open for the Summer Fun Meet at the Italian Center in Stamford. This is a fun meet to attend and a chance to swim outside! Please visit the Piranha homepage for access to the Google doc. Deadline to sign up is Thursday 6/21.

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: @darienypiranha

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!!**

2018-19 REGISTRATION INFO

Registration info for returning swimmers will be emailed to all current swimmers in mid-July. Register online by Aug 3rd and receive a \$50 credit towards the volunteer fee charge. ALL registrations must be received by Aug 24th to secure a spot on the team.

GET TO KNOW YOUR COACHES- Coach Carl

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

After moving to the Stamford area three years ago I began swimming at the Darien Y. I would often see Henk in the morning with the team practicing. I decided then that I wanted to begin coaching as soon as possible.

What is your favorite Olympic swimming moment?

Pick an event of 41-year-old Dara Torres at the Beijing Olympic Games in 2008 or of course Michael Phelps 100 m fly at Beijing

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

My technique coach Ken Holland from O2 Swimming.
<http://www.o2swimming.net/>

What are your hobbies outside of the pool?

Sailing, paddle boarding, bicycling (mountain and road)

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

So Delicious Cashew Milk Ice Cream – Creamy Chocolate

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

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."

Greg Anderson