

# PIRANHA SWIMMING

SEPT. 24, 2018



## Practice Notes This Week

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29

AM practice for 120/105 ONLY. All others off due to Beisel visit.

### 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.



## OLYMPIC MEDALIST ELIZABETH BEISEL TO VISIT PIRANHAS THIS SATURDAY! September 29<sup>th</sup>

Multiple Olympic Gold Medalist **ELIZABETH BEISEL** will be joining us for an in-water clinic as well as a talk and autograph session. **\*\*\*This clinic is open to PIRANHA SWIM TEAM MEMBERS ONLY**

### Clinic Timeline:

945am-1045am-

11am-1215pm-

1215pm-115pm-

12/overs in water with Elizabeth

Keynote talk, Q&A for parents and Swimmers, autographs and pictures

11/unders in water with Elizabeth



Elizabeth Beisel quick bio:

2008/2012/2016 USA Olympic Team

--2016 Team USA

Captain

--2012 silver medal

400 IM, bronze medal

200 back

2007/2009/2011 World Championship Team

### 2010 Pan Pac Team

University of Florida graduate

--1<sup>st</sup> team Academic All-American

--NCAA Champion 2012 200 back and 2013 400 IM

--SEC Swimmer of the year 2012

Born and raised in Rhode Island, swam for Bluefish Swim Club

### PIRANHA PARENT MEETING- M 10/1

If you missed the first Piranha Parent meeting last week, there will be another one this upcoming Monday, October 1<sup>st</sup> from 615-7pm, location TBA. This meeting is a great chance to learn all things Piranha from Head Coach Henk Jansen. All new Piranha parents are encouraged to attend.

## Quote of the Week

*Success is dependent on effort.*

*Sophocles*

## GOOGLE DOC MEET SIGN UPS ARE UP!

The only way to sign up for a swim meet are through Google Docs, listed on the Piranha homepage. The sign ups for the first half of the season are up, so please make sure you add your name to the list if you intend to swim at a meet. **\*\*\*Please read the meet announcements (linked to the Winter Meet Schedule) carefully as different meets have different start times/age groups, etc.** Deadlines are approaching quickly!

<u>Meet</u>	<u>Deadline</u>
CPAC Qualifier 11/2-3	9/27
BGNW 8/u 11/3	10/5
Piranha 200/1000 free	10/5
CPAC Xmas Invite 11/30-12/2	10/12
Wilton T-giving Invite 11/16-18	10/19

## 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:** @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 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!

Henk Jansen, Head Coach  
piranha@darien-ymca.org

Mary McCarthy, Swim Administrator  
swimadmin@darien-ymca.org

Liz Blau, Asst. Coach  
lblau@darien-ymca.org

Michael Jordan, Asst. Coach  
mjordan@darien-ymca.org

