

# PIRANHA SWIMMING

DARIEN, CONNECTICUT

JUNE 4, 2018



## Practice Updates This Week

<b>W</b>	NO PRACTICE ANY GROUP
<b>6</b>	Due to Piranha 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

#### PIRANHA 13/OVER MILE MEET- WED. 6/6

Warm up: 4pm Start: 5pm

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

Volunteers: ALL SWIMMERS MUST PROVIDE THEIR OWN TIMERS AND COUNTERS!

#### WRAT 9/U INVITE- THURS. 6/7 at Westport YMCA

Warm up: 430pm Start: 530pm

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

Volunteers: TBA

**\*\*\*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 21<sup>st</sup>. The [Summer schedule](#) will begin Friday, June 22<sup>nd</sup>.

### 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- JESSICA FAITH BARNES**

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

--When I graduated from college and was no longer swimming. I missed the sport and started looking for a team to get involved with and found the Piranhas.

*What is your favorite Olympic swimming moment?*

--There are so many, but one of my favorites is from the 2016 Rio Olympics when Simone Manuel tied for the gold in the 100 meter FR. It was such a special moment because Simone was the first African American (and a woman!) to win a gold medal in an individual event. The look on her face after the race was so priceless and memorable; she had just made history. You should look up the race on YouTube! She went on to win the silver medal in the 50 freestyle and then also the gold in the 4x100 freestyle relay. She's one of my favorite swimmers.

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

--My high school coach, Mr. White, really kept me swimming. There were many times when I wanted to give up the sport, but he always kept me coming back to the pool. He's the reason I swam in college and I owe a great deal to him.

*What are your hobbies outside of the pool?*

--I have three dogs who keep me very busy. They demand at least one long walk a day and adventures on the weekends. We hike up in Fairfield at Lake Mohegan most weekends. I also keep a vegetable garden during the summer because there's nothing like fresh picked veggies.

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

--I have lots of favorite ice cream flavors. Vanilla swiss almond from Haagen Dasz is one of my favorites from the grocery store. I also LOVE a Reese's Pieces sundae from Friendly's which sadly closed in Darien. You must keep your eyes open for Friendly's ice cream shops when you travel to swim meets -- for on the way home of course ;)

## **COACH'S CORNER- COACH HENK**

Today's article will focus on resistance, also referred to as drag. There are basically three types of drag. There is more to each type, but I am going to try and keep it simple for the sake of this article. First, we must start with water. Basically, water is a resistive substance when trying to move through it. Water is dense and can be turbulent, which makes it more difficult to move through. Also, the human body is resistive. Fish and marine mammals have evolved so their bodies and anatomy are "made" to move through an aquatic environment. Humans, comparatively, are designed to walk upright on land. The human body was not necessarily made to move through the water like a dolphin or seal. The human body is less streamlined and has many contours and abnormal shapes that are by nature resistive. This type of resistance is called "form drag". The way you reduce this drag in swimming is to streamline off walls, lengthen strokes, get head in bodyline and keep your body from wiggling side to side, just to name a few. There is also "frictional drag". This is basically drag a swimmer encounters because their skin is against the water. This is why swimmers shave for championship meets and wear hi-tech suits. (By no means is this an advertisement for young swimmers (12/under) to buy these high-priced suits or shave. I would save your money and wait until kids get older for these suits.) Lastly, there is "wave drag". Basically, this is the splashing and waves created by a swimmer when they swim. Now, all forms of drag are inevitable. They are going to be caused by a swimmer just by virtue of entering the water. The goal is to reduce these forces and counteract them with powerful arm and leg movements, good body alignment and overall good technique. The "propulsive force" a swimmer creates needs to exceed the "drag force" that is being applied against him/her in order for a swimmer to move forward in the water. Here is to less resistive swimming! Until next time.....

***"You will never always be motivated, so you must learn to be disciplined."***

***Anonymous***