

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JULY 16, 2018



Practice Updates This Week

| | |
|-----------------------|--|
| F 20 | Nautilus practice 5-6pm |
| S 21 | Senior/Junior 1 practice 630-815am. House and Maia 9-945. ALL OTHERS OFF. |

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

WHAT SUMMER SHOWCASE at Wesleyan University

| | | | |
|------|-----------|-----------------|--------------|
| F 20 | all ages- | warm up: 315pm | start: 445pm |
| S 21 | 13/o | warm up: 630am | start: 8am |
| | 12/u | warm up: 1pm | start: 2pm |
| | Finals | warm up: 5pm | start: 6pm |
| S 22 | 13/o | warm up: 630am | start: 8am |
| | 12/u | warm up: 1230pm | start: 130pm |
| | Finals | warm up: 445pm | start: 545pm |

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

PERSON TO PERSON

On Wednesday July 18th, the Senior and Junior 1 groups will once again continue their community service outreach when they will volunteer at Person to Person from 2pm-4pm.

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.

LOOKING FORWARD:

POWER HOUR RETURNS! Mon. 7/30- Thur. 8/2

Once again, the senior and junior Piranhas will be coaching the younger Piranhas in the end-of-season clinic that has become a wonderful tradition for our team! Please check the Piranha website for exact times, and for instructor sign ups (Senior, Junior 1 and 13/over Junior 2's only).

FALL STROKE EVALUATION CLINIC- 8/27-30

Do you know anyone that wants to be a Piranha? Our Stroke Evaluation Clinic serves as our tryout for the 2018-19 season. Sign up for the clinic begins on 7/24.

JUNIOR AND SENIOR EQUIPMENT BAGS

All equipment bags must be taken home no later than 8/2. The pool will be closed for maintenance for two weeks and if bags are left on the deck, we can't guarantee their cleanliness once the pool reopens. *New equipment and bags for the upcoming year will run approximately \$125.*

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!!**

Quote of the Week

"Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself."

Henry Ward Beecher