

PIRANHA SWIMMING

SEPT. 17, 2018



Practice Notes This Week

T AM Practice begins for
18 P120/P105 520-650am

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.



NOTES FROM THE COACHES

What a great first week of practice we had last week! The swimmers were all eager to hop in and go- and did a great job listening. With the intense focus in the first few weeks being on technique (and lots of kicking!), the swimmers are learning the “why” we swim the way we do. They are working on body awareness, as well as learning the proper and most efficient ways to move through the water. The more efficient the stroke, coupled with the minimum amount of drag- the faster the swim. We also are focusing in on kicking- the more conditioned the legs are (one of the largest muscle groups in the body), the faster an athlete will get into “fighting” shape!

Here are a few additional things that might be helpful as we move forward through the season:

-Please arrive to practice at least 5 min before practice begins.

-Set a daily goal for each practice- examples: doing extra shimmers off each wall, rotary breathing, not breathing off turns

-Bring water bottles to stay hydrated during practice.

-Make sure you have your swimsuit, swim cap and goggles.

-BRING AN EXTRA PAIR OF GOGGLES IN YOUR BAG!

-If you must leave before the scheduled end of practice, you must bring a note to the coaches.

-LISTEN, LEARN AND HAVE FUN!!

SAVE THE DATE!! September 29th

Multiple Olympic Gold Medalist **ELIZABETH BIESEL** will be joining us for an in-water clinic as well as a talk and autograph session.

Clinic Timeline:

945-1045am- 12/overs in water with Elizabeth

11am-1215pm- Keynote talk, Q&A for parents and Swimmers, autographs and pictures too!

1215-1150m- 11/unders in water with Elizabeth

***You don't want to miss this chance to meet and learn from the 2016 USA Olympic Team Captain!

*****This clinic is open to PIRANHA SWIM TEAM MEMBERS ONLY**

Spirit Wear sale

Monday 6-7pm in Y Community Room

Please bring your swimmer to look at the gear on offer. All Piranha gear can be ordered at the sale (team swim caps will be available to buy & take). **No CASH; CC or checks (to Darien YMCA) only.** Returning swimmers may use the [online order form](#) if sizes are known.

HELPFUL TUTORIALS:

[How do I find meet information?](#)

[What is the Piranha Database?](#)

[How do I sign up for a meet?](#)

[How do I know which day of a meet my swimmer is competing?](#)

This information and more are linked up on the Piranha homepage. Henk will also be talking about all of this and more at the Parent meeting on 9/13.

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 view 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!!**



CONTACT US!

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Quote of the Week

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

Swami Sivananda

