

PIRANHA SWIMMING

DARIEN, CONNECTICUT

JULY 9, 2018



Practice Updates This Week

F 13	Nautilus practice 5-6pm
S 14	Senior/Junior 1/Junior 2 practice 630-815am. All others regular time

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.



PERSON TO PERSON FOOD DRIVE

Thank you to all the Piranha families that donated food to help those less fortunate in our community. On Wednesday July 18th, the Senior and Junior 1 groups will once again donate their time in volunteering 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: Good luck to Piranha senior swimmers Chris Zhang, Ethan Keyes and Denis Reznik, who will be competing this upcoming week at the CT Senior Championships at Wesleyan University. Follow their progress on Meet Mobile!

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

"Don't look back. Something might be gaining on you."

Satchel Paige

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.