

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JUNE 25, 2018



Practice Updates This Week

Th
28

NO AFTERNOON PRACTICE
ANY GROUP INCLUDING
HOUSE- coaches at Orca
meet. AM PRACTICE ON
AS SCHEDULED

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

Orca Summer Fun Meet- Thursday 6/28

Warm up: 4pm

Start: 5pm

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

PERSON TO PERSON FOOD DRIVE- through 6/27

*****DATE EXTENDED THROUGH THIS WEDNESDAY!**

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.

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!!**

LOOKING FORWARD:

JULY 4TH- Practice for Seniors and Junior 1 ONLY- ALL OTHER GROUPS OFF.

JULY 5TH- Seniors and Junior 1 OFF- ALL OTHER GROUPS REGULAR SCHEDULE

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 Michael

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

When I was in 8th grade and won the Leadership Award at my swim banquet (Danvers Dolphins). My Coach at the time, Dana Milne, who is a Police Officer and Nurse, was a great influence on me and pushed me to be my best and to set an example to others in and out of the pool!

What is your favorite Olympic swimming moment?

- 1) The GOAT-Michael Phelps- winning 8 golds at Beijing Olympics (especially him winning the 100 fly at the finish over Serbia’s Milorad Cavic!!)
- 2) The 1976 USA Women’s 400 Free Relay beating the East Germans.

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

My mom Sandy and Dad Bruce who instilled in me my love of the water! They drove me to practice and meets and encouraged me to have fun and to do my best!

What are your hobbies outside of the pool?

Hanging with my 4 kids! I am an avid outdoorsman! I love fly-fishing, kayaking, cross country skiing, snowboarding, mountain biking, tennis and basketball!! I also play a little guitar!

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

- 1) Home-made Black Raspberry ice cream with hot fudge walnuts waffle cone and homemade whipped cream- at Buttonwood Farms, Griswold, CT during the Make a Wish Giant Sunflower Festival held every year in late July/early August. A magical place!
- 2) Ben & Jerrys- Chunky Monkey

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

"There is no substitute for hard work."

Thomas A. Edison