

PIRANHA SWIMMING

OCTOBER 1, 2018



Practice Notes This Week

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NO PRACTICE ANY GROUP
INCLUDING HOUSE

Coaches at clinic

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 VISIT TO PIRANHAS



What an amazing experience for all who were in attendance! She was proof that ordinary people can accomplish extraordinary things by doing 4 feats: believing in yourself, working hard, being a fighter and a racer, and maintaining balance in your life. Not only was she down to earth and

charismatic, she was gracious and showed humility, virtues we wish all great athletes embodied. We really hope everyone enjoyed the day as much as we did! Be sure to check the Piranha Facebook and Instagram pages for pictures and videos from Saturday!

PIRANHA PARENT MEETING- TONIGHT 10/1 AT 615P

If you missed the first Piranha Parent meeting last week, there will be another one this upcoming Monday, October 1st from 615-715pm, in the Darien YMCA board room on the second floor by the swim office. This meeting is a great chance to learn all things Piranha from Head Coach Henk Jansen. All new Piranha parents are encouraged to attend.

GOOGLE DOC MEET SIGN UPS ARE UP!

*****GOOGLE DOC FOR DECEMBER CPAC INVITE CLOSSES TONIGHT AT 8PM*****

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!

Meet

BGNW 8/u 11/3

Piranha 200/1000 free

Wilton T-giving Invite 11/16-18

Deadline

10/5

10/5

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 10/1.

SPIRITWEAR

All spirit wear has been ordered. Please be on the lookout for emails concerning distribution as it arrives in the next few weeks.

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!!**



Quote of the Week

"Be a fighter and a racer!"

Elizabeth Beisel

